

OCTOBER
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Edition 5

CareNews



Monthly
Newsletter of
Care in Midstream

OUR SERVICES

Assisted Living

Comprehensive
Person-centred Care

Dementia & Alzheimer's Care

End of Life Care

Short Term Care

Stay a Day

Home Care Nursing
Assistance

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Keeping in touch

Spring has arrived and with it the beauty and energy of a new season!

At Care in Midstream, we cherish the beauty and opportunity that every day offers. Through our person-centred care, we focus on every individual's relationships, life experiences, abilities, and preferences, and we help each person to get the most of what each day has to offer. Moments of joy can be found in our group activities, in conversations with neighbours and staff, in enjoying a movie with friends or simply relaxing in a sunny spot.

During September, Midlands Pre-primary School visited us as part of their Spring Day celebrations. Our residents and staff were spoiled with beautiful flowers and happy smiles. A

big thank you to the teachers and parents who made this possible

World Alzheimer's Day was celebrated on the 21st of September. This day not only highlights the research around this disease but also focusses on the management and care of sufferers and their families.

Care in Midstream recently lauched two new care services – End of Life Care and Home Care Nursing Assistance. Please visit our website for more information, or contact us at marketing@careinmidstream.co.za

*“Caregiving is not a science.
It is an art. It is the art of
unconditional love.”*



SHORT TERM CARE

Care in Midstream offers Day, Week and Weekend Care. This provides home caregivers with the opportunity to take a short holiday, attend to important business or allow them time to nourish their own health. Holiday care can be the most valuable tool in avoiding caregiver stress and burnout. It helps to sustain the health of the primary caregiver, and in so doing, supports the health of the person receiving care. There is no minimum period applicable for short term care.

[Contact Us](#) for more information.

The Language of Love

Never do children imagine that one day, they will be the parent to their parent. As children, you expect your parents to tell right from wrong, to protect you and to make decisions for you. As young adults, the relationship starts to change, and you still turn to your parents, but more for support and guidance. And then comes the reversal of the parent-child relationship. As elders age and the physical and mental challenges and limitations increase, their adult children often must step into a new role to communicate their love.

The ageing-parent and adult-child shifts the dynamic of the relationship. Learning to show your love in new ways can transform your connection with your parent or loved one. Make it a fun project and try incorporating a variety of these suggestions and see how they respond.

Acts of Service - Doing something for your parent that you know they would like. They may not feel comfortable asking for help; taking the initiative to help them will go a long way. Ask yourself 'what is something I could do that would make their life a little bit easier?' "*Let me do that for you*" is a magic phrase.

Words of Affirmation – Your loved ones feel most valued when you express your heartfelt feelings in words. Telling them that you love them, acknowledging them for something they've done, and sharing a quality you appreciate about them are all ways to show you care. Writing them a letter or leaving them an 'I love you' note are simple but meaningful ways to leave them overjoyed.

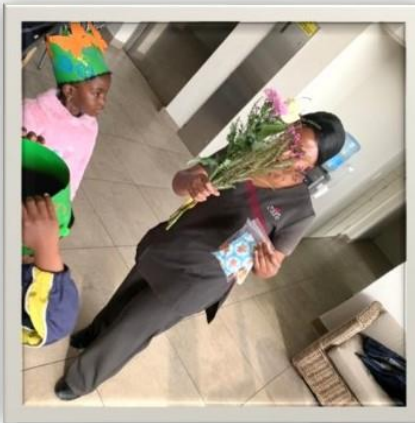
Quality Time - Your loved ones will feel most loved when you make space in your schedule to spend time with them and offer your undivided attention, really listening to them and showing genuine interest in how they are doing. Taking a walk together or just sitting with them, talking and listening.

Physical Touch - Loving and gentle physical touch often gets rarer as someone ages. Hugging, holding hands, gentle touch on the hands and arms, even something as simple as sitting close to them are warmly welcomed as signs of love and care. Massaging their hands with lotion or put extra effort into brushing and styling their hair.

Gifts - A gift says, "He was thinking about me. Look what he got for me." It isn't about the lavish gifts, but the fact that he or she was on your mind makes them feel special. As you go about your daily life, keep them in mind; the next time you're in a store and see a book that you think they might enjoy, or their favourite flower, pick it up for them. Homemade gifts are just as treasured as the costly ones, so don't feel that you need to spend a lot of money to make them feel loved. **C.**



GALLERY



Celebrating the arrival of Spring with Midlands Pre-primary School.



SUNDAY LUNCH

Family and friends are welcome to join residents for a wholesome Sunday lunch at Care in Midstream.
The cost is R100 per person and bookings must be confirmed by 12h00 on Fridays.
Please confirm your booking by calling 012 940 9380, or email [Siobhan at siobhan.marnewick@gmail.com](mailto:siobhan.marnewick@gmail.com)