

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

Happy November!

As we embrace the cold, chilly November weather our thoughts turn to the approaching holidays. With Thanksgiving on the horizon, it is important to realize how much we have to be grateful for.

St. Anne's is certainly filled with gratitude this time of year. We are grateful for our dedicated staff who work tireless hours to provide compassionate care for the residents. They give it their all every day and often give their own money to our fundraisers that benefit the residents.

St. Anne's is grateful we are able to care for the kindest and sweetest residents who share their life stories with all of us and leave an imprint on each of our hearts.

We are grateful for the over 100 volunteers who assist us daily to meet our mission.

And last but not least, we are grateful for such supportive, kind, and loving family members who visit St. Anne's and become an extension of our families as well.

There is much to be thankful for at St. Anne's every single day. Enjoy November, and Happy Thanksgiving to all!

Janet Krahn,

LNHA, Memory Care Director
jkrahn@stannescampus.org
414-463-7570 Ext: 302



St. Anne's purchased these lifelike robotic therapy pets to loan to residents

Age Appropriate?

If I read you a nursery rhyme your grandmother had read to you, how many of you would feel better almost immediately? If I gave you a big teddy bear to cuddle, how many of you would hug it? If I gave you a brand new coloring book and crayons, how many of you would color with them?

Believe it or not, years ago state surveyors would cite nursing homes for using dolls or other items that were not deemed "age appropriate." Thank goodness this practice has changed. Surveyors now talk about "person appropriate," which means that if it works for the resident it is appropriate regardless of what item it is.

Surveyors leaned what caregivers knew all along. If your loved one is content or engaged, savor the moment. A steady beat, like a lullaby or a nursery rhyme, will slow down their heart rate. Often a doll will become real to them. When this happens, play along. "Let me take care of Dolly while you eat."

Adult coloring books are very popular these days. Research has shown that coloring actually calms and relaxes people. So, if your loved one enjoys coloring, then buy them coloring books or do it with them as an activity.

St. Anne's purchased the lifelike, life-size, robotic dog and cat pictured above. These therapy pets are used with residents who love animals. Residents often think they are real and enjoy petting them and taking care of them. They are located at the reception desk (when not checked out) for every resident to use. What a great Christmas gift for loved ones who want one of their own. Just let Activity Director Lisa Anderson know and she will help you get one.

St. Anne's Monthly Family Caregiver Support Group Meeting

Wednesday November 22

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

**Topic: Tools to Help Survive the Holidays
When Caring for Someone with Dementia**