

This newsletter is dedicated to all families and friends of St. Anne's Salvatorian Campus.

Happy April!

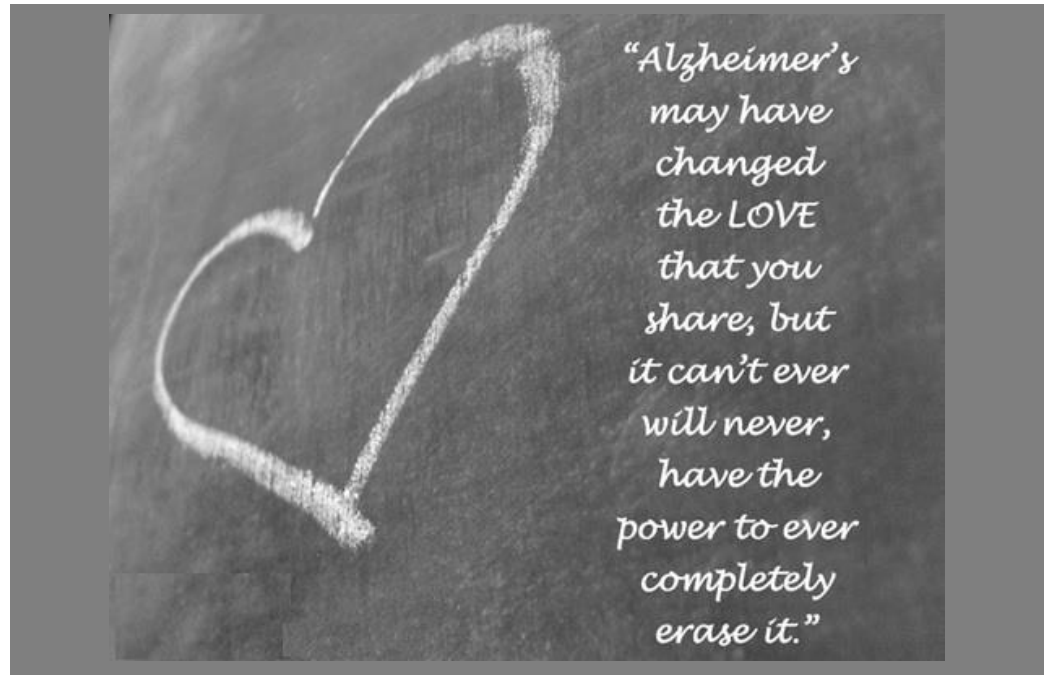
St. Anne's is known as The Home with a Heart, so it's fitting that our leadership team is book-clubbing *Encouraging the Heart*, a book about managing employees with heartfelt praise. I am very proud of the leadership team for wanting to enhance their current leadership skills and determine how best to lead our employees. Our goal is to implement some best practices from the book to attract and retain the very best caregivers for our residents.

Our new Guardian Angel Program kicks off this month. Moving into a senior campus can be stressful for a new resident. In order to make the transition easier, a volunteer member of St. Anne's staff, or Guardian Angel, will assist each recently admitted resident get acquainted and adjusted to their new St. Anne's surroundings for four weeks. All Guardian Angels will be identified with an angel pin on their name tag.

We are grateful for the dedicated and compassionate employees who have already stepped up and volunteered for this important role.

I don't know about you, but the long winter we endured has me thinking thank goodness spring is here! Have a wonderful April.

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Why Does Someone with Dementia Refuse to Take a Bath?

There are many reasons why dementia patients avoid baths and showers. We lose our sense of smell as we age, so sometimes someone with dementia doesn't realize they need to wash up. Then there's the fear factor. Noises alone can cause fear (fan, water running, people talking). They get colder than cold. Getting naked is not desirable or easy to do anymore. Past fears may be triggered.

There is a sensory strip on the top of our brains that, as the disease progresses, changes sensitivity. Hands, feet, and private areas become much more sensitive. So, a bath or shower can feel different for the individual than it did in the past due to this sensory change.

Some strategies can help your loved one maintain regular hygiene. Determine their preferences. Is day or night better? Is just washing up at the sink a better option? Make sure the bathroom feels like a homey and comfortable place for them to clean up. Preserving modesty is always very important. Dealing with dementia is a tough task, but we can make things easier when we understand what's behind the caregiving difficulties we encounter.

St. Anne's Monthly Family Caregiver Support Group Meeting

Wednesday, April 25

2:00-3:00 p.m. and/or 6:30-7:30 p.m.

Topic: How to Handle the Frustration That Comes with Caring for Someone with Dementia

Please join us in the Pavilion as we help and support each other.