

Serendipity Adult Day Services News



September



Excellence in Care.
Dementia Care Program of Distinction

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DATES TO REMEMBER

Closed: September 1st – Labor Day

Test Your Knowledge

--Labor Day Trivia--

(Answers on page 4)

1. What year was the first Labor Day celebration?
2. Who is celebrated on Labor Day?
3. What types of food do most eat on Labor Day?
4. Name three businesses that are closed on Labor Day.
5. What color should not be worn after Labor Day and, why?
6. Which President signed Labor Day into law as a national day of observance/holiday?
7. In what year was the 40-hour workweek made law in U.S.?
8. Which ice cream flavor is the most sold on Labor Day weekend?
9. Which state was the first to recognize Labor Day as a holiday?
10. Which major U.S. city hosted the first Labor Day parade?

UPDATES

New Activity Table and Chairs are here!

Our beautiful, hand-made Amish furniture has arrived and it is gorgeous. Even smells good with natural wood and finish. Have been told, repeatedly, "I love my new chair!". Take a look --



A few pictures (courtesy of Major Raymond Erickson-King) to share from our trip to the **Alaska State Fair**. It was a day! Our group was 50-strong - participants, staff and volunteers. Thank you so much for our wonderful volunteers. The day could not have happened without you!



Caregiver Corner

Save the Date!

Hope to see you Saturday, September 13 from 1-3, for a caregiver stress management and body mechanics talk. (RSVP at (907) 279-0501.) This will hopefully be the first of many helpful caregiver talks. Please feel free to share any other seminar or training interests you may have. We will make it happen!

Dementia and Incontinence Bathroom Issues. (Source: Dementia-Friend Bathrooms, Age Care Bathrooms)

When it comes to dementia and incontinence, many common issues may arise while at home. Some of these include:

- Failing to respond promptly enough to the urge to use the loo.
- Not being able to find the bathroom in time.
- The bathroom environment is too cluttered and confusing.
- Not being able to recognize the toilet.
- Lighting that is difficult to switch on.
- Lighting that isn't bright enough for someone to clearly see the facilities.

Here are 11 easy tips for dementia-friendly bathrooms that can be implemented quickly to help you or someone you care for manage personal hygiene and dementia:

1. Clearly signpost. Help boost memory of the location of the bathroom or toilet by putting up easy-to-recognize signs pointing the way in corridors and on the door. Ensure signs are bright, clearly visible and feature both words and pictures. Place them slightly lower than you would usually, as older people often look at the floor when walking. It can also be helpful to leave the bathroom door open.

2. Light the way. Make sure corridors are well lit. Using night lights and strip lighting in corridors and stairs can boost confidence when navigating the way to the bathroom at night.

3. Declutter. Clutter can be confusing for someone with dementia. Keep bathroom surfaces as clear as possible and create plenty of space around the toilet.

4. Motion sensor lights. A well-lit bathroom is essential. Take away the stress of finding the light switch with motion sensor lights. Position lights to reduce the amount of glare, shadows, and reflections since this can lessen the chance of falls and aid in preventing confusion.

5. Clear the path. Move furniture out of corridors to create a clear and easy-to-navigate path to the bathroom.

6. Contrasting colors. Contrasting colors make specific objects easier to see. If your bathroom is predominantly a neutral color, it can be harder to distinguish between the walls and the floor, which can cause anxiety when moving around the bathroom. Contrasting colors are especially important for the following:

Toilet seat. A bright toilet seat in a contrasting color can help someone with dementia to identify the toilet quickly. **The floor.** A floor in a contrasting color to the walls makes it easier to navigate the room and avoid bumping into the walls. **Doors.** Use a contrasting color for doors to make them stand out and prevent someone with dementia from panicking because they can't find their way into or out of the bathroom. **Grab rails.** Grab rails in a contrasting color are easier to see and use, helping to ease anxiety around using the toilet or taking a bath or shower without assistance.

7. Remove mirrors. The NHS advise that people with dementia can become very distressed by mirrors in a bathroom and other areas of the home because they may not understand it is their reflection they can see.

8. Put up a blind. Windows without a blind confuse in a similar way to mirrors when it is dark. Blinds can be closed when it gets dark to prevent reflections that may cause confusion.

9. Easy-to-use taps and controls. Ensure bath taps and shower controls are easy to use.

10. Thermostatic temperature control. Install a thermostatic mixer valve to provide a consistent water temperature and so prevent hot water scolds or burns.

11. Non-slip cushioned vinyl flooring. Swap tiles for non-slip vinyl flooring in a mobility bathroom. Doing this can prevent falls and reduce their potential to cause serious injury. Additionally, vinyl flooring is less likely to reflect light than tiles, reducing the risk of a person with dementia being startled when walking across the bathroom floor.

With just a few changes, bathroom time can become more successful and less stressful in no time. <https://agecare-bathrooms.co.uk/common-dementia-bathroom-issues/>

Test Your Knowledge-

Answers

1. 1882

2. Labor Day celebrates the achievements and contributions of American workers and the labor movement. The holiday originated from the 19th-century labor movement, when activists fought for better wages, shorter hours, and safer working conditions during the Industrial Revolution, and it has become a federal holiday to recognize these efforts and sacrifices.

3. Hamburgers, hot dogs, sausages, steak, kabobs, BBQ, grilled vegetables.

4. DMV, Federal Reserve, Costco, Post Office, Banks, USPS, Fedex, Schools and, Serendipity.

5. White. White clothing was a sign of leisure and wealth during summer vacations by the coast, and after Labor Day, they returned to the city where darker clothing was more practical for the dust and grime of urban life, signaling a switch from vacation to the fall season.

6. Grover Cleveland

7. 1938

8. Vanilla

9. Oregon, 1887

10. New York, 1887