

Notes from the Nurse



Becky King

Since I have been the DRN at IRE West, I have had several people approach me about either being the spouse/caregiver, or a friend assisting with a resident who

has dementia or Alzheimer's.

I understand that this is a very sensitive topic and as resident nurse's we do not take this lightly.

Many people ask me the difference between dementia and Alzheimers.

Dementia is the deterioration of cognition, and it is a syndrome. Alzheimer is a disease.

Dementia targets different areas of the brain such as, communication, memory, orientation, and problem solving.

Alzheimers is a disease that is characterized by the appearance of plaques and tangles in the brain. In Alzheimers these interfere with the functioning of our brain in different areas of the brain. It is also called pathological rapidly aging of the brain. So the exact difference between dementia and Alzheimers is that dementia is a non-specific syndrome and Alzheimer is a specific disease.

Many people cannot explain the difference, and this is probably because Alzheimer is the most prominent cause of dementia.

Let's talk about those who have to care for or assist with caring for, the dementia or Alzheimers resident.

One of the conversations that I have with caregivers of those who have dementia is that as a nurse, we see the importance of the caregiver not getting *burned out*.

Warning Signs of Caregiver Burnouts:

1. Excessive stress and tension.
2. Debilitating depression.
3. Persistent anxiety, anger or guilt.
4. Extreme irritability or anger with the patient.
5. Decreased overall life satisfaction.
6. Relationship conflicts and social isolation.
7. Lower immunity and greater need for healthcare services.
8. Excessive use of medications, drugs or alcohol.

Here are some helpful tips:

*** Schedule mini-workouts throughout the day.** Regular exercise not only keeps your fit, it releases endorphins that keep you happy. Ten minute sessions, sprinkled over the course of the day are easier to block out than an hour away. It can be nothing more than working around the building or coming to the café for a coffee in the afternoon. Something to get you away for a 10 minute break and release the endorphins as you walk will help you relax.

*** Try something new** - Try Wii or Bridge if that is something you think you might like. Go to the library and try reading a new book or rent a different movie. These things help relieve stress and help you escape for a short time.

*** Keep 'em laughing** - Humor is a well-known antidote to stress, sadness, illness, and boredom. Give yourself permission to chuckle at the absurdities you and your loved one experience, and surround yourself with laughter. When you get a movie or watch TV, avoid heavy dramas and go for a hearty belly laugh.

*** Ask for help** - For someone who is used to operating independently, the realities of caring for someone with Alzheimer's disease can be a real eye opener. Those with strong support systems, creative respite arrangements, and regular time away not only fare better, they also find more satisfaction in their care-taking roles.

Also, in 2012 I will be starting a support group for Alzheimer/dementia caregivers here at IRE West. More news to follow.

If you need more assistance in your situation or know of someone who may be struggling with caring for a loved one, please feel free to call the nurse's station at any time, and I will set up a time to talk with you confidentially.

March 19, at 2:00 P.M. will be the discussion of

***Cleopatra* by Stacy Schiff.**

Marty Taylor will lead the discussion.

Interested participants are welcome.

—Joan Auble

IN MEMORIAM



Stan Joeckel

West Side Story

Indian River Estates • West & Villas • Vero Beach, Florida

March, 2012



From the Executive Director

It is certainly an exciting time here at Indian River Estates. We're coming to the end of a construction project that has taken many years to plan, develop and build. Starting in April, ACTS and IRE will be giving skilled nursing services in our brand new 100,000



Tom Sutton

sq. ft. WillowBrooke Court. As we've heard many times, this new household concept will be the first of its kind in the State of Florida, and may be unlike anything else currently operating in the U.S. With small households instead of long double loaded corridors, private accommodations, more open common space, versatile workers, this new concept of providing service will benefit everyone who lives there.

This new WBC, in my opinion, makes a profound statement. First, it shows that the ideas from residents merged with organizational leadership can create something that will certainly enhance a person's life care experience. CCRC's are one of the only places where the resident actually can choose, and look forward to a skilled nursing experience, as nursing homes typically are not a place where people want to go. Second, it shows "like" commitment from residents and leadership, working together to make a person's experience here the best that it can possibly be. Not every organization can have the type of success ACTS enjoys, as it is only through this joint commitment that we both work toward the same common goal; better life care.

