



Ohana Care CONNECTION

PROFESSIONAL, LOVING CARE 24/7

MARCH+APRIL ISSUE • 2019

OHANA CARE MAUI IS EXCITED TO ANNOUNCE OUR 2019 PARTNERSHIP WITH THE **ALZHEIMER'S ASSOCIATION!**

**DON'T MISS
OUR FIRST 2
WORKSHOPS
MARCH 27
&
APRIL 24!**

We will offer a "must-attend" series of FREE educational workshops to help those whose friends and family have been diagnosed with Alzheimer's and Dementia.

A wide variety of informative topics will be covered on the **last Wednesday of every month.**

WEDNESDAY - MARCH 27 5:30PM-7:30PM

The 10 Warning Signs of Alzheimer's Disease Workshop

*Designed To Help Those Caring For Loved Ones
With Alzheimer's And Dementia*

When someone is diagnosed with Alzheimer's, friends and family have many questions.

What does the diagnosis mean? What kinds of plans need to be made? What resources are available for help?

Hear from those directly affected, learn what to plan for and what you can do as the disease progresses. Get answers to your questions about the early, middle and late stages of the disease.

WEDNESDAY - APRIL 24 5:30PM-7:30PM

Effective Communication Strategies Workshop

*Navigate Communication Challenges For Those
With Alzheimer's And Dementia*

Do you need help communicating with a loved one who has dementia? Do you find your loved one is often frustrated or angry because of communication barriers?

Get help to understand the on-going changes in communication that occur as the disease progresses. Be able to identify ways to connect at each stage of the disease.

Learn practical information that help caregivers learn to understand the verbal and behavioral messages from those with dementia.

ALL WORKSHOPS WILL BE HELD AT

Ohana Care Maui • 1464 Lower Main St. Unit 211 • Wailuku 96793

[we are sad to say that our classroom is not handicap accessible]

Sign Up Now & Mark Your Calendars

SIMPLY CALL: **808-344-1285** or EMAIL: **cespencer@alz.org** or **jgalvez@ohanacaremaui.com**

MOTIVATIONAL
QUOTE OF
THE MONTH



They may forget what you said but they will not forget how you made them feel. — Carl W Buechner

DO YOU HAVE A LOVED ONE THAT SUFFERS FROM Alzheimer's or another type of memory loss?

by: *Jessika Gomes*

It takes a lot of time, understanding and patience to care for those with a memory loss disease. The diagnosis usually causes a sense of sadness, responsibility and pressure for those closest to the patient.

People with Alzheimer's and other memory loss issues may not be aware of their condition which can be challenging for family and friends.

In the early stages your loved one may still be able to function and live independently. Over time symptoms worsen and eventually interfere with 'normal' everyday living and tasks.

Symptoms can include difficulty with speech and walking, confusion about events, time, people and places, mood swings, anger and even unfounded suspicions about family, friends, caregivers.



BELOW ARE SOME PRACTICAL TIPS TO HELP CARE FOR YOUR LOVED ONE:

1. Patience and Flexibility are Crucial

Your loved one may become frustrated trying to complete once simple tasks which now seem difficult or even impossible for them. You can help relieve some of this by limiting their choices, such as giving them only two outfit choices or just one choice for meals. If they insist on wearing the same outfit every day, then consider buying several of that outfit to keep them calm and happy!

2. Involve Them in Tasks

It may take longer to involve them in tasks, but the upside is wonderful. It helps those with memory loss feel a sense of dignity and control over their life.

3. Daily Routines are Important

Change can be difficult for individuals with memory loss. A daily routine will help with a sense of security, reduce anxiety and make it easier for them to remember what usually occurs on a daily basis.

4. Keep It Simple and "Tell Them, Don't Ask"

Use simple, easy to understand sentences that explain what is going to happen; "We are going to take a bath now", or "We are going to eat now", are best. They are simple and reduce the need to "think" about an answer when their brain can no longer function properly. It can also reduce feelings of anxiety and frustration.

5. Take Care of Yourself

Remember, you can't do it all by yourself! Ask for help from other family members, friends or a caregiving agency. Have to-do lists ready to hand out and be forgiving with yourself. You need to stay healthy both emotionally and physically in order to be an effective caregiver.

6. Consider a Care Giving Agency

Ohana Care Maui has a knowledgeable, highly skilled staff trained in memory care with multiple care options available.

Ohana Care Maui understands Alzheimer's, Dementia and other forms of memory loss can be painful to witness. Let us help you manage this challenging situation, so you can lower your stress levels, and avoid caregiver-burnout.

