



A Monthly Newsletter for the Families and Friends of Irvine Cottages

A Message from Executive Director
Alex Valle, June 2019

Dear Irvine Cottages families and friends,

Can you believe June is here and it's Summertime again...happy and fun times are ahead. The month of June, named after the Roman goddess Juno, the wife of Jupiter, is the sixth month of the year in the Gregorian and Julian calendars. Juno was known as the patron of marriage and was responsible for the wellbeing of women

The kids are out of school, lots of new grads are thinking what the next step will be in their exciting life, brides and grooms ready to be married during this special month, flowers are in full bloom, and everyone can enjoy BBQ'S and time in the back yard on nice sunny days! June and the Summer months are the best!!!

Father's Days is June 16, please stop by and wish our residents a Happy Father's Day.

Have a safe a healthy 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 warmer clothing for your loved ones, sweaters, pats, socks etc.

Training

During the month of June, training will continue on infection control, diabetes & complications, fall prevention, hydration, pain management, reporting elder abuse and activities for the elderly.



Pinky and
Sherrie
playing
daily
dominoes!

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

Lets taco bout how Irvine Cottages Shell-ebrated Cinco - De Mayo

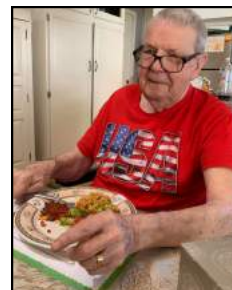
Residents celebrated and enjoyed a meal for the Mexican holiday prepared by staff consisting of chicken enchiladas, tacos and/or burritos, salad and flan for dessert! They also had a fun time making Mexican party hats!





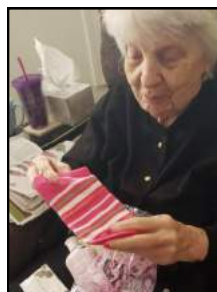
**Irvine Cottages wishes all of our special
Father's and Grandfather's a very special Father's Day!
Residents will celebrate with a special lunch on June 16th!**

Cinco De Mayo Lunch



Mother's Day at the Cottages

Irvine Cottages mother's and grandmothers enjoyed a Mothers Day Italian luncheon in their cottages on Mother's Day! They really liked being spoiled and receiving a special gift!



An interesting read about music therapy and dementia.

Have you ever wondered why music therapy for dementia is so powerful?

One reason is that music triggers pleasure points in the brain allowing us to recall good feelings.



Why Music Therapy Works for Dementia

Posted On 02 Dec 2015

By : Sally Abrahms

The Power of Music: Why it Works for Dementia

By now, you've probably seen or heard the video. An elderly man, in the throes of late stage dementia, is slumped over a wheelchair, unresponsive. When the nursing home staff gives him headphones and play familiar music from decades before on an iPod, he literally comes alive. He sits up, smiles, begins moving his head and hands, and flawlessly sings the lyrics to songs he hasn't heard in 40 years.

While not always so dramatic, I have seen music's transformative powers for those with dementia. I attended a rehearsal of the New York City-based *The Unforgettables*, a chorus of members with early to mid-stage Alzheimer's and their caregiving spouses or children. An outsider wouldn't be able to tell who had dementia and who didn't! They were all engaged and singing away.

The group was conducted by music therapist Tania Papayannopoulou, and founded by Dr. Mary Mittleman, a researcher at the NYU School of Medicine. A study done by NYU's Center for Cognitive Neurology reported that after more than a dozen rehearsals and one public concert, the dementia members had less depression and better self-esteem, mood and quality of life. One reason is that the music therapy gives their brains (and bodies) a workout through breathing, vocal, musical memory and movement exercises. In scientific terms, music releases the chemicals dopamine and serotonin in the brain that make them feel good.

What Music Therapy Does to the Brain

Depending on the type and tempo, music can reduce stress and agitation, prompt word retrieval, calm and motivate, lower blood pressure and heart rate, and control pain. Researchers are finding that there can be changes in neurochemicals when people either hear music they like or make music singing, chanting, or playing instruments such as drums. To put it simply, music activates the pleasure centers of the brain.

And don't forget memory. Music can help in recalling memories, which is really important for people starting to lose their memory. According to Concetta Tomaino, executive director and cofounder of the Institute for Music and Neurologic Function, a music therapist and researcher, "even at the end of Alzheimer's, people still have recognition memory. If a person has a connection to a piece of music it's usually because it reminds them of a person, place or time." They might not remember your name or the experience, but they associate it with something special.

What You Can Do

That's why experts advise caregivers to play, make or sing music from their late teens or early 20s, or even when they were younger children. Their favorite pieces or singers ("I Can't Get No Satisfaction," "Moon River" or Andy Williams?), show tunes, opera, classical or Motown can bring back sweet times. Dr. Theresa Alison, a musicologist as well as a geriatrician at the University of California, San Francisco, says her research shows "music works best when it is familiar and beloved."

Dr. Alison encourages the family caregivers of her patients to sing with them on a regular basis. "Morning care is much better when singing than bossing them around," she says. She advises quieter music when they're walking up, and then picking up the pace for activities such as moving to the kitchen, let's say. Dancing is something you can do together to Mom's favorite tunes—and it's fun!

Music triggers the brain for non-dementia conditions, too, such as stroke, Parkinson's, Huntington's. Parkinson's patients who have trouble walking can often glide effortlessly across a room.

Right after Congresswoman Gabby Giffords was shot and suffered brain damage, she couldn't speak. But she could sing. Her family played her favorite songs, including "Bye, Bye, Miss American Pie" and Giffords played a drum to the beat. Music therapist Maegan Morrow also had Giffords sing her thoughts, such as "I want to go to bed."

Bonding Through Music

"What is so powerful is we can use music to maintain relationships when we lose our words," says Dr. Alison, who sings to, and with, her patients, some of who have dementia. "Caregivers have cried when they've told me they've sung with parents. They say, 'I got my mom back that day.' These are some of most important moments in their relationships."

She knows what those moments feel like. It was music that brought her closer to both her mother and grandmother, who had dementia. At the end of her mother's life, Dr. Alison sang to her and played music. And, when her grandmother could no longer talk, they sang together a song she had taught Dr. Alison as a child. "It was amazing," says the geriatrician.

Cottage 14 activities



Irvine Cottages Birthday's

Happy Birthday to all of our residents who will celebrate birthdays in the month of June. 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.



June Birthdays

June 5th ~ Shirley Dowling

June 9th ~ Eileen Adamson

June 13th ~ Yu-Chen Chu

June 13th ~ Luella Keene

June 22nd ~ Shirley Ann Levin



Cottage Household Chores

Doing chores around the house can serve a useful purpose for our residents, it gives them a sense of accomplishment. A good example of this is helping with folding laundry.

Further, household chores are likely something they've been doing their entire life. Keeping up with the good habits of old can help them feel like they are contributing to the running of the home.



Resident Spotlight ~ June

~ Irvine Cottage

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: Dorthey and Duane who have recently moved into Irvine Cottages. We are very happy to meet you all.



PARDON OUR DUST...

IMPROVE WE MUST!

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

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

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Editor: Michelle Nesbitt

