

## A Monthly Newsletter for the Families and Friends of Irvine Cottages



### A Message from Executive Director Alex Valle, July 2019

Happy Summer to residents, families and staff  
of Irvine Cottages,

July is the seventh month of the year in the Julian and Gregorian Calendars, it was named by the Roman Senate in honor of Roman general Julius Caesar, it being the month of his birth.

The month of July is so special, it's the time we celebrate America's Independence from Britain on July 4<sup>th</sup>. On this special day, our residents, along with staff and family visitors, enjoyed the nice warm weather with a BBQ lunch on their patios. Hamburgers and Hotdogs, lemonade and good old-fashioned apple pie were served.

Time spent outside on the patios, going to the park and fun visits to the beach are a must during the month of July. Don't forget to keep yourself hydrated and encourage your loved ones to drink more water too as the temperature rises and use plenty of sunscreen when outdoors.

I wish you all a happy, safe and enjoyable summer!

Alex

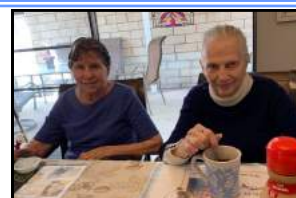
### Cottage Reminders

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 July, staff will receive training on dementia, infection control, LGBT, wandering and reporting elder abuse



Cottage 3 Friends Shirley and Donna

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.

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 July. 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.



### July Birthdays

July 1st ~ Margrit Megerdichian

July 17th ~ Josephine Beychok



All of us at Irvine Cottages are grateful for our Irvine Cottages residents and their families. Thank you for these wonderful 5 star reviews on [Caring.com](https://www.caring.com) of Irvine Cottage 10.



Posted by Dr. Casey Carter

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

**Rating:** 5 / 5 Stars



The caregivers at Irvine Cottages have taken such good care of my mom, Jean Carter. In particular, Dani and Nerissa are always so attentive and caring towards my mom. They watch out for her welfare and make sure she has everything she needs. Living far away, it is a great comfort and relief to know that she has everything taken care of. My sincere gratitude to Dani and Nerissa and everyone at Irvine Cottages for all they do to make my mom comfortable and happy. ~Dr. Casey Carter

Posted by Kathryn RNCM

**Relationship:** Other

**Rating:** 5 / 5 Stars



I am a nurse Case Manager who sees one of the patient/residence at this facility. Danny & Narissa are caring, professional well organized caregivers. They know their residence, very attentive to safety and needs of residence, ready to answer all questions or concerns. They report concerns to RN/MD. Facility is clean, warm and inviting. Meals smell of good healthy food. Highly recommend





## 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. Currently, classes are offered at adult day centers and memory care communities. However, it can also be a one-on-one activity through an in-home care agency or with loved ones in the comfort of their own home.

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



Creativity can be very powerful, allowing our residents to express themselves on a more artistic level. Art has the ability to improve one's quality of life while enhancing the creative mind. It may open a gateway, allowing our residents to express their feelings. Artistic activities can help reduce stress, but also boost self-esteem and confidence.



Cottage 9 residents were in for a treat when fellow resident Jeanne offered to make her no bake cheesecake for everyone! Looks delicious!

### Sweet Treats!





# Father's Day at the Cottages

To get into the spirit of celebrating Father's Day, resident's participated in and had fun creating a Dad themed craft. The Men's shirts were posted in each home as decorations!





## Irvine Cottages Father's Day celebrations and lunches



Happy Father's Day to all of our special Father's and Grandfathers. Our special residents enjoyed the day with a lunch in their cottage and a little gift bag of treats.

## Music and Entertainment update with Mark Neria

Over the years I have enjoyed presenting the top tunes of the most famous crooners of yesteryear to the wonderful residents of Irvine Cottages.

Recently, the residents have responded favorably to singers like Ricky Nelson and of course, Elvis! During the summer months, I will be singing more and more Elvis tunes for the residents. At the end of some of the tunes, I present some facts about the song, e.g.

how old the song is, or how big a hit it was. The residents are really enjoying learning about these singers and love to hear facts.

# Dehydration: A Hidden Risk to the Elderly

It's important for caregivers to be more aware of ways to prevent dehydration, recognize signs of dehydration in the elderly, and to treat it promptly.

Sudden shifts in the body's water balance can frequently result in dehydration, and the physical changes associated with aging expose the elderly in particular to the risks of dehydration. One serious danger to the elderly is that they may not know about their dehydrated condition, which could lead to it not being treated and result in more serious consequences.

In one study of residents in a long-term care facility, author Janet Mentes reported that 31 percent of patients were dehydrated. In a related study, researchers found that 48 percent of older adults admitted into hospitals after treatment at emergency departments actually had signs of dehydration in their laboratory results.

