



June 2020

# CARE NEWS

Monthly Newsletter of Care in Midstream

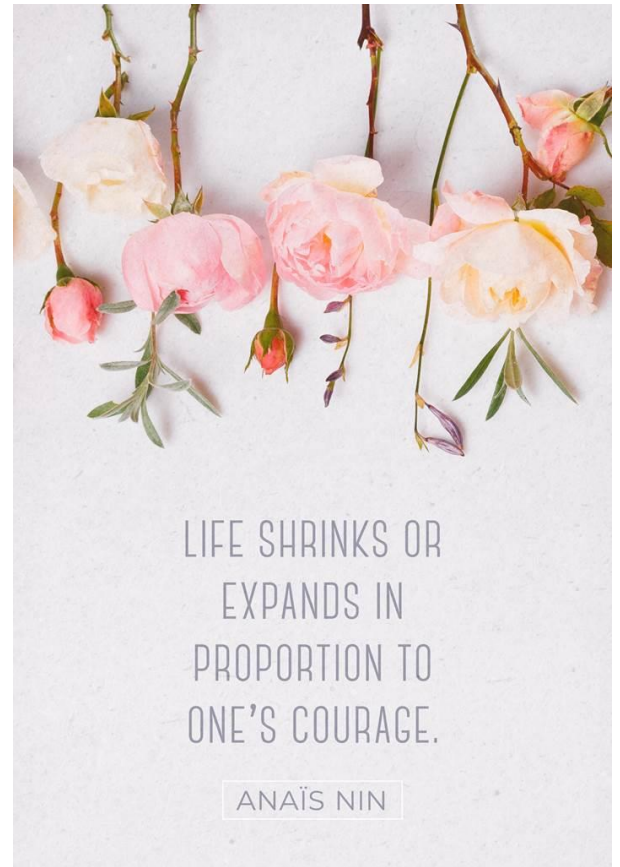
## Keeping in touch

We are halfway through 2020 - a year that has shown us just how fragile our environment and life can be. Very few of us can remember a time filled with so much turmoil and uncertainty. It is often in the darkest times, that we see the brightest light - the COVID-19 pandemic has taught us the true meaning of resilience and courage. We stand in awe of the courage displayed by our staff – they are all experiencing this difficult time on a personal level, but are always there with a kind word, a helping hand and a smile.

### Thank You

We also extend our gratitude to our residents and families for their support and understanding during what can only be described as a challenging time. We have had to update and change our protocols continuously – it has been hard for everybody, and your cooperation is appreciated.

We would love to hear from you. If you have any feedback or news that you would like to share, please contact [marketing@careinmidstream.co.za](mailto:marketing@careinmidstream.co.za)



Like and Follow our Facebook page to stay up to date with activities and information about Care in Midstream.



We continue to facilitate Skype calls for our residents to stay in contact with their families. Should you wish to set up a call, please contact us on 012 940 9380.





## COVID-19: We are prepared for the next phase

As we approach 100 days of national lockdown, the number of positive COVID-19 cases in South Africa is rising at an alarming rate. The easing of the lockdown restrictions and increase of human movement has directly contributed to the geographical spread of the virus.

In March, when COVID-19 was first diagnosed in South Africa, Care in Midstream implemented an extensive strategy to ensure the safety and wellbeing of our residents. Personal protection equipment (PPE), comprehensive thermal screening, sanitation protocols, social distancing and restricted visitations formed part of phase one's policies. In addition, staff stayed on the premises and sections of the building were isolated.

### Hospitals Are Reaching Capacity

The local medical services and hospitals are now experiencing the upward trajectory of the infection curve, and most hospitals refrain from admitting non-critical patients. This is creating a severe gap in much-needed medical care, as immediate intervention and fast admissions play a critical role in the initial stages of diagnosis.

Care in Midstream, prior to the start of the national lockdown, did extensive research and consulted with international medical experts to ensure that we would be prepared for the various phases of COVID-19.

An isolation wing was established in one of our buildings – this wing is equipped with hospital beds, oxygen, and state-of-the-art medical equipment. It is ready for admissions, with dedicated staff to provide care and implement the required protocols. We are working closely with a local Consulting Pulmonologist, who prescribes the required medication and care programmes immediately upon admission. A team of doctors and paramedics are available 24/7.

The opening of our COVID-19 wing holds no risk for our residents as it is completely isolated from the rest of our facilities. We have implemented comprehensive screening and testing of all our residents and staff, and continuous risk assessments enable us to effectively manage all the phases as they develop.

### Care Isolation Wing

The Care Isolation Wing is unique in that it does not constitute a full hospital admission. It serves as an isolated hospital environment for our residents and community members, who once diagnosed as positive, can not isolate at home. It provides a safe and highly effective alternative to mass hospitalisation, at a fraction of the cost.

Care in Midstream remains the safest place for our residents with professional medical care and minimal disruption to their environment. The health and wellbeing of our residents and community are our first priority. **C.**

Care in Midstream provides the following services:

Assisted Living | Frail Care | Dementia & Alzheimer's Care | End of Life & Palliative Care  
Short Term Care | Stay A Day | Home Care Nursing Assistance





# The Importance of Celebrating Birthdays

When we get older, birthdays seem to hold increasingly less significance. We tend to focus on the significant milestones that occur in our youth, with the size of our birthday celebrations decreasing with each passing year. However, celebrating birthdays can be beneficial for people across all stages of life, and in many ways, they become even more important as we age.

## Birthdays Encourage Reflection

A birthday is a celebration of life. When a senior's birthday is recognised, they are encouraged to reflect on their past as they recognise their place in the present. Although many older adults feel a sense of melancholy when they are reminded of their age during a birthday celebration, birthday celebrations for seniors can be approached in a way that celebrates their cherished memories and accomplishments, and not just their age.

Many seniors, especially those with memory loss conditions, feel a sense of distance between their past and present. When a senior is encouraged to think about their past, they are better able to assign meaning to their life experience and revisit their place in the world to create a more meaningful present in retirement. This offers a holistic sense of identity for a senior that is vital to one's dignity and well-being.

## Celebration Makes Seniors Feel Loved

In addition to encouraging seniors to recognise their memories and accomplishments, a birthday allows seniors to recognise better and appreciate the circle of love and support that surrounds them as friends and family gather to celebrate. Loneliness plagues our senior population, so being able to gather with loved ones can help reaffirm a senior's feelings of safety, love, and support from those around them.

Even receiving a birthday card or a congratulatory phone call from an old friend, can serve as a gentle reminder that they are not alone. This is especially beneficial for seniors with memory loss conditions, who are more likely to forget the people in their lives. Even a brief reminder that they are loved and cared for can bring joy to a senior's day.

At Care in Midstream, every birthday is a special occasion that is celebrated with love, joy and cake! **C.**



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