

Serendipity Adult Day Services News



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Excellence in Care.
Dementia Care Program of Distinction

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DATES TO REMEMBER

Alaska State Fair Day 8/15!



I followed my heart,
and it led me to the hotdog stand.
Fair vibes and corndog cravings.
On the Ferris wheel,
love is always in the air!
Sweet rides and cotton candy vibes.

UPDATES

Friends and Family Luau Luncheon

June 27th was our annual Friends and Family Luncheon. Catered by Hula Hands, entertainment provided by the Ladies of the Pacific Dance Academy, candy-filled leis made by our participants were shared with all, and last, but certainly not least, a wonderful atmosphere created by those in attendance. Fun was had, bellies were full, and smiles went on for miles. We thank all who attended and made our day!



Caregiver Corner

8 habits of successful caregivers

Without question, being a caregiver is hard work. And because everyone's situation is different, there's no training that can fully prepare you. Here are eight habits that the most resilient caregivers share.

1. They educate themselves. Knowledge really is power, says Dr. Sujatha Hamilton, director of palliative care medicine and chair of medical ethics at New York University, Woodhull Medical Center. "The more you know about your loved one's condition, the more effectively and more efficiently you can meet their needs as they evolve," she says. Continue asking questions and stay up to date as time passes.

2. They're prepared to delegate. What would happen if you got sick or had an emergency? Who would take over? Have a plan in place in case a crisis occurs, says Tara Giese, statewide program director of caregiver support and respite services for Lutheran Social Services of Minnesota. Write it all down, Giese says. "Share the plan with all members of the team. And keep a copy on the fridge or another easy place for people to find."

3. They practice self-care. "In order to take care of your loved one, you must also take care of yourself," Giese says. Making time every day to do something for yourself is important for your body and soul. Use respite care so you can nap, exercise, and have lunch with friends. Doing other activities, you enjoy isn't selfish. It's essential for your sanity.

4. They find the lighter side. Caregiving comes with serious responsibilities. That's why it's important to find ways to smile. Surround yourself with what makes you laugh. "Humor can get you through a lot of difficult days," Giese says. One way to do it: Create a smile box. Fill it with funny movies, cartoons cut out of the newspaper, greeting cards that make you smile, letters. Then, when you're having a hard day, pull something out. Another idea: Start a gratitude journal. "Some caregivers find that writing down one thing they are grateful for is a good way to end the day," Giese says.





UPDATES

Caregiver Corner

8 habits of successful caregivers, continued

5. They treasure their relationships. “Your deep, personal connection is probably a major reason why you’ve made the decision to be this person's caregiver,” says Dr. Hamilton of NYU. “Don’t alienate your loved one by taking on your role as a caregiver and seeing yourself as just that. Maintaining a meaningful relationship is important to your loved one as well.”

6. They ask for help. Remember, you’re only one person, says Parichay Rudina, a licensed independent social worker with the caregiver services department of Amherst H. Wilder Foundation in St. Paul. Ask for help. Really.

7. They put systems in place. Trying to keep your personal life, family life, work life and caregiving life organized can be overwhelming. But losing track of your duties will only add to the stress, Rudina says. Keep calendars. Make lists. Schedule reminders on your phone.

8. They cut themselves some slack. Things will go wrong sometimes, Rudina points out. You’ll make mistakes. Go easy on yourself. “Guilt is an emotion commonly experienced by caregivers, especially when we try to match the image of a perfect caregiver we have in our minds,” Rudina says. “Remind yourself you’re doing the best you can in a very difficult situation.”

All about Alaska – Did you know?



10 Fun Facts About Alaska

1. Alaska is home to 17 of North America's tallest mountains.

Of the 20 highest peaks in the U.S., 17 are in Alaska, including the highest peak in North America (20,320 feet above sea level), Denali. According to a National Park Service article, nine Alaska Native groups and five Athabaskan languages have had unique names for Denali that all translate to some form of "The Great One" or "The Tall One."

2. Alaska has more than 100 volcanoes and volcanic fields.

Alaska contains more than volcanoes and volcanic fields than any other state in the U.S. Don't worry, according to the U.S. Geological Survey, Alaska volcanoes have produced one or two eruptions since 1900.

3. There are more than 3,000 rivers and 3 million lakes in Alaska.

Whether you like to kayak on peaceful waters or hit the rapids in a raft, Alaska has it all.

4. Alaska's largest lake is Lake Iliamna.

At 77 miles long, that's about as wide as Connecticut. Depending on who you believe, it's also home to a legendary monster (or maybe just a sleeper shark).

5. Alaska has more coastline than the rest of the U.S. combined (more than 34,000 miles).

That's all the beach with none of the crowds! The state with the 2nd most coastline is Florida with 8,436 miles of coastline (just 25% of what Alaska has to offer).

6. Alaska is 14.2% water.

According to USGS, Alaska has 94,743 square miles of water area in the state.

7. Alaska has coastlines on three different seas.

They are the Arctic Ocean, Pacific Ocean, and Bering Sea. Pick your Alaska vacation based on which body of water you want to visit!

8. Most U.S. glaciers are in Alaska.

9. About 3% of Alaska is covered by glaciers.

If you want to see beautiful blue ice that's thousands of years old, a trip to Alaska might be the way to go.

10. Alaska is seismically active.

The Alaska Earthquake Center has reported more than 150,000 earthquakes in the last five years, 31 of those had magnitudes of 6 or higher. Of the eight strongest earthquakes ever recorded in the world, three have occurred in Alaska. While these earthquake statistics seem scary, many of these quakes are in unpopulated areas or are so small they are barely felt.