



A Recap of August Happenings for families and friends of The Cottages

A Message from Executive Director
Alex Valle , August 2021

Dear Families,

We want you to continue to visit your loved ones but due to the recent increase in COVID-19 cases we are reinforcing our visitation policy. We are requiring that you wear a surgical mask face covering during your entire visit which we will provide. We encourage you to visit your loved one outside and practice social distancing during your entire visit. We hope you understand that our goal is to keep our residents and staff safe. We thank you for your support with this new visitation policy. If you plan on visiting your loved one, please see our visitation protocols below:

- Visitors must schedule their visit via phone call to the cottage before they arrive.
- Upon arrival, please sanitize your hands at the sanitizing station at the front door before coming in and seeing your loved one.
- **MUST wear a surgical mask which are provided at the sanitization station before entering the facility and during the entire visit inside and outside.**
- Once you enter, staff will take your temperature and then you may sign in the visitor's log.
- Hand hygiene when entering and exiting the facility after your visit, must be followed. Hand sanitizer is available by the front door and in the facility. Both the visitor and the resident should perform hand hygiene before and after contact.
- Visits may be conducted in their rooms or in a designated common area, maintaining social distancing. We highly recommend outdoor visits. Outdoor visits pose a lower risk of transmission due to increased space and airflow; therefore, outdoor visitation is preferred and should be held whenever practicable.
- Do not visit the home if you have any COVID-19 symptoms, if you have been exposed to anyone that has COVID-19 symptoms, if you have tested positive for COVID-19 in the past 14 days, and/or if you have been exposed to someone that has tested positive for COVID-19 in the past 14 days.
- Staff continue to clean and disinfect surfaces.

Please know that we are implementing these visitation guidelines and protocols for the utmost protection of your loved one, our staff, and other visiting families. If you have any questions regarding our updated visitation protocols, please feel free to contact us.

Best Regards,

Alex

The 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 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.



August Birthdays

Ellen Deman ~ August 6th

Duane Deines ~ August 27th

Roxanna Garro-Colon ~ August 12th

Elizabeth "Kiki" Pichovich ~ August 4th

Jacqueline Crawford ~ August 5th

Jeanne Koch ~ August 19th

Lorraine Campbell ~ August 8th

Jeanne Sharpe ~ August 23rd

Barbara Millspaugh ~ August 10th

Edward Jones ~ August 25th



Resident John loves spending time putting all the pieces together of his favorite puzzle. Not just a way to pass the time, solving puzzles might help reduce stress, improve memory, and increase mindfulness.

Arts and Crafts

Creating art keeps the mind stimulated and can give residents a sense of competence and greater self-esteem.



Garden time



Cottage 12 resident Nonie enjoys spending time in the backyard doing some gardening.

Hydration Tips for Seniors



Not getting enough fluids, especially when it is hot outside, can pose serious health problems for anyone, but older adults are at particular risk for dehydration.

Why Seniors Are at Risk:

There are a few reasons why older adults are more susceptible to fluid and electrolyte imbalances. With age, our body's ability to conserve water is reduced. This can make it more difficult to adapt to things like fluctuating temperatures. Additionally, the sense of thirst diminishes with age. By the time someone actually *feels* thirsty, essential fluids could already be extremely low.

Certain medical conditions and medications can affect a senior's ability to retain fluids. Individuals with dementia may forget to eat and drink, and in more advanced stages may have difficulty swallowing. Drugs like diuretics, antihistamines, laxatives, antipsychotics and corticosteroids can cause frequent urination that depletes water and electrolytes.

Furthermore, seniors who experience incontinence often purposely refuse or limit fluids in order to avoid accidents.

Signs and Symptoms of Dehydration

As a caregiver, it's important to be mindful of the signs and symptoms and to communicate with your supervisor if you notice red flags that could indicate complications from fluid loss.

Picking up on the more subtle, early signs that a senior might need to increase their fluid intake is crucial. Keep in mind that thirst is not usually a helpful indicator, because a person who feels thirsty may already be dehydrated.

Initial signs to look for include:

Headache

Constipation

Muscle cramps

Dry mouth and tongue

Sleepiness or lethargy.

Urine color is another helpful indicator and should be clear or light yellow for someone who is properly hydrated.

If severe dehydration goes unchecked, it can cause seizures due to electrolyte imbalance, a reduction in the volume of blood in the body (hypovolemic shock), kidney failure, heat injuries, and even coma or death.

Signs of Severe Dehydration:

Little or no urination

Dark or amber-colored urine

Dry skin that stays folded when pinched

Irritability, dizziness, or confusion

Low blood pressure

Rapid breathing and heartbeat

Weak pulse

Cold hands and feet

Preventing Dehydration

For most of us, drinking plenty of fluids and eating foods with high water content is a great way to keep our bodies properly hydrated in warmer weather. Most adults need about 64 ounces of fluid every day, but that amount increases with heat and humidity and can change based on various medications and health conditions.

A good rule of thumb is to try balancing fluid intake with output. If a senior is sweating or urinating more frequently, then their fluid intake should become more frequent as well. If a loved one is suffering from an illness that causes fever, diarrhea or vomiting, carefully monitoring fluid intake is crucial. Keep in mind that you can become dehydrated in cold weather, too!



Word search puzzles and math games can help keep memory sharp, reduce stress and improve concentration. They are also fun!

Care 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 for a care plan meeting at 949-533-1136

Cottage Training

Summer Training Topics have included:
Urinary Tract Infections
Safe Transfers
Preventing Pressure Sores

SCHEDULE FOR DAIRWIL MANAPSAL

ART THERAPIST, FACETIME CALLS, BRAIN STIMULATION AND ACTIVITIES

(Please note: Activities may be subject to change without notice)

August 2021

First week of August
Art and Craft
Hawaiian themed
Tiki mask
Pineapple garland

Second week of August
Luau Party
Hawaiian luau Music
Oldies but goodies games

Third week of August
Luau Party
Hawaiian luau Music
Oldies and goodies games

Fourth week of August
Memorial in the making
Outdoor game
Outdoor stimulation

Management Team

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Welcome to The Cottages
family:
Adele, Eunice and Jeanne
who have recently moved
into The Cottages.
We are very happy to meet
you all.

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