

A Monthly Newsletter for the Families and Friends of Irvine Cottages



A Message from Executive Director Alex Valle , August 2019

Hello Irvine Cottages families!

August is known for many things, including the dog days of summer, National Watermelon Day (Aug. 3) and National Smile Week (Aug. 5-11). August at Irvine Cottages means Friday BBQ'S are back, stop by and join your loved ones and the caregivers if you can! During the cooler times in the day, we are encouraging staff to take residents outside and enjoy our backyards, especially some patio time.

Residents will be encouraged to drink lots of fluids and eat delicious melon and snacks.

We would also like to welcome our new Music Therapist Alisa Hopper. She has recently joined the Irvine Cottages family and will be visiting our homes every week.

As always, thank you for your continued support towards our residents and staff, we are truly blessed.

Alex Valle

Cottage Reminders

Please bring in all needed incontinency and personal hygiene supplies for your loved one. Please label.

Please remember to bring in some clothing for your loved one for warmer temperatures. Favorite sun hats and sunscreen for time spent outside. Please label.

Training

During the month of August, staff will continue to receive training on dementia, infection control, LGBT, wandering and reporting elder abuse.

Posted by drwag21 on 08/05/19

Relationship: I am a friend or relative of a current/past resident

Rating: 5 / 5 Stars ★★★★★



Jeany and Nap are the regular caregivers for Irvine Cottage 9. I feel very fortunate that my 93-year-old mother ended up in their care when she moved to Irvine Cottages in April. Jeany and Nap are mature, dedicated, knowledgeable, and caring providers. They made my mother's transition to a new home smooth and positive. Their priority is the safety and well-being of the residents in their house. They always go the extra mile to attend to the needs of the seniors in their care. This extra effort has been demonstrated in many ways including their preparing several versions of meals, adding additional safety measures to prevent falls, encouraging seniors' participation in activities despite initial reluctance, and exuding warmth, genuine concern, and good humor with residents and their family members.. I've seen a lot of caregivers for seniors, over the past few years. They are by far the very best.

FOLLOW US ON FACEBOOK: Irvine Cottages Memory Care @Irvine Cottages

Irvine Cottages Birthday's

Happy Birthday to all of our residents who will celebrate birthdays in the month of August. All residents receive a card, a gift and a cake on their birthday. Please call Gina at (949) 633-1595 for details about birthday parties at the cottages or if you want to plan something for your loved one on their special day.

August Birthdays

August 10th ~ Barbara Millspaugh

August 13th ~ Marilyn O'Connor

August 19th ~ Jeanne Koch

August 20th ~ Christine Wilcox

August 25th ~ Edward Jones

August 27th ~ Duane Deines

August 31st ~ Marcia Merrill



Welcome Alisa Hopper!

