

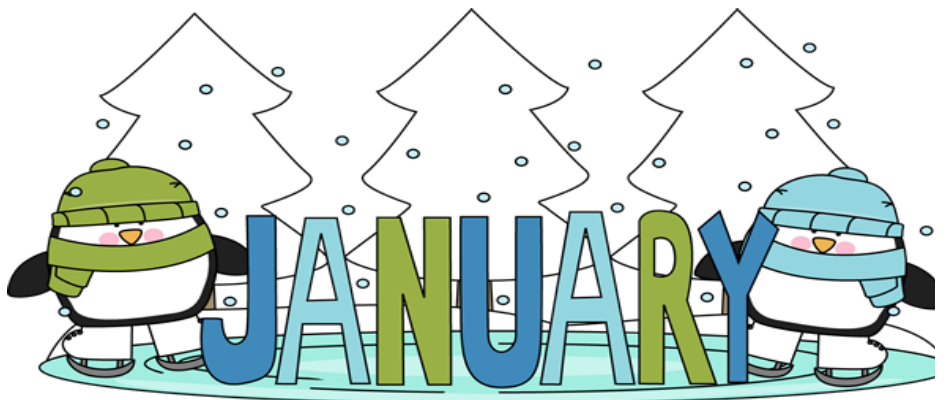
Mason County's

Oakview

MEDICAL CARE FACILITY



County-owned and serving the community since 1966... "Like Family"



January 2019

Sutter Living Center

activities >>>

January Happenings

- 1-11-19 Gospel Sing-A-Long @ 2:30 pm
- 1-20-19 Sunday Service with Tom Vischers @ 2:30 p.m.
- 1-25-19 Gospel Sing-A-Long @ 2:30 pm
- 1-30-19 Music by John Marek @ 2:30 pm

Check the January Calendar for entire list of activities.

Alzheimer's Support Group

Meets the 2nd Thursday of each Month

Ludington Public Library
Zonta Room

1:00 pm - 2:30 pm

Free, open to the public & confidential

Oakview Residents and Families

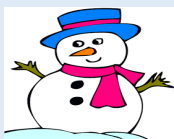
From the desk of Jannice Lamm, CTRS, LNHA

Happy New Year! Time for everyone to take a breath and reflect on past and be excited about the future. I found this "Ultimate List" for my New Year's Resolution and wanted to share....

1. Get more rest.
 2. Drink more water.
 3. Get more exercise.
 4. Read more.
 5. Get more organized.
 6. Clean more often.
 7. Explore more.
 8. Relax more.
 9. Have more patients.
 10. Forget doing 'more'.
- JUST TRY YOUR BEST!

Statistics show that by February most of us will have broken more than 90% of the resolutions made. So as the end of the Ultimate List instructs....just do our best! That sounds like the best plan to me. I look forward to the tomorrow, to the future. Oakview is always looking for ways to improve and move in the future. Here's to a Happy 2019!!!

Jannice Lamm, CTRS, LNHA






THANK YOU TO ALL THE FAMILY MEMBERS WHO
ATTENDED THE SLC CHRISTMAS PARTY!
IT WAS A FUN AFTERNOON!

**Happy Birthday
Wishes**

Florence Karr – January 3rd

Peggy House – January 16th

Parties will begin at 3:00 pm



Body Language & Communication

Your facial expression, your body language, and the tone of your voice becomes extra important when talking and communicating to someone with dementia. If a person with dementia feels threatened, undermined or confused by your communication with them they may react in a negative way. This means it is very important to be sensitive and aware of how we present ourselves and provide information.

- Reminders**
1. The visitor door code is reset on the first day of each month. Plus, a new year also means the last two digits will change!
 2. All visitors are asked to sign in and out at the SLC nursing station.
 3. Please notify staff members of all new clothing brought in so that the items can be marked properly
 4. Please notify staff members of all treats brought in for your loved one.

People will forget what you said,
People will forget what you did,
But the feeling you leave them with will linger on.

The Flu & Cold Season

We ask that all family members and friends do not visit when not feeling well. We want to help prevent the spread of infectious germs to residents and staff.

We appreciate your understanding and cooperation!



Short Term Memory Loss

The first part of the brain that is damaged affects the short-term memory. This is why individuals with dementia repeat their stories, why they cannot remember what they had for breakfast or even that their son visited the night before. Instead of trying to make them utilize their short-term memory, focus on their long-term memory. An example is instead of saying “I heard your son came to visit you last night” because the response will be “What! Where was he? He didn’t come to see me,” try to switch to their long-term memory and tell them how you met their son the other night and what a nice gentleman he is.

Individuals with dementia have lost the last 20 – 60 years and they are living in another time in their mind. No matter how hard we try we cannot bring back their short-term memory. We can, however, take hold of their long-term memory and use it to create moments of joy. This means we need to live their truth.



Oakview Phone Numbers

Main Phone Number: 231-845-5185
Sutter Living Center Nursing Station: ext. 256
Sutter Living Center Resident Phone: 231-843-7172
Mary Jo Claire, DOSS/SLC Unit Manager: ext. 261

