

10 Requests from a Dementia Journeyer

Author Unknown

1. **Please be patient with me** - Remember that I have an organic brain disease for which I have no control.
2. **Talk to me** - Even though I cannot always answer you, I can hear your voice and sometimes comprehend your words.
3. **Be kind to me** - For each day of my life is a long and desperate struggle. Your kindness may be the most special and important event of my day.
4. **Consider my feelings** - For they are still much alive within me.
5. **Treat me with dignity and respect** - As I would have gladly treated you.
6. **Remember my past** - For I was once a healthy, vibrant person full of life, love and laughter with abilities and intelligence.
7. **Remember my present** - I am a fearful person who misses my family and home very much.
8. **Remember my future** - Though it may seem bleak to you, I am always filled with hope for tomorrow.
9. **Pray for me** - For I am a person who lingers in the mists that drift between time and eternity. Your presence may do more for me than any other outreach of compassion you can extend me.
10. **Love me** - The gifts of love you give will be a blessing from which will fill both our lives with light forever.

Source: www.DementiaJourneys.com



Back in 1905, a San Francisco Bay Area 11-year-old kid by the name of Frank Epperson accidentally invented the summertime treat. He had mixed some sugary soda powder with water and left it out overnight. It was a cold night, and the mixture froze. In the morning, Epperson devoured the icy concoction, licking it off the wooden stirrer. He declared it an Epsicle, a portmanteau of icicle and his name, and started selling the treat around his neighborhood.

August Birthdays

In astrology, those born between August 1–22 are Leo's Lions, the natural-born leaders of the zodiac. Dramatic, confident, and humorous, Leos are adept at rallying people to a common cause and finding creative solutions in the trickiest of situations. Those born between August 23–31 are Virgo's discriminating Virgins. Virgos pay attention to detail and are highly organized, making them curious and intelligent learners who can get the job done without complaint.

- 1st - Jackie
- 6th - Patti W.
- 9th - Ralph (HH)
- 9th - Brandi L.
- 13th - Honey O.
- 15th - Donn



What's Happening?

Jason and Mike have been modifying this shed to make a safe visitation area for our friends and family when the weather turns unruly.



- What should we call it?
- The Visiting Vista
 - The Conversing Cabin
 - The Chitchat Chalet
 - The Parley Palace
 - The Chat Shack



Things We are Looking Forward to in August

Outdoor Music Events

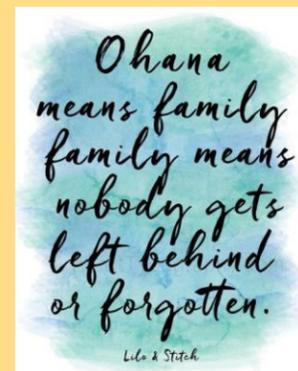
Special cold treats on the patio

Going on bike and golf cart rides

Socially distanced group activities

Fresh green beans and tomatoes from the garden

Squirt Gun Fights



A Message from our Infection Preventionist

Dear Residents, Families, Friends, Volunteers:

We are continuing to restrict visitors at this time due to the current COVID-19 Pandemic. However, we are allowing Compassionate Care Visits such as end-of-life. These visitors will first be screened for fever and respiratory symptoms. If a visitor shows any symptoms related to COVID-19, they will not be able to enter facility until they are symptom-free. Visitors who are permitted to enter the building will be required to frequently wash/sanitize their hands, limit their visit to a designated area within the building, and wear a facemask. We are also working on a program to implement Essential Caregiver Visits. The Essential Caregiver Visits are for family who regularly came to visit residents prior to the COVID outbreak, will be able to again with specific stipulations – more information to come later.

We continue to monitor all staff prior to beginning each shift. If they have a fever or any respiratory symptoms are present, staff will be asked to stay home from work and get tested. They will be able to come back to work pending negative results and they are symptom free. Staff wear masks at all times and face shields/goggles, and other necessary PPE while in contact with residents. Staff are continuing to use adequate hand hygiene including washing hands with soap and water and/or utilizing hand sanitizer multiple times throughout their shift.

