



Shorelight Memory Care \* 5643 Erie Street \* Racine \* 53402 \* 262.898.9100



## March Birthdays

### Residents

Florence S. 3/9

Lois R. 3/9

Rose K. 3/16

Jeanette M. 3/22

### Staff

Charlean W. 3/1

Paul U. 3/5

Katie B. 3/7

Swavette B. 3/12

Angie M. 3/12

DarQuisha N. 3/12

Jewel G. 3/14

Cierra C. 3/20

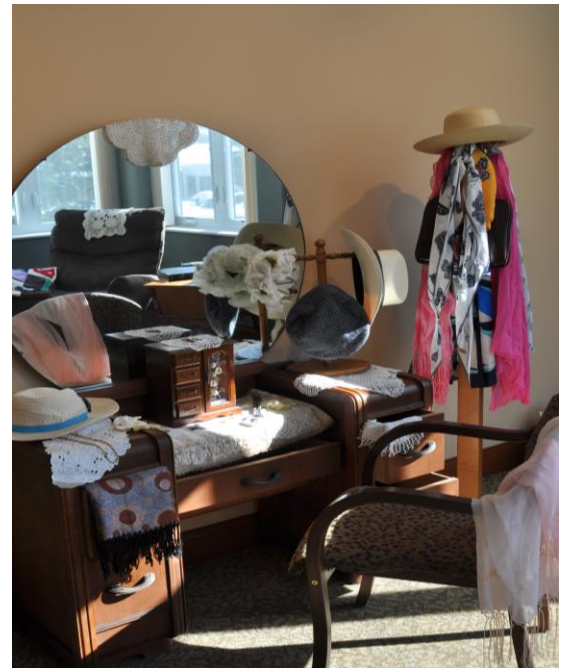
Kim R. 3/22

Dee F. 3/27

Catherine T. 2/28

## Life Engagement Stations

You may have noticed our new life engagement stations in one of our lounges. We are always looking to improve the quality of life of our residents. The goal of the life stations is to create small



vignettes that help dementia residents spark old memories and create activities that encourage interest, movement and interactions. Life engagement stations are uniquely helpful in the retention of memories from years past. The connection to their past creates enjoyment, fascination, pleasure, and curiosity, all in one. One of the great outcomes of the life stations is that they can also have a calming effect for those experiencing restlessness, agitation, or irritability.

This has been a team effort. We want to thank the many families, staff and even visitors for their donations.

Feel free to engage with your loved one...try on the scarves, let them take the jewelry or let them hold the babies. Let them sit in the comfortable recliner and visit. On a sunny day in the warmth and light of the sunlight, visit this lounge and make it a favorite place of residents to sit.

We are still looking for a few more items so feel free to check the updated list located in the elevator.

## Allay Hospice “Many Facets of Love” Program



We are so thankful to our many Hospice teams for coming into Shorelight and offering a variety of programs. In this particular picture, team members Erin, Bethany and Sean engaged with Lois. In this particular program, the staff at Allay allowed the residents to use all of their senses and talk about love for family, friends, co-workers and even pets. The residents got a hands-on experience by smelling roses, getting a valentine, singing familiar love songs and even tasting sweets.

## Music Therapy with Jan



We now have a music therapist coming in on a monthly basis to provide our residents with music therapy. In the above picture, Yolanda sings “Love me tender, love me sweet, never let me go.” Yolanda likes to assist and direct the small choir that gathered in the Lakeside living room.

## Holistic Dementia Care Quick Tips

- Refrain from asking “Don’t you remember?”
- Speak clearly while maintaining eye contact.
- Be mindful of negative body language & tense conversations.
- Refrain from ‘baby talk’ & slang speak
- Hugs, Handshakes & Smiles are free! Use them often.
- Tailor conversations that honors their past life experiences, hobbies and interest.
- Passive engagement is still valuable & encouraged
- Successful activity is in the ‘doing’, It’s ok if the outcome isn’t perfect
- Minimize overlapping noises (televisions, radios, cell phones, etc.)