On April 3-4, 2012, grand opening festivities will take place. We're currently working out the details on how those celebrations will look; however, I want to make sure everyone on this campus who wishes to see the new WBC has a chance to do so. Once all the details are worked out, I will let you know. Please be sure to set aside some time to go visit our wonderful new WillowBrooke Court.

March Birthdays

- | | |
|--------------------|----------------------|
| 1 Joy Groves | 14 Robert Ball |
| 3 Dolly Shoemaker* | 14 Patricia Burdsall |
| 4 Lois Jadwin | 14 Bill Sarver |
| 5 Virginia Pree | 15 Mary Keefe |
| 5 Jeanne Sarver | 15 Jeanette Sanger |
| 6 Jane Kichline | 17 Betty Lowe* |
| 6 Mary Page* | 20 Fred Daries* |
| 6 Warren Perkins | 21 Jean Sirianni |
| 7 Charles Jacobs | 21 Gail Melnychuk |
| 8 Yerb Burnham | 23 Cecelia Reiling |
| 9 Janice Leidy | 24 Maggie Kearney* |
| 10 Mary Hills * | 25 Syd Gurley |
| 11 John Dearman | 26 Tish Kallsen |
| 11 Marian Kroll | 27 Barbara Falone |
| 11 Donald Urban | 29 David Miller |
| 12 Lyle Pelot | 29 Shirley Willett |
| 12 Hal Simon | 30 Carole Datema |
| 13 Hank Doremus | 30 Peggy Grant |
| 13 James Marnar | |

Early April Birthdays

- | | |
|----------------|-------------------|
| 2 Hugh Todd | 5 Arthur Worley * |
| 5 Barbara Bush | 7 Charles Jacobs |

*WBC & OBT



That's Entertainment II
Directed by Lyn, it was our best show ever!



Fitness

Spring is here! It's a good time of year for changes and new happenings. I would like to

review the Fitness classes and opportunities. I am moving a few things around in order to serve the needs in the Fitness Center better. It has seemed as though my time is split coming and going between different classes that I wanted to stay put a bit more consistently within the gym itself. On Monday and Friday, I will continue to have exercise class at 9:00; Wednesdays it is Mini-Golf at 9:00, and then back to the Fitness center near 10:00 for those that need assistance.



Sheryl Laudermilk

Line dance class is Tuesday mornings at 8:45, and Wii bowling class is moving to Tuesdays at 10:45 a.m.

Thursday we have exercise class at 8:30-9:30 and adding organized ping pong, indoor shuffleboard and billiards at 10:00 in the game room!

It is easy to make appointments with me if you would like to ensure personal training and guidance for your particular needs. Just call, leave a message, or stop in and we will set up a time.

Also take note that we are starting our evening beach walks again!

Walk the walk, See the Sea and Eat the Treat! Sign up sheets will be put out a week ahead of time so sign up early!

Join the fun and Remember... Life Really is Good



West Side Story

Editor...Rodney Nowak

Writers

Gladys Read

Chad Elbersen

Rolf Bibow

Sheryl Laudermilk

Nancy Heim

Jim Kenton

Tom Sutton

Photographers

Rodney Nowak

Harry Ewell

Proof Readers

Gladys Read

Bob Kingston

Frances Kinney

Distribution

Betty Solomonson

Layout

Harry Ewell

Printing is done

by ACTS in PA

When authors indicate to us that their articles are to be printed exactly as submitted, we do so—without proofing for their errors.

Tell your friends: one can view this and previous issues at

www.IREwest.com

Indian River Residents' Association



Nancy Heim

On Wednesday, February 15th, 102 of your fellow residents voted for three new directors to fill the vacancies created by the expiration of the

terms of Joe Burgher, Nancy Heim and Jane Young. The new directors are Joan Auble, Gerry Durfee and Nancy Heim with the new officers Nancy Heim, President, Gerry Durfee, Vice President, Joan Auble, Secretary and Mary Ann Smith, Treasurer. Dennis Dabbs, Ed Fehrs and Bill Hanlon are Directors-at-Large.

