

REFLECTIONS

CARING FOR SOMEONE WITH ALZHEIMER'S? CALL US... WE CAN HELP!

Upcoming Special Events and Activities:

- Community Trips
- Valentine's Day Celebration
- President's Day
- Mardi Gras
- Leap Year Day
- Social Work Groups
- Birthday Celebrations
- St. Patrick's Day
- Spring Fling

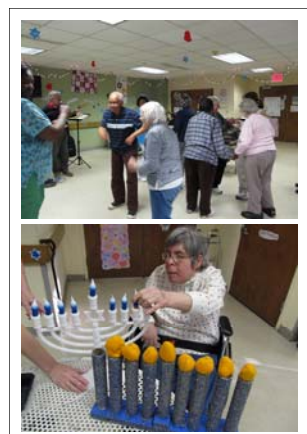
Registrants ART GALLERY



If you know of someone in need of our services, or simply in need of advice relating to the care of someone with Alzheimer's disease or a related dementia, ask them to call Lisa Goldman, at 914-769-0953 or 914-239-8264. We would be happy to help.

Celebrating the Holidays at Morningside House Adult Day Health Care Program

Registrants and staff enjoyed a festive and joyful holiday season celebrating Hanukkah, Christmas and Kwanza. The fun began when Phil Maguire visited MSH and entertained the group with a variety of songs that had almost everyone dancing and singing. His holiday songs put everyone in a holiday mood. The program's Christmas tree was trimmed and registrants took turns placing ornaments on the tree. Hanukkah began on December 20th, and each day for eight days a candle was added to the program's menorah. One of the registrant's recited the traditional candle lighting prayers and the group sang Hanukkah songs. A holiday luncheon was served featuring potato pancakes, which are served with apple sauce and are a Hanukkah tradition. Holiday gifts selected by our recreation staff were given out to registrants and seeing the gifts worn to program makes the staff feel wonderful. After Christmas, Kwanza was celebrated by reviewing the seven principles of Kwanza and lighting the Kwanza kinara. Nana, a regular volunteer, who could not be here at Christmas time visited recently with post holiday goodies and hats for all the registrants. As usual she brought good cheer and holiday spirit to all. We hope everyone had a happy holiday season and we wish everyone a healthy and peaceful 2012.



Top: Registrants dancing in celebration of the holidays. Below: Registrant lighting the Hanukkah menorah.

CAREGIVER TIP: Dealing with Ambivalence in Caregiving

Freud stated that ambivalence was feeling both love and hate toward the same object. Being ambivalent means having both positive and negative emotions or thoughts about the same relationship. The longer a relationship has existed, the more opportunity exists for feelings of ambivalence due to the long history between the parties. For children who become caregivers there may be ambivalence in providing care for a parent who was not always kind, who was often critical, or who was downright abusive. Adult children of these parents often want to help, but negative feelings like anger and resentment create conflict and most of all, stress. The same feelings may exist in long married couples. There may be issues, even in stable and happy marriages, that create conflicting emotions when one spouse has to provide care. Author Maggie Strong suggests that there are three stages of caregiving and that the middle stage- marked by ambivalence- is the most difficult. During this stage a caregiver who wants to do the right thing but feels physically exhausted, fails to see a future, is angry, and wants to escape. The caregiver often feels even worse for having these feelings. This stage poses the greatest risk for depression and burnout in the caregiver. What can a caregiver do who is having these feelings and who is feeling stressed to the breaking point? First, acknowledge the feelings. One must understand that having feeling trapped, being angry and resentful, while loving a person, is normal under the circumstances. If possible, set boundaries for a parent or spouse that continues to be abusive or cruel. You may love someone, but still refuse to be treated in a cruel or demeaning way. If the person is able to understand, explain this to them. Find a way to get some outside help to give yourself a break from caregiving- do something to make yourself feel good. Use a home health aide or day care if you can, or ask family or friends for help. Seek counseling. Private counseling will allow you to better understand and accept your feelings. Join a support group to share your feelings with others in similar circumstances and learn that you are not alone in your feelings.

