

Halloween Celebrations at the Cottages

Residents will help staff to hand out candy to our Halloween Visitors on Halloween night. They will also enjoy delicious *Spooky* Halloween cupcakes and receive a special Halloween Treat Bag!



In Irvine Cottage tradition, we will hold our Annual Halloween Contest for Best Decorated Cottage! Homes will be judged by some of the cottage residents. We encourage 100% participation!

Happy Holidays to all our families

We are all so thankful for all of our families and residents who care so much! Thank you for caring about our employees and all of our residents who so many of you visit and talk to on a regular basis. Because we try to be a true family, "not family like" we all really want to thank the families of our relatives who are our extended family.

Thanksgiving Celebrations at the Cottages

All residents will receive a small thanksgiving gift. Homes will enjoy a scrumptious Turkey Dinner on Thanksgiving Day featuring the Holidays Bountiful offerings. If you have a special recipe that is a favorite of your loved one, we encourage you to bring it in for them to enjoy.

Dinner will include such items as
 Honeysuckle whole Turkey
 Traditional home style stuffing
 Turkey Gravy
 Mashed Potatoes
 Green Bean Casserole
 Dinner rolls
 Cranberry sauce
 & Pumpkin Pie



Pumpkin Patch

Some of our more able residents will visit the local Pumpkin Patch with Gina during October. Residents will choose Pumpkins to be placed in our homes. Thank you Gina for taking our residents on this special Holiday Outing!

What's Happening at the Cottages this Holiday Season...

- Coming soon...Keep an eye out for your invitation to the Annual Irvine Cottages Holiday party celebration. Date, time and location to be announced.
- December 25th Residents will be served a traditional holiday dinner



IRVINE COTTAGES NEW ACTIVITIES CO-ORDINATOR JAMES PAUL

We welcome James Paul to the Irvine Cottages Team! James Paul will provide music with Guitar or Keyboard at each home and also will use hand help instruments with all residents. He will also be responsible for involving residents in many Arts & Crafts, Memories in the Making, painting, drawing while incorporating holiday themes and also bringing in volunteers.



Irvine Cottages Training Update

During the past few months, staff have been trained on the following topics:

Caring for patients with dementia and agitation with Joan from St Michaels Hospice.

Understanding behaviors and Communication from the Alzheimer's Association. Nutrition, food, safely sanitizing with Leesha Keller.

During the month of October they will receive training on Occupational Therapy and Transfer Training from Sonnet Home Health.

Assessing pain and preventing

U. T. I's from Joan—St Michaels

Hospice and also Medication and

Parkinson's Training from Marla

Harms, LVN

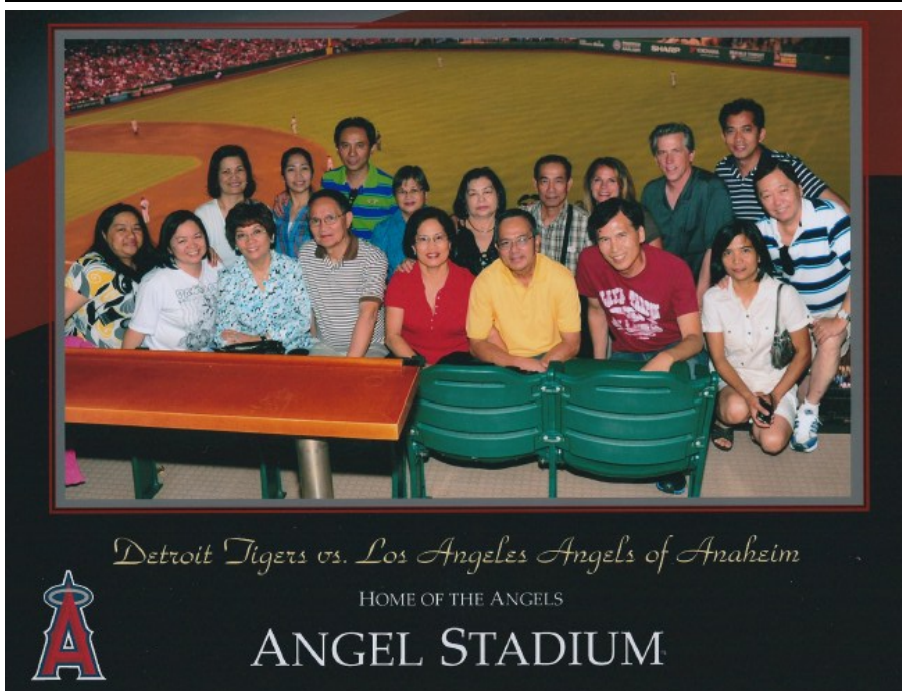
Music & Activities with Mark....