We appreciate your confidence in us and we will try to continue to represent you with management in the best way possible. No committee chairpersons have been named as yet. The names will be presented to the Board at the first official meeting of your new Board on March 7th at which time the members will vote on their acceptance. The Annual Report that you recently received gave an overview of all committees. If any resident is interested in working on a particular committee,

I would appreciate he/she contacting me at the earliest possible time so that information can be passed on to the new chairperson.

At the Annual Meeting, Charlie Coxson, Vice President of the Southern Region, was our guest speaker and reported on the CORT program ACTS has in place for all communities, included IREW. If you are interested in what we should expect, a complete report of his talk is in the minutes of the meeting that have been posted on the bulletin boards in all buildings.



On a personal note, I would like to thank you all for the confidence you placed in me by re-electing me to the Resident's Association Board.

Great Decisions

by Rolf Bibow



Our next meeting will be held on March 15, at 10:30. The topic will be "The Arab Spring", dealing with the recent political realignments in the Middle East. We will also consider the potential impacts on the US, and other nations around the world.

The region has an interesting history-. Before the beginning of the Common Era, the Arab peoples led the world in literature, philosophy, mathematics and the sciences. Then came Islam, followed by centuries of internecine warfare, ending with Western colonialism. In the past century, we saw the rise of autocratic regimes, which used political repression to ensure their control over the populations.

Then, in late 2010, something happened. A fruit seller in Tunis set himself on fire. His death resulted in public uprisings, first in Tunis, then spreading to Egypt and Libya. Led by the youth, the entire region faced public demonstrations. Using the Internet, they skirted the restrictions on free speech and assembly.

Although the protests were largely peaceful, the state security forces met them with deadly violence. As the unrest spread to the other nations in the region, we saw rise of the "Arab Spring".

In Tunisia, the uprising led to the fall of the dictator Ben Ali. His fall was followed by national elections, which seemed to be a bell-whether for the Arab Awakening in Egypt. That was not to be the case. Mubarak was toppled in only 18 days. But the army was not prepared to let his fall interfere with their political and economic interests. The outcome for democracy in Egypt remains very uncertain. The Libyan conflict led to the intervention by NATO forces. Although the government fell, the lack of a centralized opposition, and a functioning legal system, has delayed the return to a free society.

The Syrian situation is even more complex. Assad remained in power, as his military unleashed a reign of terror on the population. By year's end, the entire country was a war-zone. Because of the indiscriminate killing, the Arab League suspended Syria's membership and imposed sanctions. However, the UN Security Council's vote for tougher measures was vetoed by Russia and China. Without any other recourse, the blood-letting in Syria is certain to become worse.

It is likely that the example of the Arab Spring will impact other Arab, and even non-Arab, authoritarian regimes. It is amazing to see the unrest in parts of China, and just these days, the displays of strong political opposition in Russia

As we will discuss, the Arab Spring has been incredibly fast moving and transformational. Although violent and bloody, it has stirred the spirits of freedom and democracy around the world.

Welcome to Great Decisions.

FLICRA News

With the legislature still in session, we continue this month with an update of legislation that is of interest to all of us as residents of CCRC's. Since this column is written in mid-February and West Side Story doesn't come out until the first of March, this news will be somewhat old. However, if you signed up for the FLICRA email summary report, as suggested in the column last month, you'll know what has taken place.

The two areas of real concern to FLICRA, the privatization of the State Long-Term Care Ombudsman program and the repeal of the arbitration/mediation process, do not seem to have gained any traction. They are just not moving through any committees at this time. How the second one even got started is a real mystery since the legislator who introduced the bill won't say who asked him to sponsor the bill. Anyway, with less than three weeks to go in the session these two look like a no-go.

The key bills in the assisted living area are Senate Bill (SB) 2050 and SB 2074. Both bills seek to improve reporting requirements and quality of care elements for the state's 2,700 assisted living facilities. They are moving forward and should come into fruition. FLICRA generally supports the major provisions in these bills.