## Dehydration: The Causes, The Health Risks

Dehydration in seniors is often due partly to inadequate water intake, but can happen for many other reasons as well including diarrhea, excessive sweating, loss of blood, diseases such as diabetes, as well as a side effect of prescribed medication like diuretics. Aging itself makes people less aware of thirst and gradually lowers the body's ability to regulate its fluid balance.

### **Elders may not feel thirst as keenly.**

Scientists warn that the ability to be aware of and respond to thirst is slowly blunted as we age. As a result, older people do not feel thirst as readily as younger people do. This increases the chances of them consuming less water and consequently suffering dehydration.

### **Less body fluids, lower kidney function.**

The body loses water as we age. Until about age 40, the proportion of total body fluids to body weight is about 60% in men and 52% in women (the gender difference is due to greater muscle mass and lower body fat in men compared to women; muscle cells contain more water than fat cells). After age 60, the proportion goes down to 52% in men and 46% in women. The reason for the decline is the loss of muscle mass as one ages and a corresponding increase in fat cells. In addition, the kidneys' ability to remove toxins from the blood progressively declines with age. This means the kidneys are not as efficient in concentrating urine in less water, thus older people lose more water.

If dehydration is not identified and treated, the consequences to health are significant, including reduced or loss of consciousness, rapid but weak pulse, and lowered blood pressure.

If rehydration is not started, the situation can become life-threatening.

## **Recognizing Dehydration Symptoms**

Those caring for elderly persons should watch for these signs of dehydration.

### **Mild Dehydration Symptoms**

Dryness of mouth; dry tongue with thick saliva

- Unable to urinate or pass only small amounts of urine; dark or deep yellow urine
- Cramping in limbs
- Headaches
- Crying but with few or no tears
- Weakness, general feeling of being unwell
- Sleepiness or irritability

## More Serious Dehydration Symptoms

- Low blood pressure
- Convulsions
- Severe cramping and muscle contractions in limbs, back and stomach
- Bloated stomach
- Rapid but weak pulse
- Dry and sunken eyes with few or no tears
- Wrinkled skin; no elasticity
- Breathing faster than normal

## Dehydration: Staying Hydrated

Everyone knows—but many people seem to forget—that water is what sustains life. Here are just two of the benefits of being hydrated:

1. Older people who get enough water tend to suffer less constipation, use less laxatives, have fewer falls and, for men, may have a lower risk of bladder cancer. Less constipation may reduce the risk of colorectal cancer.

Drinking at least five 8-ounce glasses of water daily reduces the risk of fatal coronary heart disease among older adults.

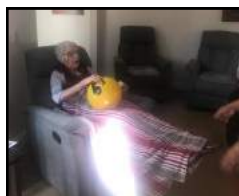
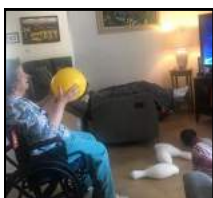
Caregivers should make sure the older person has water by their side at all times. Encourage frequent drinking in moderate amounts.

A good formula for how much water is needed every day is to take one-third of the person's body weight in pounds and drink the equivalent number of ounces of water daily. For example, a 150-pound woman would need 50 ounces of water daily, or about 6 8-ounce glasses of water.

## Other Hydration Tips to Consider:

- If the elder's current intake is below the required amount, have them increase the amount they drink gradually.
- Encourage your loved one not to wait until thirsty to start drinking water: At that point dehydration has already started.
- One sign of proper hydration is the color of the urine—it should be clear or a pale yellow.
- Alcohol should be avoided. Minimize the number of beverages with caffeine because of its diuretic effect, causing the kidneys to excrete more water.
- When you see early signs of dehydration, offer a sports drink to enable quick replenishment of water and electrolytes needed by the body.
- Severe dehydration requires medical attention; if you see any signs or even just suspect it, call the doctor.

Some bowling fun at Irvine Cottage 11. The ladies love a bit of competitive fun!





## 6 ways to get seniors to drink more water:

### 1. Remember there are many sources of fluids

Older adults don't have to drink only plain water to get hydrated. Coffee, tea, fruit juice, sweetened beverages, fruits, and vegetables all contain water. If your senior really hates drinking fluids, serve them more **foods with high water content** to increase their hydration.

### 2. Keep water easily accessible

Sometimes, making it easy for seniors to serve themselves could encourage them to drink more water. Try putting a lightweight pitcher of water and a cup near their favorite seat.

### 3. Experiment with beverages at different temperatures

Your senior may prefer hot drinks to cold, or the other way around. Experiment to find out which type they like better. Try warming up juices, making decaf iced coffee with cream, or adding soda water to make drinks bubbly.

### 4. Try something savory

Those who like savory foods may enjoy drinking hot soup broth. The broth can come from a can, box, or powder, but some older adults really like it – especially in cold weather.

### 5. Make popsicles

Homemade popsicles made from fruit juice or a mix of juice and water are a great summer treat. But they're also a great way to get fluids into your senior.

