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STODDARD BAPTIST EAST CALENDAR CLUB NEWSLETTER

THERAPEUTIC ACTIVITIES (TA)

FALL/WINTER 2016

The **MAIN** purpose for this newsletter is to inform you of the many emotional spiritual or physical issues, that may affect your loved ones and the many ways that TA will try to increase their quality of life despite those issues. This email will also inform you of the various programs that happened throughout the quarter in our facility.



Staff Quote:

*This is one of the best
TA Teams I've seen.*

*They are passionate
about their work and
they produce excellent
programs.*



TABLE: COMMON TYPES OF DEMENTIA

Type of Dementia	Description
Alzheimer's disease	Represents up to 85% of all dementia, affects about 4.5 million Americans Overall prevalence ~1%, climbing to 50% after age 85 years Without new, effective treatments, 16 million Americans will be affected by 2050 Slow onset, steady decline Involves neurofibrillary tangles, amyloid plaque, and brain atrophy
Vascular dementia	Previously called multi-infarct dementia Associated with vascular risk factors: hypertension, diabetes mellitus, arterial disease, and smoking Many subtypes and etiologies (eg, lacunar lesions, hemorrhagic lesions, mixed dementia)
Lewy Body dementia	Represents 15% to 25% of all dementias Often unrecognized as dementia because cognitive deficits fluctuate hour to hour and day to day Visual hallucinations during periods of confusion common
Frontotemporal dementia	Originally called Pick's disease Associated with frontal and temporal anterior lobe atrophy after age 35 years, onset after age 75 years rare Behavioral changes and language problems are noteworthy, but visual-spatial and memory skills remain intact

HOW STAFF CAN HELP :

by engaging your loved ones in the following activities:

Work Activities that make us feel valued and appreciated for our skills and abilities helping others, supervising others, completing 'jobs', doing tasks that are part of the work roles the person has had before in their life. Folding papers, writing, signing their names, etc... **Activities of Daily Living** are the tasks we do to keep our bodies functioning, ourselves clean and neat, our 'adult' independent selves AM care, bathing, eating, toileting, dressing, taking medicines, Shopping, managing money, paying bills, fixing food, 'tidying up', getting their hair done, getting their nails painted, doing grocery lists, etc..

Leisure Activities we do because we like them, get pleasure from them, and enjoy them or enjoy doing them with others. Socializing or visiting, singing, reading, playing cards or games, doing puzzles, walking, dancing, exercising, gardening, crafts, art, music, movies, photo albums, sitting on the porch, bowling, etc... **Rest Activities** we do to reenergize ourselves, to find our inner peace, to relax, and to feel 'better'. Sleeping, napping, praying, listening to music, holding hands and sitting with someone you like, taking a quiet walk, rocking, watching birds or fish, petting a dog or cat, etc...

HOW FAMILIES CAN HELP:

by giving staff thorough information about the meaningful activities your loved one used to or continues to do and helping our loved one to engage in several of these activities when you are in the facility. Also keep in mind, that when Dementia reaches a certain level, staff can only provide comfort, provide reality orientation, play the music we know they love to hear, bring them to the activities the loved one to attend, render 1:1 visits, and allow the disease to take its course. Staff should be informing you of the progress or regression of your loved one's participation levels in meaningful activities during IDT meetings. If you have any further questions, please feel free to ask any of the Clinical Team (TA, Dietary, Social Services, Nursing) or the assigned **Physician**.





The October CeCa Award went to Mr. Michael Jackson , he works in the Environmental Services Department. Mr. Jackson is well liked by all because of his patient and loving demeanor.



The November CeCa Award went to Ms. Oluremi Adebayo, LPN on unit 2 blue. She is such a loving individual, and it shows in all that she does at work.



The December CeCa Award went to Mr. Innocent Nwachukwu, C.N.A. He is known for his cooperative spirit.

Congratulations to all of the CeCa Award winners!!!!



SBGC@WCAS TA Department has been very blessed to have their own transportation for the last 30 years. The buses that are currently sitting in the front parking lot are almost 17 years old. What happens to a vehicle when it is over 10 years old? It becomes temperamental and needy.

Well, our buses are now of that age. Therefore, the Stoddard Baptist Nursing Home Foundation is currently raising funds, so that our residents can enjoy the quality of life that they are used to having here at SBGC@WCAS. We usually implement 4-7 Community Outings per month. That is 4 to 7 times the Federal requirement. In the meantime, we have found a company that is willing to work with us for a very reasonable price. Beginning in November, TA should be taking at least 2-3 Community Outings, per month, one specifically to visit the new AAHC Museum. The fund raising process is long and tedious. Your donations can help speed that process along.

Keisha M. Clark, Director of Development Stoddard Baptist Home Foundation, Inc.

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THE BENEFITS OF AN ARTS PROGRAM

Arts programs make sense: Older adults respond to stimulation and **social interaction**, and **art, drama, dance and musical activities** provide them with new ways to connect with caregivers. The programs are also relatively cheap to run, compared with paying for medicine or physical care — and can produce dramatic results. **Scientific studies** suggest the arts can offer health outcomes no pill can provide. In 2001, the late, **eminent gerontologist Gene Cohen** studied the influence of the arts on older adults and found that when the adults engaged and learned something new, physical and emotional benefits followed. Cohen's findings and subsequent research suggest that **creative expression programs can reduce pain, the need for medication, falls, depression and loneliness — while increasing mobility, helping cognition and making participants feel valued.**