WE PROVIDE PROFESSIONAL LOVING CARE, 24/7 WHEREVER YOU RESIDE ON MAUI.

For More Information go to **Alzheimer's Care Giving Center** at
www.alz.org/care or www.ohanacaremaui.com

DECEMBER 2018 EMPLOYEE OF THE MONTH



Congratulations Chris P!

Chris's patients all love her. She truly brings something special to our team with her positive attitude, great work ethic, and punctuality. We truly love having her on our team and are very grateful for everything she does.

KEEP UP YOUR GREAT WORK!

JANUARY 2019 EMPLOYEE OF THE MONTH



Congratulations Davika D!

Davika has come so far since starting with us. She has shown great work ethic, dependability, punctuality, professionalism, and more! She is an amazing team player, and provides the high quality care we strive for.

THANK YOU AND CONGRATULATIONS!



2018 EMPLOYEE OF THE YEAR



Congratulations Chris P!

Chris received 3 employee of the month's for 2018 and has been an outstanding employee. Chris's reward is a spa day at the Grand Wailea!

Keep up your great work Chris, we appreciate you and everything you do.

DESSERT

[RECIPE OF THE MONTH]

Dutch Apple Pie Tartlets

Servings: 2½ dozen Time: PREP - 15 minutes BAKE - 20 minutes



INGREDIENTS:

- 1 cup finely chopped peeled apple
- ¼ cup lemon curd
- 2 packages (1.9 ounces each) frozen miniature phyllo tart shells

TOPPING:

- ½ cup all-purpose flour
- 3 tablespoons sugar
- ½ teaspoon ground cinnamon
- ¾ cup cold butter
- Confectioners' sugar

DIRECTIONS:

1. In a small bowl, combine apples and lemon curd. Spoon into tart shells.
2. In another bowl, combine the flour, sugar and cinnamon; cut in butter until mixture resembles fine crumbs. Spoon over apple mixture. Place on an ungreased baking sheet.
3. Bake at 350° for 18-20 minutes or until golden brown. Cool on wire racks for 5 minutes. Dust with confectioners' sugar. Serve warm or at room temperature. Refrigerate leftovers.

MARCH + APRIL *at a glance*

EMPLOYEE BIRTHDAYS

3/7 - Anna & Angie
3/25 - Renee
4/20 - Lauren & Jessika
4/26 - Shaz & Karley
4/28 - Davika & Keeana

IMPORTANT DATES

March 17th
 St. Patrick's Day
April 1st
 April Fools
April 21
 Easter Sunday

ACTIVITIES

March 27th | 5:30PM
The 10 Warning Signs of Alzheimer's Disease Class

LOCATION:
 1464 Lower Main St. #211 Wailuku
 Come join us for our FREE community classes. The Alzheimer's Association will be presenting 10 warning signs, resources available in the community & more!
 We are asking for RSVPs if possible to: (808) 344-1285 ext. 0
Unfortunately, our room is not handicap accessible. We apologize for any inconvenience.

April 1st – 29th | 5PM–10PM
Nurse Aide Program Classes

LOCATION:
 1464 Lower Main St. #211 Wailuku
 Interested in becoming a nurse aide? Give us a call and we can send you more information about the classes starting in April!
 (808) 344-1285

April 13th | 9AM–5PM
Taro Festival in Hana

LOCATION:
 5091 Uakea Rd. Hana, HI 96713
 Come have a great time at the annual Hana Taro Festival!

April 24th | 5:30PM
Effective Communication Strategies with Dementia

LOCATION:
 1464 Lower Main St. #211 Wailuku
 Come join us for our FREE community classes. The Alzheimer's Association will be presenting effective communication with those suffering from dementia & more!
 We are asking for RSVPs if possible to: (808) 344-1285 ext. 0
Unfortunately, our room is not handicap accessible. We apologize for any inconvenience.

TRAINING COURSES MARCH

MODULE 1:
 Charting, Alzheimer's Communications, Vital Signs
MODULE 2:
 Bed Care Pt 2

TRAINING COURSES APRIL

MODULE 1:
 Elder Abuse, Chores/
 Homemaker, Professionalism
MODULE 2:
 Body Mechanics Pt 2
MODULE 3:
 Bed Care Pt 3

CONTACT US TODAY TO SEE HOW WE CAN HELP

808-344-1285 OhanaCareMaui.com



Do you have a loved one suffering from Alzheimer's, Dementia or other types of memory loss?
 ...find practical care tips
 in this month's issue!

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 Unit 211
 Wailuku, HI 96793