### 6. Offer smoothies, milkshakes, Ensure, sports drinks

Some stubborn older adults may really resist drinking fluids. If so, you can try enticing them with smoothies, milkshakes, Ensure, or sports drinks. Sometimes they'll like the flavor or texture and be willing to drink these beverages.



Cottage 3 activities



All of us at Irvine Cottages are grateful for our Irvine Cottages residents and their families. Thank you for this wonderful 5 star review on Caring.com of Irvine Cottage 5.



Posted by **Darchelle** on **06/12/19**

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

**Rating:** 5 / 5 Stars



Kim I want to say what a huge, ongoing blessing Mike and Tina are. Day and Night. They both really care about the women and it shows in the details of all they do. I know few who could serve others with these ladies needs... in the constantly loving way they do. Not an easy job. Quiet rewards in the midst of much serving. I applaud them. I pray for them. I'm so thankful for them and love their hearts.

# CAREGIVER OF THE MONTH



## Jeany DeLa Cruz

Recognized for living our core value of  
going above & beyond

Jeany Aguinaldo Dela Cruz works at Irvine Cottage 9 alongside her husband Napoleon. She was born in Aurora, Isabela in the Philippines where she grew up with her parents Marcos and Lolita who were farmers on a citrus plantation along with her 3 brothers and two sisters. Back in the Philippines, Jeany worked as a business woman.

Jeany enjoys movies, especially love stories and enjoys listening to Country and Gospel music, listing Celine Dion as one of her favorites. She enjoys eating at native Filipino or Asian restaurants and her favorite foods are Chicharon, Pakbet and salads. She enjoys reading detective novels and likes the authors Sidney Sheldon and Nora Roberts. Her favorite place to visit is Church and it is her dream to travel to Europe. Being with her family makes Jeany happy and she says she is grateful to be a wife, mother and grandmamma. Jeany says she is also very grateful when she can't control her laughter.

Jeany says her best qualities are that she has determination and persistence, is honest and a hard worker. Three words that she would use to describe herself are compassionate, enthusiastic and outgoing. In her life, Jeany would love to travel and she thinks people would be surprised to know that she is a simple person and that she works, she plays, she prays and she saves!



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

# CAREGIVER OF THE MONTH



## Nap DeLa Cruz

Recognized for living our core value of  
going above & beyond

Napoleon "Nap" Dela Cruz works at Irvine Cottage 9 alongside his wife Jeany. He was born in Ilocos norte in the Philippines where he grew up with his parents Nicolas and Consocacion along with his siblings. His father worked as a "Jack of all trades" and his mother was a housekeeper. Some of Naps previous jobs included working in a warehouse at the Ilocos Coca-Cola plant in the Philippines.

Nap enjoys movies and says that two of his favorite movies include The Ten Commandments and Romeo and Juliet and enjoys reading Chess books. He also enjoys disco music and classical music and lists Matt Monroe and the Bee Gees as some of his favorite musical artists to listen to. He enjoys eating at Asian restaurants and lists Chicharon, Adobo and Pinkabet as some of his favorite types of food to eat. Church is one of his favorite places to visit and if he could travel anywhere in the world, Nap would go to Europe and the Middle East. Spending time with his family makes him happy and he says he is grateful for the times he has received help. Nap says that some of his best qualities are that he has good interpersonal relationships, is resourceful and has integrity.

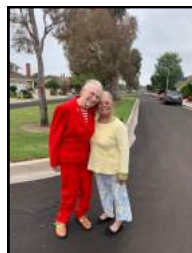
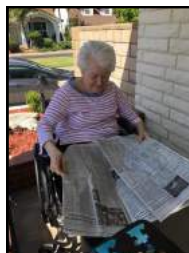
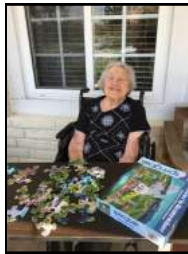
Three words that describe Nap are that he is action oriented, is emotional and has self-awareness. Nap says that in his life he would like to travel around the world.



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



# Cottage Resident Activities





# Resident Spotlight ~ July

## Arlene Lagman ~ Irvine Cottage 7

### 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



**PARDON OUR DUST...**

**IMPROVE WE MUST!**

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

### 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: Catherine,  
Dale, Maria, Jenny and Bob  
who have recently moved into  
Irvine Cottages.  
We are very happy to meet  
you all.

P.O. Box 3168, Dana Point CA 92629  
(949) 533-5938 Fax (949) 443-4297  
RCFE #: 306900437, 306000535, 306000655, 306500736, 306001104, 306001887,  
306003824, 306004242. 306003826, 306004029, 306004723, 306004724

Irvinecottages.com Please follow us on Facebook: @Irvine cottages

Editor: Michelle Nesbitt