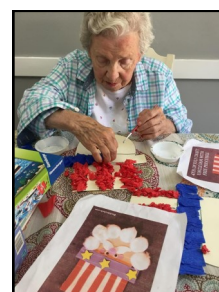
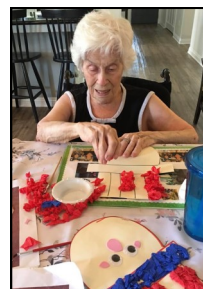
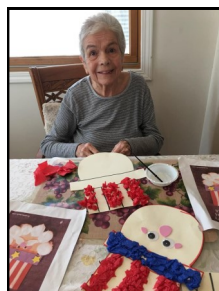
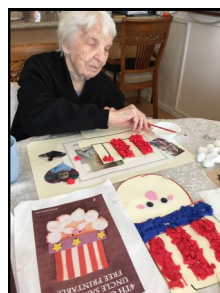
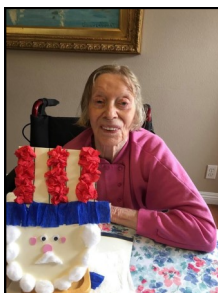
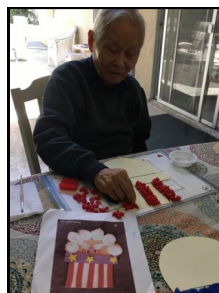
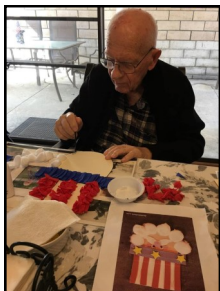
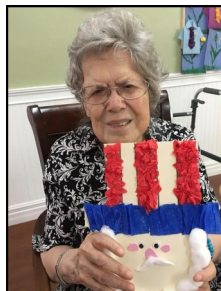
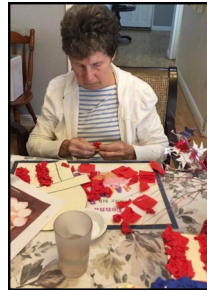
We are happy to introduce our new Music Therapist Alisa Hopper! Alisa has been a California musician and worship leader for 30 years in cities ranging from San Francisco and the Bay Area to the San Joaquin Valley to Orange County. She holds a Bachelor of Arts in Music and has a passion for music therapy of all ages. She specializes in Piano/Vocal entertaining, she has accompanied bands, choirs and soloists, can play multiple instruments, can perform Jazz standards and many musical genres and styles. She loves interacting with people while playing, creating a relaxing environment for patrons, guests and customers. She has a heart for seniors and people living with Alzheimer's after caring for her grandmother for many years. She enjoyed playing jazz standards for her grandmother's friends and family daily and taking requests for their favorite songs. Watching seniors delight in something they remembered was something she fondly treasured.

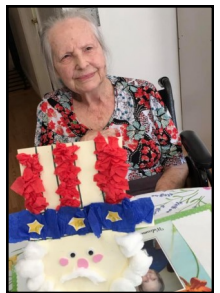
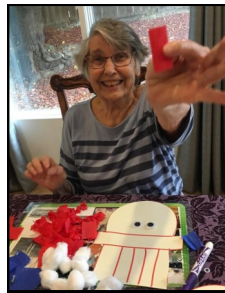
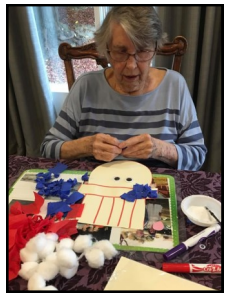
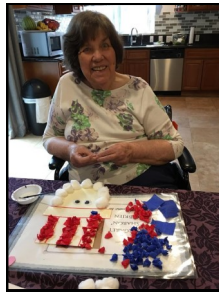
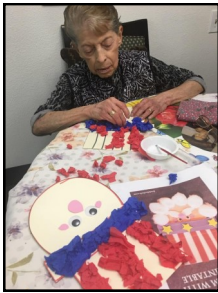
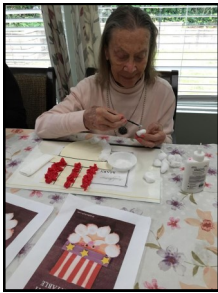
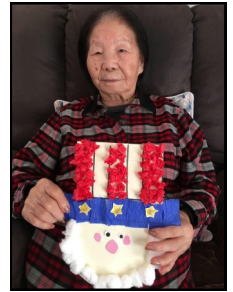
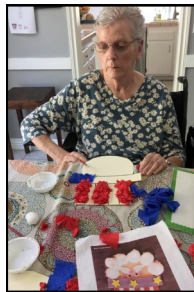
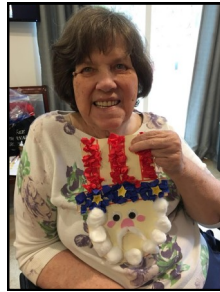
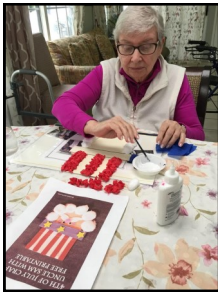
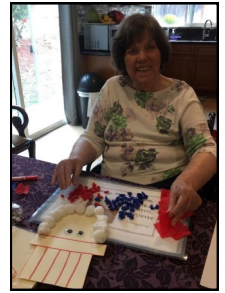
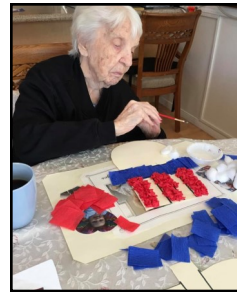
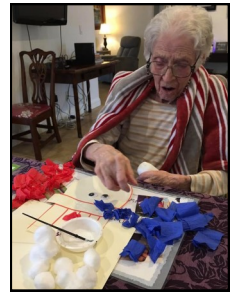
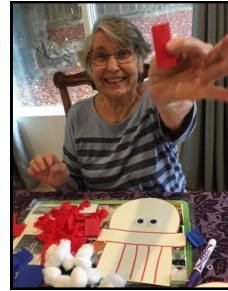


