



September 2020

CARE NEWS

Monthly Newsletter of Care in Midstream

Keeping in touch

Spring is slowly but surely starting to spread its warmth, and after a cold and dark winter, we look forward to the light and colour of the new season.

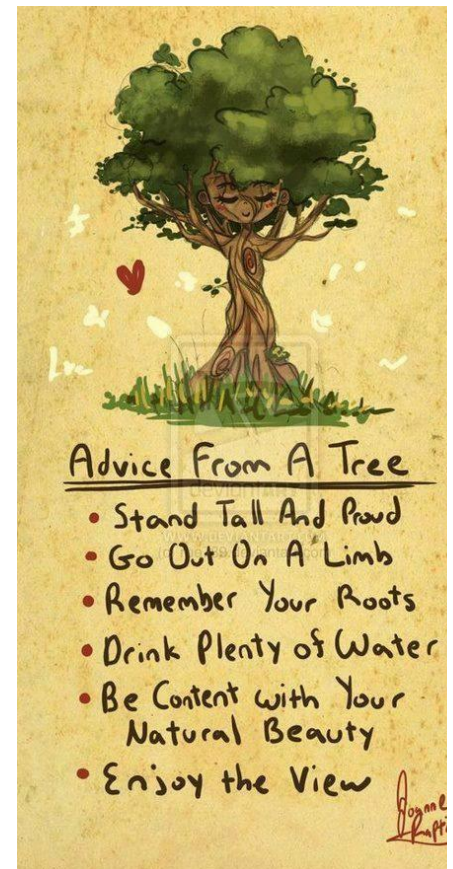
Across the world, COVID-19 continues to impact lives. The second and third waves experienced by several countries are bound to affect South Africa too. Care in Midstream remains agile in the day to day management of the pandemic, and the health and wellbeing of our residents is our priority. We extend our gratitude to the families who support us, and for their understanding when changes have to be implemented at short notice.

Stay healthy. Stay safe. Stay positive.



A warm welcome to Sr. Renée Swanepoel who joined us as Facility Manager at 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 for the position.



Advice From A Tree

- Stand Tall And Proud
- Go Out On A Limb
- Remember Your Roots
- Drink Plenty of Water
- Be Content with Your Natural Beauty
- Enjoy the View

Reynold Kappi

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



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



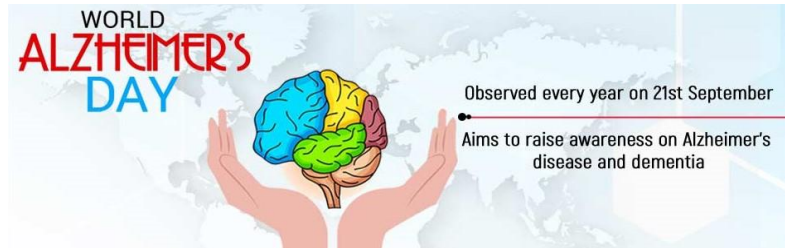
World Alzheimer's Day

21 September 2020 is World Alzheimer's Day. Leading up to the day, Alzheimer's organisations around the world concentrate their efforts on raising awareness about Alzheimer's and dementia.

Every 68 seconds, someone develops Alzheimer's disease. Alzheimer's disease is often called a family disease, because the chronic stress of watching a loved one slowly decline affects everyone. With the increase in life spans and baby boomers coming of age, support for Alzheimer's research is more critical to our families than ever.

Facts about Alzheimer's

- Alzheimer's is the most common form of dementia, a general term for memory loss and other intellectual abilities serious enough to interfere with daily life. It accounts for 50% to 80% percent of dementia cases.
- Alzheimer's is not a normal part of ageing. Up to 5% of people with the disease have early-onset Alzheimer's (also known as younger-onset), which often appears when someone is in their 40s or 50s.
- Alzheimer's worsens over time. Alzheimer's is a progressive disease, where dementia symptoms gradually worsen over a number of years.
- Alzheimer's has no current cure, but treatments for symptoms are available and research continues.



Warning signs

There are ten warning signs and symptoms – every individual may experience one or more of these signs to a different degree. If you notice any of them, please see your general practitioner who can advise you on next steps.

1. Memory loss that disrupts daily life.
2. Challenges in planning or solving problems.
3. Difficulty completing familiar tasks at home, at work or at leisure.
4. Confusion with time or place.
5. Trouble understanding visual images and spatial relationships.
6. New problems with words in speaking or writing.
7. Misplacing things and losing the ability to retrace steps.
8. Decreased or poor judgment.
9. Withdrawal from work or social activities.
10. Changes in mood and personality. **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



Five things we can learn from the youth

Usually, younger generations are encouraged to learn from their elders. Seniors have a wealth of knowledge to share, whether through various daily activities like delicious cooking or vivid storytelling or through broader life lessons such as dealing with loss or avoiding regrets. However, relationships between people of different generations can mean that information is shared both ways. When spending time with the younger generation, many seniors learn something new themselves. Here are the top five things the older generation can learn from today's youth:

Using technology to connect

With confusing social media websites and endless mobile device capabilities, it seems as though everything is turning electronic. One of the lessons seniors can learn from the youth surrounding them is how to use technology to better connect with friends and family.

How to play

As kids, we jumped at any opportunity to have fun and be silly. With time, we're taught to sit still, mind our manners, and eventually, many people find themselves losing their spontaneity. There's no need to take everything so seriously, and it's okay to relax and play every now and then.

Open-mindedness

Kids are tolerant and open-minded people. Unfortunately, as we get older, we tend to become more set in both our ways and our ideas. While these new things might seem scary or difficult, kids teach us to keep an open mind and get excited to develop new skills or learn something new.

Appreciating the not so important moments

With phones, social media, cameras, and countless other tools, kids and young adults are able to record every single moment of their day. Seniors can learn from the younger generation to better appreciate the ordinary moments of the day and be more open to sharing moments, thoughts, or ideas with friends and family, no matter how trivial it might seem.

Being active

Unfortunately, many seniors lose this desire for movement as it starts to become difficult. Seniors can feel tired, sore, or unmotivated quickly, making them less likely to be active every day. There are fun ways to stay active, and the elderly need to maintain the activity level they did when they were younger, as far as possible. **C.**



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