Our residents are assessed twice daily for fever and respiratory symptoms. Residents are provided with a cloth face mask to wear when around other residents and staff. We continue to help and encourage residents to practice social distancing, and assisting them with frequent hand hygiene.

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Making the Difference!



Graciela Garza, CNA/TMA

Gracie has been a loyal and committed Halstad Living Center employee for 26 years. She considers each person she cares for part of her family and doesn't hesitate to do what ever she can to make sure their needs are met. Our team can always count on Gracie to come to work on time, pick up shifts, and help out where ever she can. Gracie states, "I like working with and helping our residents. This job keeps me from thinking of any problems that I have at home."

When Gracie isn't working, she enjoys visiting her kids and grandkids.

Thanks, Gracie, for making the difference!



Kathy and Dennis, a couple of amazing members of our ohana, brought the staff and residents a Papa Murphy's pizza party on July 29th. They have been doing this for us for a few years. It is so very appreciated!



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As the situation with COVID-19 continues to rapidly change, we will continue to keep you updated. We encourage you to review the CDC website for information about COVID-19, including its symptoms, how it spreads, and actions you can take to protect your health: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>. Thank you very much for everything you are doing to keep our residents and facility staff safe and healthy. We continue to monitor the situation in our community and will keep you informed about any new precautions we think are necessary to keep your loved one safe. Please contact us with additional questions at 218-456-2105.

Sincerely,

Tiffany Romero, LPN/Infection Preventionist

COVID-19 poem: PPE Mask — A Resident's Perspective

I'm a resident here in this nursing home;
 And my life has been turned upside down
 I can't read your face — like I used to do,
 Can't tell a smile from a frown
 It's that mask you wear;
 It hides your face!
 Plus, it makes you hard to hear
 I'm a little bit scared—
 And my family can't come!
 What you see on my face is a tear ...
 They say it's the flu
 A very "bad type"
 To "protect me" — that's what they say —
 How I need to read that love on your face!
 But that mask gets in the way
 I can still hear your voice;
 And your tone remains kind
 Your hands are gentle too
 But that mask on your face — it bothers us both!
 And there's nothing we can do.
 Just remember to smile at me,
 Using your eyes;
 As you render my care — every task
 Your eyes say a lot;
 I'll be watching them close
 I hope it's not too much to ask
 Promise me this;
 As soon as you can
 You'll care for me just like before
 You'll show me that smile;
 That I so dearly love —
 And you'll leave that mask at the door!

Becky Ostrom, RN, is vice president of clinical risk management for Empire Risk Management Services located in Chicago. She was inspired to write the above poem after witnessing the impact of personal protective equipment in the long-term care setting.



Does your family member need extra care? Let us help!

Halstad Living Center is a great place to live! Our 44-bed facility offers all private rooms; skilled nursing and support; licensed physical, occupational and speech therapy; meals; laundry; housekeeping; and daily events and activities. We accommodate all kinds of payment options.

Check out our website:

www.halstadlivingcenter.com or contact **Lorie Paulsrud** for more information – 218.456.2105 or socialservices@rrv.net

You don't have to take our word for it - here are some comments from our most recent Resident/Family Survey:

"This is the best place anyone's loved ones could ever spend time at."

"The facility is always warm and welcoming. It is very much a 'family atmosphere'."

"I love it here, the nurses and staff treat me like a real person, not like some number on a sheet."

Father & Son Funny



A child asked his father, "How were people born?" So his father said, "Adam and Eve made babies, then their babies became adults and made babies, and so on."

The child then went to his mother, asked her the same question and she told him, "We were monkeys then we evolved to become like we are now."

The child ran back to his father and said, "You lied to me!"

His father replied, "No, your mom was talking about her side of the family."