

A Monthly Newsletter for the Families and Friends of Irvine Cottages



A Message from Executive Director Alex Valle

Hello Irvine Cottages families, it's hard to believe that January is already gone!

February is one of the most loved months of the year where friends and families take the opportunity to celebrate love and friendship by exchanging sweet words and gifts as proof of love to one another.

Who does not love to receive a beautiful bouquet of flowers, a box of heart shaped chocolates or a Valentine's cupcake?

Our residents do and they will enjoy sweet heart filled activities throughout the month participating in heart themed crafts and enjoying their favorite cupcakes!

"Happy Valentines Day"

Fondly,
Alex Valle

*Happy
Valentines
Day*

Cottage Reminders

- Please remember to bring in suitable clothing for all temperatures. Please label all items you bring in for your loved ones.
- Please bring in all needed incontinency and personal hygiene supplies for your loved one. Please label.

Training

Training is on-going at Irvine Cottages. During the month of February, staff will continue to receive training on the following topics: resident care, dealing with grief and loss, residents rights, safe transfers, activities and diabetes.

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



Puzzle time

Doing word search and other puzzles can help to keep our aging brains fit. A simple cognitive activity like a puzzle can benefit older adults.

Residents Juliana and Duane enjoy puzzle time together!

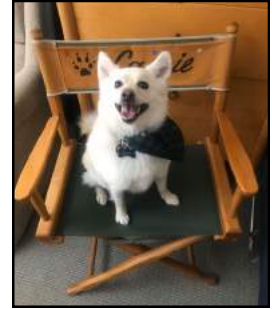


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Irvine Cottages Memory Care @IrvineCottages

FOLLOW US ON INSTAGRAM: @Irvcottages

Pet Therapy



Irvine Cottages *Valentine's Day Sweetheart Dinner* *February 14th*

5:00pm

Residents enjoyed a delicious
Valentine's Day Dinner

Green salad

Cheese Ravioli/Lasagna

Garlic Bread

Pie/cheesecake for dessert

Valentine's Day Sparkling Martinelli toast

In February residents will
enjoy Valentines themed
crafts with Dairwil!

Cottages will also
bake and decorate
Valentines themed
cupcakes!



Pet Therapy at Irvine Cottages!

Residents recently enjoyed a special visit from Buddy! Everyone fell in love with Buddy and there were plenty of smiles and hugs, they didn't want him to go home.

Thank you Buddy for bringing so much joy to our resident's day!

There are so many benefits of Pet Therapy for our seniors. Anyone who has ever stroked a dog's soft ears or felt the gentle rumble of a cat's purr knows the calming feeling an animal can offer. A pet companion presents many health benefits, like lower cholesterol levels and can even prevent heart attack and stroke. They can also help fight depression. For these reasons, Irvine Cottages residents enjoy special pet therapy visits. Pet therapy animals are used to promote health and healing for seniors of any age range or health condition, whether they are depressed, chronically ill or have ongoing disabilities. This kind of therapy for seniors, also known as Animal Assisted Therapy, is a technique that uses animals to interact with seniors for numerous reasons to help improve their quality of life. Studies show that just fifteen minutes spent bonding with an animal promotes hormonal changes within the brain. Stress levels drop as the brain produces serotonin (the "feel-good" hormone), along with prolactin and oxytocin. Contact with therapy animals can bring some withdrawn seniors out of their shells, making them happier and more communicative.

February Resident Birthdays

Happy Birthday to all of our residents who will celebrate birthdays in the month of February. All residents receive a card, a gift and cake on their special day. Please call Dairwil at (714) 618-0523 for details about birthday parties at the cottages or if you want to plan something for your loved one on their special day.

February Birthdays

February 4th ~ Josephine Olinski

February 7th ~ Joan Lamoreaux

February 8th ~ Florence Liberman

February 9th ~ Pam Basich

February 14th ~ Dolores Hahn

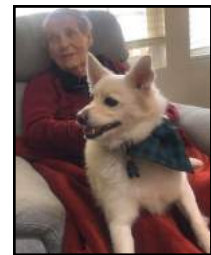
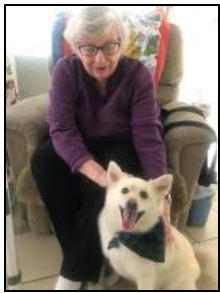
February 24th ~ Judy Dott

February 26th ~ Marilyn Goldberg

February 27th ~ Alfred Hill

February 28th ~ Lydia Lamarche

Pet Visits with Buddy!