SB 1316 would reinstate previously deleted requirements that would require the Agency for Health Care Administration to report adverse incidents that take place in assisted living facilities (ALF). It would also require that ALF's have residents undergo proper medical exams to ensure that residents who need higher levels of care are



Jim Kenton

identified and transitioned to the appropriate care setting. This bill is also moving forward.

SB 320 and House Bill (HB)943 are bills that would make it easier for volunteers who provide services in a long term care setting to have a background screening that is not as stringent as the screening for permanent employees. No action took place on these bills this week. FLICRA supports this legislation.

SB 682 and HB 473 would create an Alzheimer's Task Force. Both of these bills are moving forward. If this effort comes into being, the task force will have to submit a report and its recommendation for an Alzheimer's disease state strategy by August 1, 2013. In reading the analysis of the bills I see that one of the eighteen volunteers who will be appointed to the task force will be someone who is a current or former family caregiver of a person having the disease or a related form of dementia. Many of you have this background and are eligible to volunteer for the task force. Bear in mind that volunteers are not paid nor are they reimbursed for travel expenses.

Lastly, it looks like a budget will be passed by the time the legislative session ends in early March so that there will not be a need for a special session later on this year.

Chat With Chad

Access to Peace

The buzzing phone flashed a green rectangle on the screen as it drifted across the table top.



Chaplain Chad

The mystery of how to answer it lingered somewhere out in cyberspace. *Forget the online manual, I thought to myself, I can figure this one out.*

Well, the next morning found me standing in line—so a kid could show this adult how to use a smart-phone.

The peace God can plant deep in our soul is described in the scriptures as being beyond our understanding. Yet, it is readily available.

Our access to God's peace is through trust and reliance. Trusting God is so much easier when all is going our way, and we are able to figure things out for ourselves.

It's when life is noisy, and it appears nothing is working that we have the tendency to tightening our grip on the controls—

even if we do not know how to use them.

So what are we to do?

Without having to wait in line, we loosen our grip; we place the situation in God's hands and trust the One who knows us better than we know ourselves.

The scriptures describe God's towers as never losing power (God is a strong mighty tower), and life's stormy winds and waves will not weaken His connection to us because

God is in the boat with us.

No cyberspace mystery here.

We can trust God in all circumstances and access His deep, settled peace in our soul.

The Lord was not kidding when He said, *I am leaving you with a gift—peace of mind and heart.* (John 14:27). A gift becomes a gift when it is received and opened.

Thankfully, when answers seem to be floating around somewhere in cyberspace, we can make a call to God and receive His gift of peace.



March 2012

West and Villas

West and Villas

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Go to <http://vimeo.com/35202171>
to see the **NEW WillowBrooke Court**

West Fitness Room Hours
Mon: 8:00 am - 8:55 am & 10:00am-10:45 am
Tues: 8:00 am - 8:25 am & 9:40 am-12:00 noon
Wed: 8:00 am - 8:45 am & 11:00 am-12:00 noon
Thurs: 8:00 am - 8:25 am & 9:40 am-12:00 noon
Fri: 8:00 am - 8:55 am & 10:00 am-12:00 noon

1
8:30 Exercise [MPR]
9:00 NU-2-U East-A311
10:00 Game Room Activities
10:30 Catholic Mass [OBT]
11:35 Red Hat Luncheon
11:00 Chapel Worship Comm

2
9:00 Exercise [MPR]
1:30 Ping Pong [GR]
6:30 Mah Jongg [GR]
6:45 Dominoes [MPR]
7:00 Game Night [MPR]
7:00 Hearts [HMR]

3
9:00 Shuffleboard Lessons
10:00 Tai Chi [MPR]
1:30 Scrapbooking [AS]
7:00 Bingo [MPR]

4
11:00 Worship Service
COMMUNION
Chaplain Chad
1:45 Sunday Movie [MPR]

5
9:00 Exercise [MPR]
10:00 Open Art Studio [AS]
11:00 Wii Lessons [CR]
1:00 Computer Club [CR]
1:30 Stitch & Gab [HMR]
6:30 Social Bridge [MPR]