See: The Well Spouse Association/The Caregiver Journey by Marty Beilin; Detaching With Love: Setting Boundaries in Toxic Relationships.



Morningside House
Aging in America™ - Continuing Care

Adult Day Health Care Program
50 Broadway
Hawthorne, NY 10532
914-769-0953

WE PROVIDE DAILY:

Transportation
Meals & Snacks
Stimulating Activities
Medical Services
Safety & Supervision
Caregiver Support
Peace of Mind

Open 6 Days a Week

Alzheimer's Association
24 hours contact center
1-800-272-3900

Meet our staff : Interview with Alethia Craddock

Alethia Craddock was born on the sunny island of Jamaica and spent her first 11 years living there with her grandparents. When she was 11, she and her sister left Jamaica to start a new life with her mother, who was already living in New York. Alethia's entire career as a certified nursing assistant has been at Morningside House Adult Day Health Care Program. She began working at MSH soon after her second son was born and she has been with MSH for 17 years! Alethia says that she finds her work rewarding and that her clients are like family to her. Alethia has been attending school and in June will receive her Associate's Degree in Human Services. She plans to continue her education and hopes to enroll in a social work program and to work toward BSW and MSW degrees. When Alethia is not working or studying, she enjoys spending time with her three sons, taking them on ski trips each winter. She also enjoys tennis and traveling and is a very active participant in the women's ministry at her church.



Morningside House Adult Day Health Care Program has been improving the quality of life for individuals and families for over 22 years. We provide professional medical care and structured activities that promote health and independent functioning. It is our mission to support people's mental and physical well being in an effort to keep them in their homes in the community. Transportation is provided throughout Westchester County.

Visit us on the web at:
aginginamerica.org

A MEDICAL MINUTE: Recognizing and Treating Hypoglycemia (Low Blood Sugar)

Most people being treated for diabetes will experience episodes of low blood sugar. Left untreated it can be life threatening as it can lead to unconsciousness, coma and even death. Numerous factors can affect fluctuations and cause hypoglycemia such as illness, poor food intake, exercise, stress, ingestion of large carbohydrate meals and missing medications doses. Important things to know about hypoglycemia are:

1. Some warning signs are shakiness, headache and pale skin color. If you are experiencing mild symptoms check your blood glucose to make sure your level is not below 70mg/dl;
2. Keep carbs on hand. It is important to keep fast acting carbohydrates with you in your home, car, office and anywhere else you regularly go. It should be a pack of glucose tabs or a tube of glucose gel (available at drugstores). Juice or soda can be a quick source of glucose if readily available. Skip high fat sources of glucose such as chocolate as the fat prevents your blood glucose from rising quickly;
3. Treat immediately with carbs if you are very shaky and confused and suspect hypoglycemia. Do not take time to test your glucose under these conditions as the condition can worsen rapidly. Always remember: **HYPOGLYCEMIA IS IMMEDIATELY LIFE THREATENING AND IT IS BETTER TO HAVE YOUR BLOOD SUGAR RESPOND BY GOING TOO HIGH FOR A SHORT PERIOD OF TIME RATHER THAN TOO LOW.** Treat your low with the 15-15 method. Ingest 15 grams of simple carbs (glucose tabs, gel or sugar drink). Wait 15 minutes, repeat if needed. If symptoms improve, then check your blood glucose level. Treat and test until your blood glucose is at 70mg/dl or above;
4. Do not drive if feeling symptomatic. If you think you are having a low while driving-pull over immediately treat & call for help;
5. Make your condition known to family, friends and colleagues and teach them how to help you in case you have low blood glucose and can't treat yourself. If you pass out from hypoglycemia you should never be given food or drink. 911 should be called-glucagon, a prescription drug needs to be injected (a family member or friend can be instructed by a nurse on how to do this); and
6. Wear a medical alert bracelet. Even those who are well prepared for lows may find themselves in situations where they are unable to treat. If you become unconscious from low blood sugar without family or friends around or if you are in an accident and require treatment, medical alert jewelry alerts health care professionals to your diagnosis and need for immediate treatment.