<http://www.keepingmindinc.com>



## Twiddle Muff’s

You may notice some of these twiddle muffs on your loved one or friend. These twiddle muffs were hand made by some creative ladies at the Sew & Save Center right here in Racine. We thank the ladies for their creativity as each one of them are uniquely different and yet beautiful. These therapeutic muffs warm hands and calm agitated residents through repetitive tactile stimulation. It increases finger flexibility. One of the ladies said she loved her new bracelet and thought it was fashionable. We think they are too.



## St. Paddy's Pastimes Debunked



They say that everyone is a little bit Irish on St. Patrick's Day, and the world will be draped in green on March 17, when St. Patrick's Day celebrations take place across the globe in honor of the patron saint of Ireland. But if you really want to celebrate the right way, be sure to take a look at these facts behind St. Patrick.

St. Patrick may be one of Ireland's patron saints (along with St. Brigid and St. Columcille), but he was not Irish. Evidence suggests that he was, in fact, British. By some accounts, he was born with the name Maewyn Succat in either Scotland or Wales. Yet it is important to realize that even though St. Patrick may have been born in Britain in the year 390, at the time of his birth, Britain was occupied by the Romans. Thus, it is very likely that Patrick's family was from Roman aristocracy. Indeed, Ireland's precious St. Patrick may well have been Italian.

But don't trade in Irish green for Italy's tricolor green, white, and red just yet. The true color of Ireland might be blue. King Henry VIII flew a blue flag over Ireland during the 16th century. Knights of the Most Illustrious Order of Saint Patrick, a society of Irish knights founded by King George III in 1783, wore a light blue color known as St. Patrick's blue. The Irish president flies a blue flag with a harp. So, when did green become the color of Ireland? During the Great Irish Rebellion of 1641, Irishmen flew a green flag against King James. Green became the color of Irish nationalism and independence during the Irish Rebellion of 1798, a notion promulgated in the ballad "The Wearing of the Green."

So, whether you're marching in Dublin, raising a pint of Guinness in New York, Irish dancing in Sydney, or eating corned beef and cabbage in Montreal, just remember that none of these pastimes come from the original St. Patrick's Day. The Roman Catholic feast day was traditionally spent in quiet prayer, a far cry from the raucous celebrations of today.

## Happy 100<sup>th</sup> Rose Kujellis

This beautiful lady will be 100 years old on March 16<sup>th</sup>. We are celebrating her birthday a little early here at Shorelight. Her party will be on March 6<sup>th</sup> at 2:00 p.m. with music by Sandi Haynes. Please be sure to wish her a very blessed 100<sup>th</sup> Birthday.



## If Alzheimer's Could Speak

**Talk to me...** I can hear your words and they still touch my soul.

**Smile at me...** My eyes can see you and feel your heart even if I don't remember how to smile back.

**Hold my hand...** I can feel your energy when our hands connect. It makes me feel safe and less alone.

**Love me..** My heart can feel your love even if my words can't express mine.

**Live your life...** Help me on my path but don't press pause on your life. Be the vibrant person I know & love.

**Trust the process...** I know this is hard and not what we planned but trust the process, We can't control it but we can choose our focus. Remember the good times, know that I am ok and that you are in my heart always.

By Tara Reed [pivotToHappy.com/alz/](http://pivotToHappy.com/alz/)

## Laughter is the Best Medicine



Laughter is contagious and has many health benefits. We laugh a lot here at Shorelight.



Laughter increases blood flow. It can lower blood sugar. It can regulate the immune system. Laughter can burn calories. It can ease pain. Let's face it, look at these pictures and you can see different Life Enrichment programs can make us laugh.

It has been said 4 year olds laugh about every 4 minutes, but adults only do it about once an hour. So here at Shorelight we like to brighten our days and laugh at ourselves and with others.



## Shorelight Staff

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Shorelight Memory Care  
262.898.9100

After Hours  
262.977.2895

## Television Mounts

Due to safety concerns, many televisions have been mounted to the wall to prevent them from falling off television stands and dressers. If you have any questions, please see Stephanie, Resident Services Director, or call her at 262.66.4909.

## Treats for your loved one

Many of you often bring in candy, crackers and snacks for your loved one. This makes them feel more at home and they enjoy the treats. We do however ask that you kindly bring in some type of plastic Tupperware tub to store them in while they are in their rooms. Staff can assist them with opening and closing them as needed. When you come to visit periodically check the dates on the treats. Thanks.