Welcome to the Irvine Cottages Family Alisa! Please say hi to Alisa if you see her performing for your loved one!

The highest compliment our families can give us is the referral of your friends and families. Give us a referral that places and we will give you a complimentary \$500 discount on your next monthly statement. Thank you for your trust.

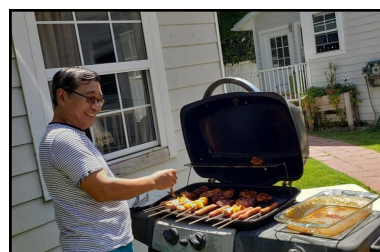
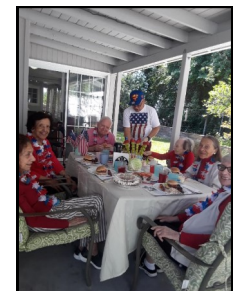
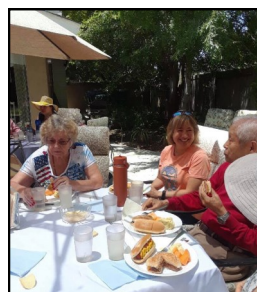
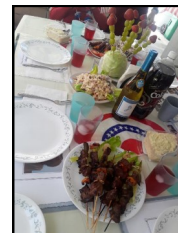
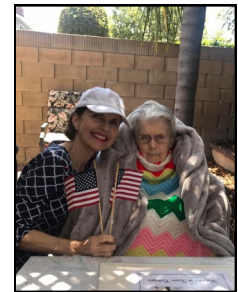
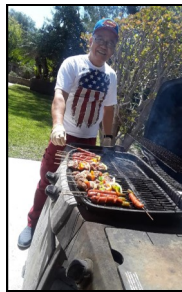
**What's a good way to get into the 4th of July spirit...?
Patriotic crafts!
Residents enjoyed this fun project that was then used
to decorate their cottages!**







Residents enjoyed cooking out with a good old fashioned 4th of July BBQ lunch along with delicious apple pie for dessert!



Caring Conversations: How to Communicate With Someone With Memory Loss

Some helpful tips for caregivers on communicating with their loved ones.

Caregivers must change their communication style when interacting with a person with Alzheimer's or dementia. Alzheimer's is often considered a disease of emotions, whipping up a continuous cycle within its victims' minds that repeatedly bounces from confusion to discomfort to abnormal behaviors. This can often lead to verbal or physical aggression – caregivers must understand that changes in a loved one's behavior are not deliberate, but rather a reaction triggered by the disease, a reflection of toxic changes occurring in their brain and essentially changing their realities. Because of this, it can be difficult to properly communicate with someone with Alzheimer's, especially when you do not yet have a sense of how to change your tone, word choice, etc. So, here are some simple guidelines that can help you have effective and meaningful conversations with your loved one.