6
Dr. Splendoria
8:45 Dance Exercise [MPR]
10:45 Wii Bowling [HMR]
1:00 Duplicate Bridge[CR/AS]
1:30 TOWN HALL [MPR]
1:30 Bridge with Sue [GR]
7:00 Dominoes [HMR]

7
7:30 Omelettes [Cafe]
9:00 Miniature Golf
9:30 Bible Study - [Chapel]
10:30 Res Assoc Mtg. [MPR]
1:30 Ping Pong [GR]
2:00 Prayer Chain [Chapel]
3:00 Frog Pad [H-310]
6:30 Social Bridge [MPR]

8
8:30 Exercise [MPR]
8:30 Distinguish Lecture[BUS]
10:00 Game Room Activities
2:00 Landscape Mtg [HMR]
4:30 Birthday Night [CDR]

9
9:00 Exercise [MPR]
1:30 Ping Pong [GR]
6:30 Mah Jongg [GR]
6:45 Dominoes [MPR]
7:00 Game Night [MPR]
7:00 Hearts [HMR]

10
9:00 Shuffleboard Lessons
10:00 Tai Chi [MPR]
1:15 Riverside Theatre[BUS]
Music Man
1:30 Scrapbooking [AS]

Daylight Savings 11
11:00 Worship Service
Chaplain Chad
6:00 SCSCO [Bus]
5:00 Ice Cream Social [MPR]
BYOB & S
(Bring your own Bowl and Spoon)

12
9:00 Exercise [MPR]
10:00 Open Art Studio [AS]
11:00 Wii Lessons [CR]
1:00 Computer Club [CR]
1:30 Stitch & Gab [HMR]
6:30 Social Bridge [MPR]

13
8:45 Dance Exercise
9-10 Beltone Ser. [RR]
10:45 Wii Bowling [HMR]
1:00 Duplicate Bridge [MPR]
1:30 Bridge with Sue [GR]
1:30 FLICRA [HMR]
6:30 Symphony[BUS]
6:45 Bill Stabile Concert[MPR]
7:00 Dominoes [HMR]

14
7:30 Omelettes [Cafe]
9:00 Miniature Golf
9:30 Bible Study - [[Chapel]
11:00 Medical Lecture [MPR]
1:30 Ping Pong [GR]
6:30 Social Bridge [MPR]

15
8:30 Exercise [MPR]
9:00 NU-2-U East-A311
10:00 Game Room Activities
10:30 Great Decisions [MPR]
11:40 ROMEOs [BUS]
1:15 HIP [BUS to EAST]
1:30 Sarah Circle [AS]
6:45 Roy Morano [MPR]
Piano Concert

16
9:00 Exercise [MPR]
1:30 Ping Pong [GR]
6:30 Mah Jongg [GR]
6:45 Dominoes [CR]
7:00 Game Night [CR]
7:00 Hearts [HMR]

St. Patrick's Day 17
9:00 Shuffleboard Lessons
10:00 Tai Chi [MPR]
12:00 Scrapbooking [AS]
with Marg
6:00 SCSCO [Bus]
7:00 Bingo [MPR]

18
11:00 Worship Service
Chaplain Chad
4:00 Sunday Memories [MPR]
6:00 Hope College Concert [Bus]

19
9:00 Exercise [MPR]
10:00 Open Art Studio [AS]
11:00 Wii Lessons [CR]
1:00 Computer Club [CR]
1:30 Stitch & Gab [HMR]
2:00 Book Discussion [RR]
6:30 Social Bridge [MPR]

20
Dr. Splendoria
8:45 Dance Exercise [MPR]
9:45 Better Birding [BUS]
10:45 Wii Bowling [HMR]
1:00 Duplicate Bridge [MPR]
1:30 Bridge with Sue [GR]
4:30 Culinary Event [Lobby]
Spring Swing
7:00 Dominoes [HMR]

21
7:30 Omelettes [Cafe]
9:00 Miniature Golf
9:30 Bible Study - [Chapel]
1:30 Ping Pong [GR]
1:30 Food Forum [CDR]
6:30 Theatre Guild [BUS]
Titanic