For Halloween, Mark will be performing Halloween themed songs such as everyone's favorite....The "Monster Mash". Just prior to Thanksgiving, he will recite Thanksgiving poetry to the Cottage residents.

Toni Imus continues to visit the Cottages and she will have residents sing along to Halloween songs and for Thanksgiving she will be singing folk songs and hymns.

Staff members were rewarded with Cash "Longevity Awards" and some celebrated with dinner while watching the Anaheim Angels vs. Detroit Tigers game at Anaheim Stadium on July 5 in a Private Suite.

Nancy's Activities at the Cottages for Halloween and Thanksgiving will focus on learning about the traditions associated with these holidays. She will share family photos and talk about their fondest memories of family gatherings during holiday events. They will also add touches of color, pictures, flowers which we associate with these memorable times as they create new memories together!



CONGRATULATIONS to Nestor at Irvine Cottage 3 for becoming a RCFE Administrator and also to Monina at Irvine Cottage 9

Poetic Causes

This Poem was taken from a Poetry Blog which aims to raise awareness of causes via poetry.
September Is World Alzheimer's Month

<http://poeticcauses.blogspot.com/2011/09/cottage-around-corner.html>

Friday, 16 September 2011

The Cottage Around The Corner

This poem has been generously contributed by Judith Kavanaugh

Judith Is a 46 year bipolar lady who has spent some time in
a unit for geriatric care in Orange County .She is now moving
on to more age appropriate care.

This poem is a tribute to Dr Dupont and the carers and caregivers.

The Cottage Around The Corner

In Orange County those ravaged by the disease of dementia are blessed
by a cottage around every corner full of loving healing.
When Mom and Dad's memory starts to wax and and wane like life's mysterious moon
Loving Aids are waiting to guide them back from horrifying fear to
the heroic spirit you once knew them to have.
So from Irvine to Mission Viejo look for
the Cottage around the corner with loving caregivers and
brilliant minds who study the way to relight the flame of vitality.
Dad will be helped to remember fishing exploits or great heroics
like when he took the training wheels of your bike.
All are welcome in this spiritual sanctuary where mind and soul are one.
Though parting may be near we focus on spirit and living
and enjoying the beauty of the soul.
Mom and Dad may be imprisoned by their bodies and Dementias force but love
will find them always and we will draw them out and find the wonder
of their spirit. Our loving Giants
awaken them to their long away selves.
When you visit your delight at childhood stories and long ago memories outweigh
the sadness of the dark night of their soul.
With us their last years do not seem like ending but beginnings as
they find the parts and pieces stolen by dementias destruction
they become animated and endowed with life.
Dad will suddenly become clear and remind you of the racehorse he once owned.
And when the debt which cancels all others comes you will know
you gave your loved one a gift by finding
the Cottage around the Corner where there are no strangers
only new loved ones trained to help Mom and Dad stay positive
even when the sun goes down and life gets horrifying,
And Whatever your belief I have seen them
walk into the light of Jesus and God
though the eye of the needle gently
Without the rage of the ravaging disease that led you to
the Cottage Around the Corner

Alzheimer's brain damage could be prevented, in part, by regular exercise: study

Posted on August 20, 2011 by Stone Hearth News

New York, NY, August 15, 2011 – Regular exercise could help prevent brain damage associated with neurodegenerative diseases like Alzheimer's, according to research published this month in Elsevier's journal *Brain, Behavior, and Immunity*.

"Exercise allows the brain to rapidly produce chemicals that prevent damaging inflammation", said Professor Jean Harry, who led the study at the National Institute of Environmental Health Sciences in the United States. "This could help us develop a therapeutic approach for early intervention in preventing damage to the brain."

Previous research has already demonstrated that exercise after brain injury can help the repair mechanisms. This new study shows that exercise before the onset of damage modifies the brain environment in such a way that the neurons are protected from severe insults. The study used an experimental model of brain damage, in which mice are exposed to a chemical that destroys the hippocampus, an area of the brain which controls learning and memory. Mice that were exercised regularly prior to exposure produced an immune messenger called interleukin-6 in the brain, which dampens the harmful inflammatory response to this damage, and prevents the loss of function that is usually observed.

Pharmacological therapies to downregulate inflammation and address cognitive decline in older adults, and those with Alzheimer's disease, have been less successful. This research helps understand how exercise could be used to affect the path of many human conditions, such as neurodevelopmental disorders and neurodegenerative diseases. In addition, as a chemical model of neuronal damage was used, it also raises the possibility that exercise could offer protection against the potentially harmful effects of environmental toxins.

