



July 2020

# CARE NEWS

Monthly Newsletter of Care in Midstream

## Keeping in touch

While we experienced a very cold July, our hearts are warmed by the resilience of our residents and the ongoing support of our families. The 'new normal' is a huge adjustment for everybody, and each person experiences change and uncertainty on an individual level. The best we can all do is to be there for each other – whether it is with a helping hand, an ear to listen, or a smile from behind a mask. Humans need each other now more than ever!

Our staff and occupational therapists have been absolute champs in keeping our residents comfortable. Our regular occupational therapy group sessions have continued throughout the lockdown period and have proved to be of great value in keeping spirits up.

According to medical information, the COVID-19 numbers are yet to peak. Please don't let your guard down – we are all tired, but we need to continue to practice good hygiene and sanitation protocols. And please wear your mask to protect yourself and those around you.



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](mailto:marketing@careinmidstream.co.za)



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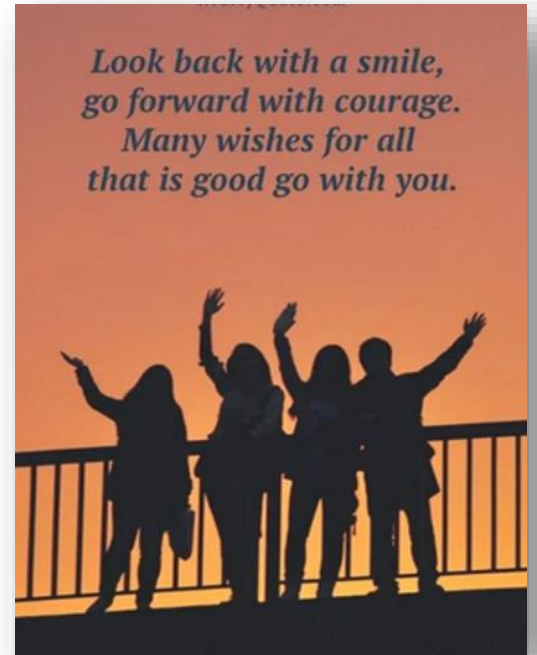
## Farewell to Sr. Ida Britz

At the end of July 2020 we bid farewell to Sr. Ida Britz.

Sr. Ida joined us in October 2018 and has been an integral part of the Care in Midstream family. She was instrumental in implementing person-centred care as our primary care methodology. Person-centred care focuses on an individual's relationships, life experiences, abilities, and preferences, and represents innovation within the care environment.

We wish Sr. Ida happiness and a well-deserved rest as she focusses on her family and loved ones.

We are excited to announce that Sr. Renee Swanepoel will be joining us from the beginning of August 2020. Sr Renee has a passion for the elderly and that, together with her vast nursing experience, makes her the perfect person to head up Care in Midstream's Nursing Services.



## A Message from Sr. Ida Britz

Dear All,

As a number of you already know that I recently resigned due to personal reasons, please consider this to be my sincere farewell to each and every one of you.

I want you to know that I am genuinely leaving here with mixed feelings. I have seen many changes from the day I started, and for the last two years, through to the challenging times we are all facing currently.

During this time, we all learned a great deal as we worked and dealt with many people with whom I will remain friends. While it is sad to be leaving such wonderful friends, residents, and colleagues, I have to follow my decision and path.

I want to thank you all for your support during the time I worked with you. My very best wishes for the future go out to each and every one of you.

I hope to hear from all of you in future.

Yours sincerely,  
Ida Britz

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 Benefits and Dangers of Sunlight for Seniors

When it comes to seniors' health, we all want easy answers. But sometimes, senior health can be complicated for seniors and senior care providers alike. Take sunshine, for instance. One day, you might read that sunlight's beneficial for seniors, providing a range of benefits to their physical and mental health. On another day, you might read that sunlight is harmful to the elderly, putting seniors at risk for a range of conditions. The fact is that there are both benefits and dangers to sunlight for seniors.

## Sunlight Linked to Healthy Bones, Mood & Sleep

Sunlight has been linked to a range of health benefits, some of which are particularly important for seniors. Most of these benefits are related to vitamin D. Human beings are only able to produce Vitamin D naturally through exposure to the sun.

Healthy levels of vitamin D carry a range of benefits for seniors that include: stronger bones, better mood, improved cognition and cardiovascular health.

Exposure to sunlight is also linked to improved sleep patterns in seniors. Our natural sleep

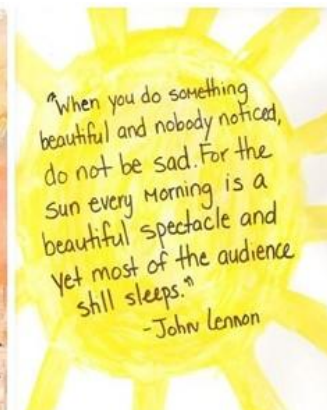
schedule is heavily influenced by sunlight, so a lack of exposure to the sun can trigger insomnia or irregular sleeping patterns.

## Sunlight Carries Risk of Skin Cancer

The biggest danger of sunlight is skin cancer. Skin cancer and sunlight are linked due to radiation from ultraviolet (or UV) light. Overexposure to UV light is the most significant risk factor for skin cancer.

## Finding a Healthy Balance

With the benefits and dangers of sunlight for seniors, it can be tough for senior care providers to find a healthy balance. Unfortunately, there's no clear medical consensus on where the line between safe and unsafe exposure to sunlight lies. There is some scientific evidence that even a small amount of UV exposure can increase your risk of skin cancer. But many medical professionals believe that the benefits of small amounts of sunlight far outweigh the slight increase in cancer risk. A good guideline to follow is to ensure that seniors receive 5-10 minutes of sunlight 2-3 times a week. This is the amount that is needed to produce healthy levels of vitamin D. **C.**



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