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CareNews



Monthly
Newsletter of
Care in
Midstream

OUR SERVICES

Assisted Living

Frail Care

Dementia & Alzheimer's Care

End of Life Care

Short Term Care

Stay A Day

Home Care Nursing
Assistance



Keeping in touch

Looking back at 2019, we stand in awe of how much can happen in one year. We have, over the last year, implemented several initiatives that add value to our residents' daily lives. Most prominent is the adoption of person-centred care as our underlying philosophy. This provides a more personalised care program for our residents and the implementation of meaningful small-group activities.

As we head into 2020, we are excited about the opportunity to grow and expand on what has been established this year.

We extend our gratitude to the staff for their continuous hard work, unwavering commitment and love and care they provide to our residents. They are the heart of Care in Midstream!

Best wishes to you and yours for a peaceful and safe Festive Season.

We would love to hear from you. If you have any feedback or news that you would like to share, please contact us at marketing@careinmidstream.co.za



The Care in Midstream
team wishes you a
happy Festive Season.
May your 2020 be
filled with health,
happiness and joy!

SHORT TERM CARE – a perfect option for the holiday season.

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.

Loneliness – A human condition, and why we should reach out to others.

By Sorika de Swardt



Loneliness is a complex and unpleasant response to isolation and disconnection from others. Of course, being alone and being lonely aren't the same. Loneliness feels draining, distracting, and upsetting and much like abandonment, whereas the person who chooses to spend time on their own might find it peaceful, creative and rejuvenating. Although it is a universal experience, loneliness is also very individual and can be different for different people. Mostly it is a feeling that you do not fit in, connect with or belong with the people around you.

And it seems that the quality of the connection is more important than the number of connections we have with people. One or two meaningful relationships relieve loneliness and promote happiness much more than a very large group of superficial or virtual friends on Facebook for example. Having said that, Social Media seems to play a role in bringing some relief from loneliness by connecting online with other likeminded people or far away friends and family.

According to research by Dr John Cacioppo, loneliness is strongly connected to internal factors such as genetics, underlying issues like depression, anxiety disorders, and even some personality traits. Low self-esteem and lack of confidence can also lead to isolation and chronic loneliness. Then there are the external factors such as where you live in proximity to others, your social status in a specific

community, mobility, resources, life events like death, divorce, moving or starting a new job or school. Loneliness can be chronic or situational. It is chronic loneliness that concerns us most because it can have such profound effects on a person's physical and mental health.

According to various scientific studies, the health risks of loneliness include the increased likelihood of depression and suicide; cardiovascular disease and stroke; increased stress levels and weight gain; decreased memory and learning; poor decision-making and even drug or alcohol abuse and other forms of compulsive behaviours. New research findings, published in the Journal of Gerontology: Psychological Sciences, showed that loneliness is associated with a 40% increased risk of dementia.

The reality of feeling alone is not what many people think. Claudia Hammond investigated a survey called the BBC Loneliness experiment. She reports on the findings of this online survey of 55,000 people from around the world. The study found that loneliness is prevalent throughout society, including people in marriages, relationships, families, veterans, and those with successful careers. Younger people feel lonelier than older people and levels of subjective loneliness were highest among 16 to 24-year-olds, with ►

40% saying they often or very often feel lonely. People who feel lonely have social skills that are no better or worse than average and winter or the festive season is no lonelier than any other time of year for people who experience loneliness.

Furthermore, people who often feel lonely have higher levels of empathy than average and lonely adults consume more alcohol and get less exercise than those who are not lonely. Their diet is higher in fat, their sleep is less efficient, and they report more daytime fatigue. Loneliness also disrupts the regulation of cellular processes deep within the body, predisposing us to premature ageing.

We are wired for connection, and when we cannot find a meaningful connection to another person, we may attach ourselves to a substance or a behaviour such as gambling, compulsive eating, working, or excessive using of smartphones.

The good news is that loneliness can be overcome, but it takes a deliberate effort on the part of the lonely person, to make changes. Making a change is uncomfortable but no more or less uncomfortable than loneliness, and in the long run, some changes can make you happier, healthier, and enable you to impact others around you in a positive way. **C.**

"Responsibility is made up of two words - response and ability. If you see a need, and you have the ability to meet that need, ask yourself, what will my response be?" - *Richard Pimetel*

How to support somebody with dementia at Christmas

Christmas means many things to many people—typically a time for food, family and festivities. But for people affected by dementia it can be more difficult.

[Click here](#) for some tips to help you support your loved one (and yourself) this Christmas.



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