



Butterfly Fields Net

Catching You Up on All the News!

Hot off the Press!

The Butterfly Fields Net is our first Butterfly Fields Newsletter. This will be a quarterly newsletters for families with the intention of keeping you informed of announcements and changes on the neighborhood. It will also include general literature that I hope you will find helpful as you continue to care for your loved ones.

In this issue, you will be introduced to some of our new team members that have recently joined the Butterfly Fields team. New Care Associates start working on the neighborhood in the capacity of Geriatric Nursing Assistance (GNA) until they graduate from the Certified Medication Tech Class. Please join me in welcoming them to our family!

I have also included some pictures of some of the special events we have enjoyed with our residents on Butterfly Fields during this last quarter.

I hope you will find this publication helpful. If you have any suggestions please let me know.

Warmly,
Lauren Price
Memory Care Mgr

Charlestown Memory Care

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Special points of interest:

- ☺ Announcement of new Staff Members
- ☺ Butterfly Field Family Night
- ☺ Fun on Butterfly Fields

Welcoming New Team Members

We are very excited to welcome several new team members to Butterfly Fields.

Augustina Kyei (aka Tina) will be our

weekend nurse. She will be with us from 11 Am—7 PM Saturday and Sundays. Tina joins us after several years in assisted

living here at Charlestown. Tina has two boys and she is very involved in her church. (cont.)



Welcome New Team Members (continued)

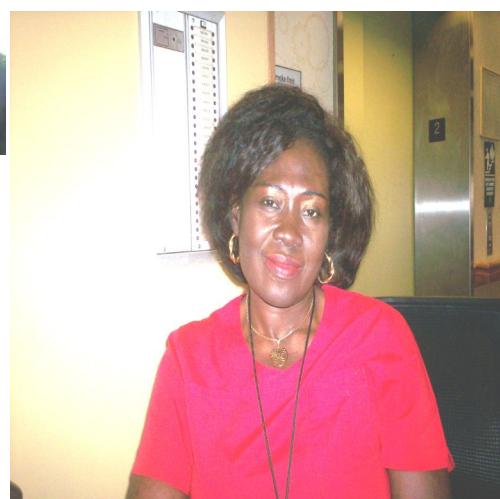
Jameelah Adel joins our night team. Jameelah has long term care experience and also cared for several family members. Shyrelle Carter joins our evening team. Shyrelle loves spending time with her two young children. Sharell Stokes also joins our evening team. Sharell decided to start working as a GNA after she cared for her grandfather. She has experience in nursing care and home care.



Jameelah Adel



Shyrelle Carter



Tina Kyei



Sharell Stokes

Love is in the Air!

This quarter we had a lot of fun on BFF. Love was in the air on Valentines Day! We started off with a couples lunch where residents and spouses were entertained by a violinists and great food. Residents read Valentines Days Poems and shared with us how they met and what they mean to each other. Later in the afternoon we hosted the "Dating Game."



Butterfly Field Highlights

Pam Cherry organized a special "Super Bingo" game complete with super prizes. Our own Don Ebert was our bingo caller.



Our residents also participated in Show & Tell in the meeting hall. Charles Murphy shared his talent of painting & carving. Shirley Neighoff shared her "pet

tiger" & Don Perkins shared his US Customs badge. The residents really had a great time.



Several BFF residents went to the Senior Citizen Prom at Catonsville High School in April. Catonsville High students hosted the event. Our residents left BFF dressed for the special event complete with corsages for the ladies. Our residents enjoyed food, drink and danced the day away to music performed by a 20 piece band!



Reducing Your Risk for Dementia by Ava M. Stinnett

As you may know, dementia is not a specific disease. It is an overall term for a complex set of symptoms that are caused by disorders affecting the brain, such as Alzheimer's disease, vascular dementia, and dementia from Parkinson's disease. The causes of dementia can produce similar, overlapping symptoms such as confusion, memory loss, and difficulty performing everyday activities.

While we can't control age or genetics, there are lifestyle factors that researchers believe may help reduce the risk or delay the onset of dementia when we get older. Before making any substantial diet or lifestyle changes, it's advised that you first speak with your physician.

Adopt a healthy diet. A diet that includes lots of fruits, green leafy vegetables, legumes, fish, olive oil, and whole grains and is low in saturated fats, dairy products, meat, poultry, and added sugar may help preserve cognitive function.

Exercise regularly. A study conducted by researchers at UCLA Medical Center and the University of Pittsburgh found that virtually any type of aerobic physical activity may improve brain volume and cut the risk of dementia by approximately 50 percent. Good exercise choices include walking briskly, dancing, swimming, cycling, and even gardening.

Get refreshing sleep. First, get as much natural sunlight as possible early in the day. Try to go to sleep and get up at the same time every day. Avoid napping during the day. Limit caffeine, nicotine, alcohol, and big meals at night. Take time for relaxing activities before sleep, such as meditation; slow, deep breathing; progressive muscle relaxation; or visualizing a peaceful, restful place. If it helps, listen to some soft music or a book on tape.

Maintain your blood pressure at a healthy level. Try to lose extra weight—especially around the waistline—and maintain a healthy weight; reduce sodium by reading food labels and reducing processed foods; and limit alcohol consumption.

Take a complete multivitamin. Although some preliminary studies support the use of vitamin and mineral supplements, especially Vitamin K because of its role in anti-aging, and certain spices, it's best to discuss the use of such supplements with your physician *before* adding them to your diet.

Play games and laugh more! Mentally stimulating memory games, coloring, doodling, doing crossword or jigsaw puzzles, and socializing with others engage the brain, grow new brain cells, and may ultimately help delay the onset of dementia.

Results of medical research studies appear in the headlines every day. In fact, the National Institute on Aging supports more than 30 clinical trials. As of now, prevention is the best cure for dementia.

Sources

Mayo Clinic. "Dementia: Self-Management." Retrieved on November 15, 2016, from www.mayoclinic.org/diseases-conditions/dementia/manage/ptc-20199100

"How to sleep better." Retrieved on November 15, 2016, from www.helpguide.org/articles/sleep/how-to-sleep-better.htm
