



A Monthly Recap of March Happenings for families and friends of Irvine Cottages

A Message from Executive Director Alex Valle, for the month of March 2020

*Hello Irvine Cottages families and friends,
We have said good bye to March and it has been a busy month for us all. To ensure the safety of our residents, we implemented some extra precautions at each cottage. Lysol disinfecting spray, hand sanitizer and Lysol disinfecting wipes were left at each front door to spray and clean handles before entering the cottages. Hand Sanitizer is available inside the homes also. We limited all visitors unless absolutely necessary.*

Staff were instructed to add hand sanitizer to our washcloths to use during warm washcloth therapy at every meal when washing residents hands.

Office Manager Michelle ensured that all homes received their weekly groceries and all paper supplies even when the grocery store shelves were bare. Kim, Dairwil and Michelle have been helping connect residents with families via Facetime calls and phone calls.

Residents have been continuing with daily activities within their cottages and participated in St. Patrick's Day themed activities hoping to be the lucky ones to find the "Pot of Gold at the end of the Rainbow." Irish themed activities included making a Saint Patrick's Day Garland, Leprechaun hats, painting Shamrocks and playing brain exercises and games. We even managed to have our Annual special Irish themed meal on Saint Patrick's Day, consisting of corn beef, potatoes and cabbage, along with green

Jell-O and pie for dessert.

All of us at Irvine Cottages thank you for trusting us with the care of your loved ones. Please contact me if you would like an update on your loved one at 949-533-1136. We hope you are all staying safe and we look forward to seeing you all soon.

Alex and Irvine Cottages staff

Cottage Reminders

During this time, please check with your House Manager regarding all needed incontinency and personal hygiene supplies for your loved one. We will need them to be left by the front door for a member of staff to bring them inside. Please label.

Training

During the months of March and April, staff will receive in depth training on infection control, effective handwashing, along with warm washcloth therapy. Staff will also receive training on activities and hosting memory games for residents.

Irvine Cottages would like to send out a special thank you to all of our families who have offered to bring in supplies, we greatly appreciate it. We'd also like to give a big thank you to our special friend Kat McClennen and her mom who graciously handmade cloth masks for us. Thank you!

St. Patrick's Day at the Cottages

St. Patrick's Day

Saint Patrick is the patron saint and national apostle of Ireland.

St Patrick is credited with bringing Christianity to Ireland. Saint Patrick described himself as a "most humble-minded man. St. Patrick's Day is celebrated on March 17, the saint's religious feast day and the anniversary of his death in the fifth century. The Irish have observed this day as a religious holiday for over 1,000 years.

On St. Patrick's Day, which falls during the Christian season of Lent, Irish families would traditionally attend church in the morning and celebrate in the afternoon. Lenten prohibitions against the consumption of meat were waived and people would dance, drink and feast--on the traditional meal of Irish Corned Beef and Cabbage.



May the Luck of
the Irish

Be yours today...

St. Patrick's Day Luncheon

On March 17th
residents enjoyed
Corned Beef and
Cabbage

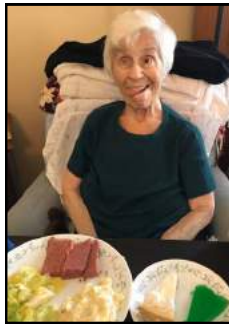
In honor of
St. Patrick's Day



St. Patrick's Day Facts

- St. Patrick's Day is observed on March 17, and it celebrates St. Patrick, who is said to have died on that date.
- In Ireland, people wear small bunches of shamrocks on their clothes to celebrate the holiday. Children wear orange, white, and green badges, and women wear green ribbons.
- The Irish flag is green, orange, and white.
- Four-leaf clovers are considered lucky. Each leaf means something: hope, faith, love, and luck.
- There are 10,000 three-leaf clovers for every four-leaf clover.
- The traditional symbols for St. Patrick's Day are the shamrock, leprechauns, green, a harp, the Celtic cross, and the Blarney Stone.

St. Patrick's Day at the Cottages



March activities at Irvine Cottages included celebrating St. Patrick's Day enjoying an Irish meal on St. Patrick's Day. Corned beef and cabbage is a popular meal to eat on St. Patrick's Day and the residents enjoyed it!



Irvine Cottages Birthday's

Happy Birthday to all of our residents who will celebrate birthdays in the month of March. All residents receive a card, a gift and a cake on their birthday. 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.