First, some simple DON'Ts and DOs when communicating with someone with Alzheimer's:

DON'T:	Argue and/or blame the person
DO:	Accept blame, acknowledge their feelings
DON'T:	Remind the person about their memory loss or test their memory.
DO:	Reassure them with slow speaking, repetition and brief explanations
DON'T:	Take their behaviors personally
DO:	Be patient, go with the flow.
DON'T:	Ask open-ended questions
DO:	Give straightforward options
DON'T:	Confront
DO:	Be forgiving, leave the room for a few minutes if things get heated.
DON'T:	Use the word "But"
DO:	Use words like "however" and "nevertheless"

When communicating with someone with memory loss, it's important to maximize the **"connectedness"** rather than focusing on technicalities. So, it is important that you understand that –

- Certain things are impossible to change
- Your thoughts, beliefs and actions will significantly impact your loved one's behaviors
- All behavior has meaning
- Connecting overrides the task at hand

Using techniques like distractions or reminiscing is a great way to help the person feel better and to lower their frustrations, while simultaneously allowing them to still feel independent and strengthening your connection.

For example, consider a situation in which a person with dementia says, *“I’m leaving now. It’s time for me to pick up the kids from school.”* Rather than correct them by saying something like, *“Don’t you remember your kids are grown? They’re not in school anymore!”* adopt one of the following alternatives:

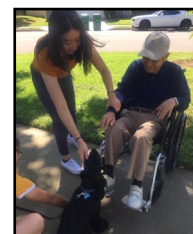
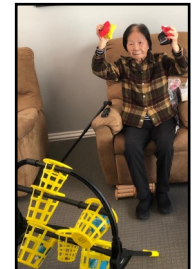
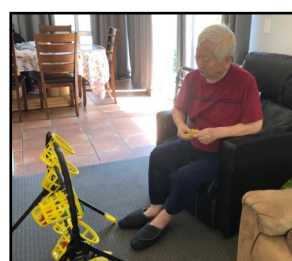
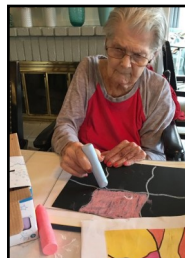
- “It sounds like you’re missing your kids right now.” (responds to feelings)
 - “You don’t have to pick them up until later.” (reassures their anxieties)
- “Let’s play cards before you go.” (distracts them)

Some final helpful suggestions:

Last Word Connection is a technique that can foster cooperation while still allowing the person with Alzheimer’s to feel in control of their decisions.

- o For example, a caregiver would ask: *“Would you like to wear your red shirt today, or the one that’s blue?”* The person is most likely to say “blue” because it was the last word they remembered hearing.
 - o **Offer praise and compliments** to make the person feel good about themselves and their decisions, as well as listened to.
 - o **Try methods of communication that don’t involve words.** These can come in the form of a favorite song, favorite foods and activities, a massage, etc. See what resonates with your loved one.
- Humor!** It’s something we all know – that laughter brings pleasure.

Communication between people can be complicated. Throw Alzheimer’s and dementia in the equation, and tensions can rise quickly. But with a bit of patience and some adapting, caregivers can begin to communicate differently and more effectively with their loved ones, helping both parties adapt to their new realities of living with dementia.



Cottage
Activities &
Outings.

CAREGIVER OF THE MONTH



Lolita J. Bacani

Recognized for living our core value
of going above & beyond.

Lolita J Bacani works at Cottages 7 and 14. Lolita was born and grew up in the Philippines where she was raised by her parents Cesario and Lydia along with her brother and 2 sisters. She is married to and works alongside her husband Rey and together they have 2 children; Brigitte and Lou-Rey.

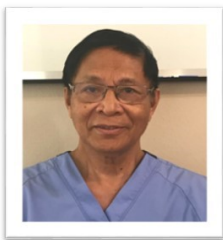
Lolita enjoys action movies and really enjoys movies about the 10 Commandments of God. She enjoys Christian music and enjoys a lot of different singers and bands. She enjoys eating in different restaurants and lists Adobo as one of her favorite types of food. She says the Bible is her favorite book to read.