"This elegant series of experiments reveals an alternative pathway by which voluntary physical exercise may protect hippocampal neurons", said Dr. Ruth Barrientos from the Department of Psychology and Neuroscience at the University of Colorado. "The study on the role of exercise as a therapeutic intervention will undoubtedly get a workout in the years to come. Perhaps the greatest challenge with this line of research will not be more discoveries of compelling evidence of the anti-neuroinflammatory effects of exercise, but instead, getting humans to exercise voluntarily and regularly."

The research was funded by the Division of Intramural Research, National Institute of Environmental Health Sciences, and the National Institutes of Health.

Fish oil's impact on cognition and brain structure identified in new study

Posted on August 19, 2011 by Stone Hearth News

Researchers at Rhode Island Hospital's Alzheimer's Disease and Memory Disorders Center have found positive associations between fish oil supplements and cognitive functioning as well as differences in brain structure between users and non-users of fish oil supplements. The findings suggest possible benefits of fish oil supplements on brain health and aging. The results were reported at the recent International Conference on Alzheimer's Disease, in Paris, France. The study was led by Lori Daiello, PharmD, a research scientist at the Rhode Island Hospital Alzheimer's Disease and Memory Disorders Center. Data for the analyses was obtained from the Alzheimer's Disease Neuroimaging Initiative (ADNI), a large multi-center, NIH-funded study that followed older adults with normal cognition, mild cognitive impairment, and Alzheimer's Disease for over three years with periodic memory testing and brain MRIs. The study included 819 individuals, 117 of whom reported regular use of fish oil supplements before entry and during study follow-up. The researchers compared cognitive functioning and brain atrophy for patients who reported routinely using these supplements to those who were not using fish oil supplements.

Daiello reports that compared to non-users, use of fish oil supplements was associated with better cognitive functioning during the study. However, this association was significant only in those individuals who had a normal baseline cognitive function and in individuals who tested negative for a genetic risk factor for Alzheimer's Disease known as APOE4. This is consistent with previous research. The unique finding, however, is that there was a clear association between fish oil supplements and brain volume. Consistent with the cognitive outcomes, these observations were significant only for those who were APOE4 negative. Daiello says, "In the imaging analyses for the entire study population, we found a significant positive association between fish oil supplement use and average brain volumes in two critical areas utilized in memory and thinking (cerebral cortex and hippocampus), as well as smaller brain ventricular volumes compared to non-users at any given time in the study. In other words, fish oil use was associated with less brain shrinkage in patients taking these supplements during the ADNI study compared to those who didn't report using them." Daiello continues, "These observations should motivate further study of the possible effects of long-term fish oil supplementation on important markers of cognitive decline and the potential influence of genetics on these outcomes."

The research team included Brian Ott M.D., director of the Rhode Island Hospital and Memory Disorders Center, Assawin Gongvatana Ph.D., Shira Dunsiger Ph.D. and Ronald Cohen Ph.D. from The Miriam Hospital and the Brown University Department of Psychiatry and Human Behavior (Gongvatana and Cohen), and Department of Behavior and Social Sciences (Dunsiger).

Daiello is a research scientist at Rhode Island Hospital, a member hospital of the Lifespan health system in Rhode Island and an assistant professor of neurology (research) at The Warren Alpert Medical School of Brown University. Direct financial and infrastructure support for this project was received through the Lifespan Office of Research Administration. The study was supported by career development grants from the Agency for Health Care Research and Quality (Daiello) and the National Institute on Alcohol Abuse and Alcoholism (Gongvatana).



We're not here to scream Boo!
Or do anything mean.
Irvine Cottages just wants to wish you..
A HAPPY HALLOWEEN!

Spiders, Bats...
Black Cats and more...
Let's see what Halloween has in Store!

Residents and Staff
Will hand out Halloween Candy
To all our little visitors
On Halloween night
October 31st

Cup cakes and Halloween goodies will be given to every resident!





Happy Thanksgiving

*To all our
Residents and their Families!
On Thanksgiving Day At noon*

*We will be serving all homes
A Scrumptious Thanksgiving
Turkey Dinner*

Happy Thanksgiving

Featuring the Holiday's Bountiful Offerings

*Honeysuckle Whole Turkey
Traditional Home style stuffing
Turkey gravy*

Mashed Potatoes

Green Bean Casserole

Fresh baked Dinner Rolls

*Cranberry Sauce
and Pumpkin or Apple Pie*