March Birthdays

March 3rd~ Edward Degrasse

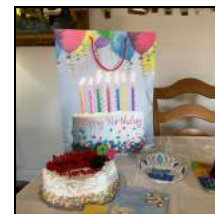
March 4th ~ Edward Jones

March 18th ~ Janet Higa

March 25th ~ Cleo Bauman

March 27th ~ Ruth Johnson

March 29th ~ Ida Pearce



Valentine's Arts & Crafts

Irvine Cottages residents love to participate in Arts & Crafts!
They recently enjoyed creating beautiful Valentine's Heart flowers!

When you're crafting, you're creating and when you're creating you're using your mind. Crafting has cognitive benefits for senior citizens.

- * Crafting is often used as a source of art therapy for those with dementia and Alzheimer's disease. Crafting lessens anxiety, reduces feelings of isolation and brings about a general feeling of happiness. If some seniors with dementia choose to paint or color as their craft it can also bring them back to happy memories when they were children and may have enjoyed the same activities.
- * Crafting can also help battle depression. Studies have shown that a simple activity like painting or knitting can allow the brain to release dopamine which serves as a natural anti-depressant within the body. These feel good non-medicinal chemicals are beneficial for seniors and anyone at any age who may be dealing with depression.
- * Crafting can help build confidence and give seniors a sense of purpose. Being able to complete a project helps people feel like they can accomplish things. This is extremely beneficial for seniors who may feel like they can't do the same things they once did.
- * Crafting can also bring seniors together. It's never too late to form friendships. Finding people who share the same interests, like painting or quilting, will foster a feeling of togetherness.



Valentine's Day crafts during the month of February



Valentine's Day Visits with special friends!

To celebrate Valentine's Day, residents enjoyed an Italian themed dinner. The sparkling apple cider was a big hit!! Thank you to chaplain Cliff Smith for arranging special visits to each cottage - volunteers came to each cottage, visited with residents and brought everyone their own special Valentine flower.



To address concerns about the ongoing coronavirus outbreak, also known as COVID-19, Alzheimer's Orange County compiled articles that outline how it affects older adults and what precautions people can take to minimize risk.



Here's how we can prepare for the new coronavirus.

Information about the coronavirus is buzzing all over the news as well as social media. It does seem to be one of the most talked of issues and something of concern to most people. COVID-19, the coronavirus of 2019, is the most recent strain of retroviruses that was first reported in December 2019 in Wuhan, China. COVID-19 induces fever, difficulties in breathing, coughs, and inflammation of the gastrointestinal system. Whereas the infection is still prevalent in China, the strain is quickly spreading all over the globe, and so we might soon face it here in Orange County. But still, what really is the coronavirus? Is COVID-19 that dangerous to elicit panic in people? What would happen if the infection was to start spreading in the US? What measures would you take to protect yourself against the virus? Does coronavirus affect the elderly more severely?

What exactly is the coronavirus?

Simply stated, coronaviruses (CoV) constitute a huge community of viruses. Various strains of the virus may cause multiple ill-health conditions ranging from cold or flu to more extreme conditions, such as Middle East Respiratory Syndrome (MERS-CoV, or simply MERS) and Severe Acute Respiratory Syndrome (SARS-CoV, or simply SARS). Coronaviruses are highly zoonotic, meaning they are transferable between animals and humans. An example is the SARS, which was introduced to humans from civet cats, while the MERS initially originated from camels. There exist different coronavirus strains that are spreading between animals, but until now, they have not affected humans.

Whenever you read through the news and encounter instances of coronavirus, they simply apply to either the new strain of coronavirus or COVID-19, another new strain of coronavirus that hasn't been reported in humans before and has circulated since late 2019. I will clearly address the COVID-19 in this article and will often refer to this strain as "coronavirus infection" or simply "coronavirus." The epidemic of coronavirus (COVID-19) initially began in December 2019, in Wuhan City in China. Although we have heard that the virus was transmitted from animals, it is still not clear from which exact animal the infection originated. COVID-19 is a form of coronavirus we haven't seen before, and it's uniquely different from other known strains, including the MERS and SARS we've heard of before.