Lolita says she enjoys visiting lots of different places but if she could travel anywhere, she would choose Israel – the Holy land. She is happy for all of Gods blessings that she receives every day in her life and she is grateful for everything God has done for her. She says she will obey the commandments of god and share with others. Three words that would describe Lolita is that she is happy, helpful and also that she loves to share the word of the lord with others. In her life, she will continue to serve the Lord. She is grateful for everything she has in her life and is happy to be able to work with her husband at Irvine Cottages.

Irvine Cottages

Thank you Lolita for your continuous hard work and outstanding care to our residents!

CAREGIVER OF THE MONTH



Reynaldo A. Bacani

Recognized for living our core value
of going above & beyond

Reynaldo A. Bacani works at Cottages 7 and 14. Rey was born and grew up in the Philippines where he was raised by his parents Mariano and Juana, along with his 3 brothers and 1 sister. He is married to Lolita who works alongside him and together they have two children; Gette and Courey. He enjoys Christian songs and his favorite movie is The Passion of the Christ. He likes to read and his favorite book is the Bible. He enjoys eating at buffet restaurants and lists Pancit and Adobo as his favorite types of food. He says that Israel is his favorite place to visit and would travel there often if possible. Rey says what makes him happy is sharing the word of God and he is grateful that our Lord God changed his life.

Rey says his best quality is that he wants to do what is good for all. Three words he uses to describe himself are that he is respectful, loving, and will do what he is asked to do. He would like to continue serving God in his lifetime. Ray also adds that he is grateful for being able to work for Irvine Cottages.

Irvine Cottages

Thank you Rey for your continuous hard work and outstanding care to our residents!

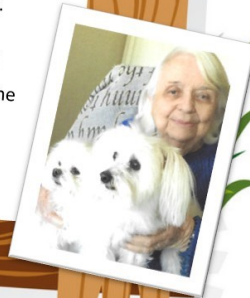
Resident Spotlight ~ August

Catherine Waltz ~ Irvine Cottage 11

Resident Spotlight

Catherine Waltz is a resident of Irvine Cottage 11 and is our resident of the month!

Catherine Waltz was born in Buffalo, New York and grew up with her parents William, a sailor and Freida, a housewife. Catherine was married to Edward and together they had two children; William and Edward as well as 10 grandchildren; Aiden, Abigail, Fox, Adelyn, Sawyer, Everly, Ace, Sienna, Giancarlo and Lexi. She has lived in many places which include New York, Escondido and Orange County, California. Catherine majored in Education in college and went on to have a career as a Special Education teacher, winning the Teacher of the Year Award in Buffalo, New York. She also enjoyed being a housewife. A lot of Catherine's vacations were spent with her husband, she enjoyed travelling to Europe, Canada, Ireland and France and also attending family get togethers. Catherine enjoys travelling, reading, gardening and her family. She is warm and loving, loves to laugh, is well loved, makes friends easy and is often the "Queen Bee". She is friendly and enjoys participating in cottage activities and is always smiling. She enjoys Ice cream, pie and soups along with watching television and being with her friends at Irvine Cottage 11.



PARDON OUR DUST...

IMPROVE WE MUST!

Please ignore our mess as we continue to paint and improve some of our cottages.

Management Team

Alejandra Valle LVN,
Executive Director

Michelle Nesbitt
Office Manager &
Administration

Kimberly Walters
Director of Resident & Family
Services

Gertrudes Tizon
General Manager

Dairwil Manapsal
Activities & Memory Games

Patricia O'Neil
Bookkeeper

Concerns

If you or a family member ever have any concerns about the care your loved one is receiving, please feel free to call Alex at 949-533-1136



Welcome to the Irvine Cottages family:
Laura, Grace and Oscar who have recently moved into Irvine Cottages.
We are very happy to meet you all.

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306003824, 306004242. 306003826, 306004029, 306004723, 306004724

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Editor: Michelle Nesbitt

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