MEET our New Director of Volunteer Services : Ms. Valencia Singleton



Ms. Singleton was born in Washington, D.C on January 1st, but was raised in Andrews, South Carolina. As a child growing up she always came back to the DMV area during the summer to spend time with her grandmother. She permanently relocated to the area (Maryland) in 1995. She became a member of the Alpha Kappa Alpha Sorority in 2000. Her first job working with the geriatric population was in 1997 at Greater Southeast Assessment/Case Management program which she stayed for 10 years under the direction of the D.C. Office on Aging. In 2005, this seriously talented professional became employed at Washington Center for Aging Services as the Program Manager for the Center Care Adult Day Treatment Program. Ms. Singleton held this position for about nine (9) years during this period of time she was promoted as the Director of the program. In July 2016 when the program closed, she made sure that the transition for the clients and staff was made as smoothly as possible. Currently, She is the Director of Volunteer Services/Community Liaison, which also includes Transportation. She has a Bachelors of Science in Computer Networking and currently attending University of Phoenix for her Masters in Health Administration. Ms. Singleton is married to her love, Calvin Sutton. They have 3 children, Benzquaia, Azaria and Calvin Jr. She has another love, her German Shepard, Sheeba .



SBGC PHOTOGRAPHS



Second Annual Art Auction 11.5.16



Ladies Club Christmas Party 12.15.16



Residents' Christmas Party 12.21.16



27th Annual Candlelight Reflections 12.22.16



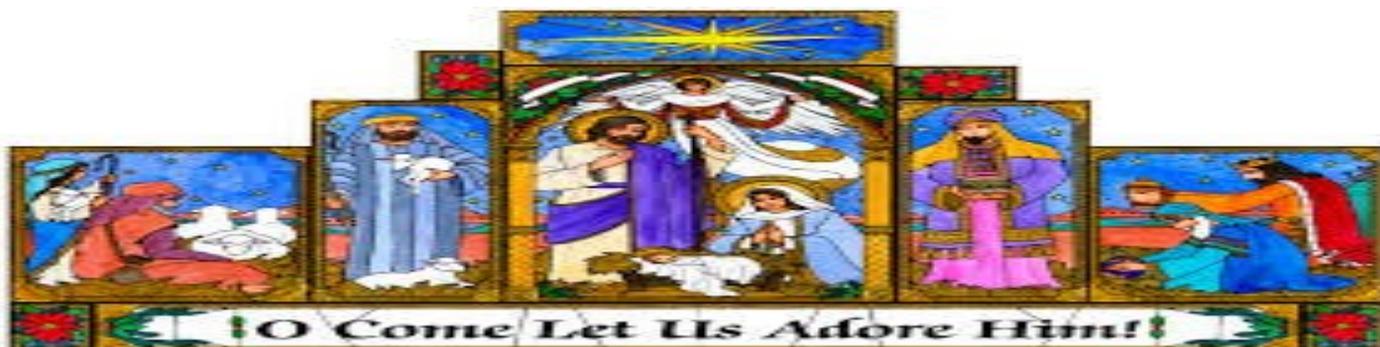
Holiday Tunes

- Away in a Manger
- Choir of the Bells
- Dominick the Donkey
- Frosty the Snowman
- Holly Jolly Christmas
- Jingle Bell Rock
- Jingle Bells
- Let it Snow
- Little Drummer Boy
- Little St Nick
- O Holy Night
- Rudolph
- Santa Baby
- Silent Nigh
- Silver Bells
- The Christmas Song
- The First Noel
- Winter Wonderland



S	G	R	D	A	M	A	F	C	I	F	Z	Z	X	F	K	U	H	J	X
W	A	W	A	Y	O	B	R	E	M	M	U	R	D	E	L	T	T	I	L
C	K	M	B	H	P	L	O	D	U	R	J	T	G	J	I	H	Z	N	O
Z	D	W	T	Z	E	D	S	Y	E	L	C	B	Y	R	T	G	C	G	K
G	N	O	S	S	A	M	T	S	I	R	H	C	E	H	T	I	J	L	L
Q	A	N	K	O	I	D	Y	A	L	F	D	G	I	R	L	N	B	E	D
X	L	S	O	X	Q	R	T	B	T	I	N	W	X	N	E	T	O	B	J
D	R	T	J	T	I	R	H	V	A	A	H	X	I	P	S	N	A	E	W
F	E	I	F	W	V	T	E	C	M	B	E	U	U	B	T	E	S	L	S
N	D	T	U	C	C	H	S	A	Y	A	A	I	N	S	N	L	C	L	Q
B	N	E	V	X	E	G	N	X	I	L	M	T	R	I	I	I	Y	R	W
F	O	L	N	I	A	I	O	Z	T	K	L	I	N	X	C	S	J	O	U
B	W	V	E	S	Y	N	W	K	M	G	F	O	O	A	K	T	E	C	N
G	R	O	K	A	C	Y	M	V	Z	E	U	A	J	Y	S	L	D	K	U
M	E	Q	W	Q	O	L	A	O	H	K	P	I	T	Y	K	B	N	M	Q
G	T	A	P	U	I	O	N	T	S	L	L	E	B	E	L	G	N	I	J
L	N	F	G	C	Z	H	N	S	L	L	E	B	R	E	V	L	I	S	E
I	I	Y	E	K	N	O	D	E	H	T	K	C	I	N	I	M	O	D	S
L	W	B	T	K	S	L	L	E	B	E	H	T	F	O	R	I	O	H	C
U	I	M	U	Y	F	C	J	H	B	X	B	V	R	U	M	Q	C	Y	B

Chicken Scratch NY



**WHAT WOULD YOU LIKE TO SEE
IMPLEMENTED BY TA
IN 2017?**

Please contact:

cbrooks@wcasdc.org or splenty@wcasdc.org

AND TALK WITH YOUR ACTIVITY SPECIALIST

**THE
STODDARD BAPTIST GLOBAL CARE
THERAPEUTIC ACTIVITIES (TA) DEPARTMENT
WOULD LIKE TO WISH YOU ALL A VERY**