Coronavirus symptoms and statistics

Apparently, the CDC reports that the virus may have an incubation period of up to two weeks, and signs may occur within as little as two and as long as 14 days after one is exposed to the virus. Unfortunately, patients may be contagious during this "silent" incubation period. Clinical signs of infection with the coronavirus are very similar to those of flu (influenza virus). Based on our prior knowledge, thus far, these symptoms can include:

- Cough
- Fever
- Shortness of breath
- Feeling unwell

Our current data suggest that around 80% of infections are categorized as "mild" cases, which can be treated at home with supportive care (fluids, rest, OTC medications, etc.). That means 20% of infected patients require more advanced treatment/hospitalization. The current rate of mortality according to the CDC is around 3.4%. That's far better than the previously reported SARS, which had a death rate of over 10%, or MERS that killed close to 35% of the infected population.

Unfortunately, those at high risk for COVID-2019 mortality are older patients with chronic medical conditions and/or immune-compromised. The majority of hospital admissions, deaths, and patients requiring critical care/ICU treatment are the elderly. The coronavirus death rate among those over age 80 is around 14%. Death rate among patients in their 70s is at 8%.

Of note is that our current data is based on limited testing availability so that the sickest patients are given priority for coronavirus testing which will influence our statistics. Once more testing kits are available for patients with more mild symptoms these percentage data may change (hopefully for better) as we are able to more accurately identify patients.

Who could be at risk of coronavirus infection?

The spread of the coronavirus is closely related to other viruses, and other respiratory infections of the upper cavity, at least according to what we currently know. The virus primarily spreads among individuals who are in close proximity with one another and, anywhere within 6 feet, far from one another.

The virus spreads by respiratory droplets that come through coughs or sneezes of an infected person. The most common viral portal of entry is usually our nose, mouth, and eyes. This means touching your own nose, eyes, or lips may facilitate the virus transmission, especially after an individual has touched a surface that is contaminated with the coronavirus.

Seniors living in close quarters in nursing homes, assisted living facilities and boarding care facilities are more at risk due to both their vulnerability of living in close quarters facilities and overall chronic health issues related to aging.

Recommendations to lower your risk:

These habits and precautions to prevent the spread of the coronavirus infection are helpful for preventing the cold and the flu virus as well:

- Avoid close contact with anyone who is sick
- Avoid touching your mouth, nose, and eyes
- Stay at home if you are sick
- Cover your cough and sneeze using a tissue
- Throw away any used tissues in the trash
- Wash your hands regularly with soap and water, especially before eating, after coughing, sneezing, or blowing your nose, and after using the restroom.
- When soap and water are not available, alcohol-based hand sanitizers are a great option
- Clean and disinfect any objects and surfaces touched with a cleaning wipe or spray
- Face masks should be worn by people who show symptoms to prevent the spread of the disease, however, they are not recommended to people who are well.
- Minimize handshaking – use fist bump, elbow bump, slight bow, etc.
- Use knuckles to touch public light switches, elevator buttons
- Gas stations – use glove or paper towel to lift gasoline dispenser
- Open doors with close fist or hips – especially public doors
- Use disinfectant wipes with grocery carts
- Wash hands with soap and water when returning home from any activity

Keep a bottle of hand sanitizer available at home entrance and in car

Game of Rummikub anyone?

FUN ACTIVITIES TO DO WHEN STAYING INSIDE?

Residents at cottages 7 and 9 have many solutions, one of which is they all enjoy fun competitive games with their housemates daily. A big favorite is the game Rummikub. Not only is Rummikub a fun game to play, it's also great for the brain. Games help the brain retain and build cognitive associations well into old age. The hippocampus and prefrontal cortex especially benefit from playing board games. These areas of the brain are responsible for complex thought and memory formation.

The goal is to get rid of all your tiles and the first player to do so is the winner. Working memory – while the move described above sounds simple enough, it does get a lot more complicated if you can see the patterns. It takes some serious working memory skills to rearrange the tiles in your head so that no tile is left behind on its own. Focus - if you're not paying attention to the moves on the board, you'll miss opportunities to get rid of your tiles.

Next time you pick up a board game to play with your friends or family, remember that you're not only having fun, you're also improving your health and theirs!



Management Team

Alejandra Valle LVN,
Executive Director

Rachel Dupont
General Manager ~ Quality
and Safety Assurance

Michelle Nesbitt
Office Manager &
Administration

Kimberly Walters
Director of Resident & Family
Services

Gertrudes Tizon
Staffing 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

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

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