Memories in the Making on Canvas!

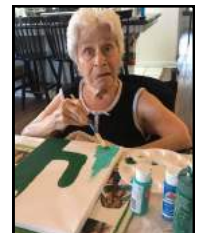
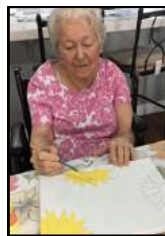
What is Memories in the Making®?

Memories in the Making®, the signature art program of Alzheimer's Orange County (ALZOC®), was created to provide a meaningful activity for persons with dementia, while focusing on creative expression as a form of communication. When the disease affects language, art becomes a more suitable form of expression. With the stroke of a paintbrush participants are able to express themselves, often painting memories from long ago or images that represent their hobbies and passions. This fun activity is hosted by Dairwil and is really enjoyed by residents.



The benefits of Memories in the Making can include:

- Improved self-esteem,
- A productive outlet for emotions,
- Increased attention span and focus,
- Activation of brain neurons,
- An opportunity to socialize, thus reducing isolation,
- Recollection and expression of past memories,
- A way to reconnect with loved ones.



Benefits of Playing Bingo

Residents love to play bingo in their cottage and can often be very competitive! Did you know that there are many benefits of playing a game of Bingo!



Concentration



A number of studies have found that playing bingo improves the concentration and the short-term memory. Though the principles of a game of bingo may be simple, the player is required to concentrate closely. If she lets her concentration slip for even a few seconds, she misses the numbers.

Most regular bingo players would probably agree that the more you play, the better you get at concentrating. The game helps you improve this skill, according to researchers Donald H. Kausler and Barry C. Kausler.

Coordination

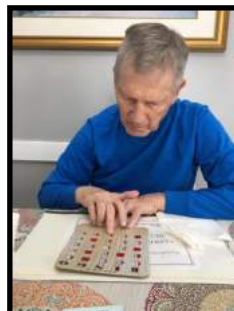
The pace of a bingo game is pretty fast. The caller calls the numbers at a steady pace. The player glances quickly at perhaps several cards and marks the numbers off. They must immediately recognize if they have a winning card, and shout out, or the game moves on and they miss the prize. The connection between what they hear and their action of marking the card must be quick. They must also call out quickly. The connection between hearing, marking, and recognizing all call for quick reactions. Doing this in bingo helps improve elderly people's coordination and quickness, the Kauslers found.

Stimulus

Because a bingo player has to concentrate and the game moves quickly, this is intellectually stimulating. There is a chance of winning and this causes excitement. When a person is excited there is an increase in the release of endorphins which acts as a stimulus, making a person feel elated and even relaxed after the game, research has found.

Social Benefits

Some older people can feel isolated. Playing a bingo game can provide valuable company and a lighthearted fun. This sort of activity can help keep depression at bay. Depression in the elderly group can be a real problem, and can even contribute to a decline in the intellectual functions if the person loses interest in life





Morning exercise at the cottages

Some benefits of exercise for the elderly can include:

- Living longer. According to the World Health Organization, leading a sedentary lifestyle is one of 10 leading causes of death and disability.
- Preventing falls.
- Reduced risk of stroke or heart attack.
- Better bone density.
- Reduced risk of developing dementia.
- Prevent or delay disease.
- More confidence and independence.



Please ignore our mess while we are in the process of re-wiring and



replacing our fire detectors, smoke detectors and carbon monoxide detectors.

Management Team

Alejandra Valle LVN,

Executive Director

Rachel Dupont

General Manager ~ Quality and Safety Assurance

Michelle Nesbitt

Office Manager & Administration

Gertrudes Tizon

Staffing Manager

Kimberly Walters

Director of Resident & Family Services

Patricia O'Neil

Bookkeeper

Dairwil Manapsal

Activities & Memory Games



Welcome to the Irvine Cottages family: Pam and Barbara who have all recently moved into Irvine Cottages. We are very happy to meet you both!

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RCFE #: 306900437, 306000535, 306000655, 306500736, 306001104, 306001887, 306003824, 306004242. 306003826, 306004029, 306004723, 306004724

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