22
8:30 Exercise [MPR]
10:00 Game Room Activities
2:30 Ladies by the Sea
Choir Concert [MPR]
6:45 Damaris Peters Pike
as Women of Note,
Dolores Hope [MPR]

23
Dr Demar
9:00 Exercise [MPR]
11:30 Lunch Bunch [Bus]
1:30 Ping Pong [GR]
6:00 SCSCO [Bus]
6:30 Mah Jongg [GR]
6:45 Dominoes [CR]

24
9:00 Shuffleboard Lessons
10:00 Tai Chi [MPR]
1:30 Scrapbooking [AS]
7:00 Bingo [MPR]

25
11:00 Worship Service
Chaplain Chad
1:45 Sunday Movie [MPR]

26
9:00 Exercise [MPR]
10:00 Open Art Studio [AS]
1:00 Computer Club [CR]
1:30 Stitch & Gab [HMR]
6:10 RED, WHITE & BLUE
VBHS CONCERT[BUS]
6:30 Social Bridge [MPR]

27
8:45 Dance Exercise [MPR]
10:45 Wii Bowling [HMR]
1:00 Duplicate Bridge [MPR]
1:30 Bridge with Sue [GR]
7:00 Dominoes [HMR]

28
7:30 Omelettes [Cafe]
9:00 Miniature Golf
9:30 Bible Study - [Chapel]
11:00 Medical Lecture [BUS]
1:30 Ping Pong [GR]
6:30 Social Bridge [MPR]

29
8:30 Exercise [MPR]
6:45 Movie [MPR]

30
9:00 Exercise [MPR]
1:30 Ping Pong [GR]
6:30 Mah Jongg [GR]
6:45 Dominoes [CR]
7:00 Game Night [CR]
7:00 Hearts [HMR]

31
9:00 Shuffleboard Lessons
10:00 Tai Chi [MPR]
1:30 Scrapbooking [AS]
7:00 Bingo [MPR]

Tennis Round Robin Mon, Wed, Fri 8:00 am Tennis Courts John Dearman 569-7238	Computer Club Every Monday 1:00 pm Computer Room Bob Hempton 978-6495	Billy Jo Water Exercise Mon thru Sat 9:30 am I Building Pool Peg Hurley 770-0131	Saturday Night Bingo Multi Purpose Room 7:00 pm Gladys Read Coordinator 978-0421	Water Volleyball Mon and Fri 1:00 pm North Villa Pool Abbott 567-1524 Paulsen 778-5198	Stitch & Gab Mondays H Meeting Room - 1:30 pm Nancy Cavan 567-5930	Golf Wed 8:00 am Vista Plantation Sherrill Oliver 794-9768	Shuffleboard 9 am Thurs: Lyle Pelot Fri: Cavans
--	---	--	--	--	--	--	--

Locations
[AS] Art Studio
[CDR] Crystal Dining Room
[CR] Conference Room
[GR] Game Room
[HMR] H Meeting Room
[MPR] Multipurpose Room
[ER] Emerald Room
[RR] Fire Place Reading Room



Set clocks AHEAD

Weekly BINGO LEADER
1st Stewart - Kenny
2nd Guzak - Bailey
3rd Mackin - Mackin
4th Read - Young
5th TBA

Bridge Coordinator
Lane Gillooly
299-3422

Monthly BRIDGE LEADERS
Monday Social Bridge
Fink/VanVleck

Tuesday Duplicate Bridge
Helen Potter

Wednesday Social Bridge
Dwyer/Gillooly

REGULAR TRIPS
MONDAYS
9:00 am Medical Run
9:30 am Groceries
1:00 pm Doctor Run
1:00 pm Indian River Mall & Ryanwood

TUESDAYS
9:00 am Medical Run
1:00 pm Medical Run

WEDNESDAYS
9:00 am Medical Run
9:30 am Ryanwood - Groceries

THURSDAYS
9:00 am Medical Run
1:00 pm Medical Run

FRIDAYS
(First Friday)
9:30 am Shopping Loop
(Second Friday)
9:30 am Miracle Mile
(Third Friday)
9:30 am Shopping Loop
(Fourth Friday)
8:50 am Gardens Mall