

IRVINE COTTAGES NEWSLETTER
 SPRING 2012

IRVINE COTTAGES
 WISHES ALL OF OUR
 FAMILIES A HEALTHY
 AND HAPPY NEW YEAR!



EMPLOYEE CHRISTMAS BONUS FUND

Irvine Cottages staff send a huge *thank you* to all of the families who donated to the 2011 Christmas Bonus Fund.

All caregivers received a family appreciation bonus!

We are so grateful to all of our generous families who donated!

2011 HOLIDAY LUNCHEON

Celebrations, hosted by Jacqueline Dupont were held at JSerra Catholic High School in San Juan Capistrano in their Banquet room. The entertainment included singing by John Paul along with Valerie Marcott, piano and singing by Toni Imus, Dane Brimer Balloon Entertainer and the JSerra Catholic High School Choir.

We would also like to send out a special thank you to all of our volunteers:

Marc Carlson as Santa Claus, Michelle Nesbitt, Rachel Dupont, Aileen Sherman, Marla Harms, Gina Marzan, Marci Canipe, Thomas Cirineo and all staff who attended for their help with our residents. Thank you to Sandy Baren and Jewish Family Services for transportation. Our residents loved the morning Coffee and Muffins, Candy Bar, delicious Italian Food and the Dessert table. Staff, residents, family members and guests also participated in the holiday raffle and the lucky winners went home with some great gift baskets. Thank you to all of our residents, staff, special friends and family members who attended. Special thank you to Jeff Long who beautifully serenaded his mother Kay Long.

IRVINE COTTAGES BIRTHDAYS

Celebrating our residents birthdays is very important to us. Every resident will receive a special gift, birthday cake, balloon and card.

Please call Gina Marzan (949) 633-1595 if you'd like to visit.

JANUARY BIRTHDAYS

January 3rd	Martha Joleen Wade
January 18th	Carl Kesler
January 25th	Buck Ying Lee

Special Birthday Wishes
to Florence Horan
who turns 100 years
old on
February 27th!

100
Years
Old!

FEBRUARY BIRTHDAYS

February 3rd	Jeanne Chalmers
February 5th	Norma Frazer
February 7th	Helen Mury
February 8th	Frances Rowbotham and Ida Carter
February 9th	Grace Guss
February 14th	Renie Del Curto
February 24th	Gordon Adgett
February 27th	Richard Loo and Robert Radford

 **Congratulations....**
COTTAGE 10

Best Decorated House in the Irvine
Cottages Halloween
"Best Decorated Cottage" Contest

COTTAGES 3 and 4
Best decorated Cottages at Christmas.
Thank you to all staff for participating.

MARCH BIRTHDAYS

March 3rd	Virginia Coughlin
March 4th	Lena Long
March 11th	Alice Salter
March 13th	Betty Ann Hansen
March 17th	Ann Mitchell, Phillip K. Moore and Patricia Rosauer
March 18th	Agnes Anderson and Janet Higa
March 28th	Harold Gordon



APRIL BIRTHDAYS

April 5th	Georgenne Bojak
April 6th	Gary Brower
April 21st	Marguerite Baker
April 23rd	Judith Grace Chilcott

We're on the web!
www.irvinecottages.com

IRVINE COTTAGES TRAINING

Training is on-going at the cottages and staff have had the following training:

October 20th, 2012

Sonnet Home Health

Occupational Therapy and Strengthening Techniques

November, 2011

St Michaels Hospice

Art for Dementia Residents

December, 2011

Sonnet Home Health

Passive Range of Motion and Hoyer Lift Transfer

January, 2012

Marla Harms

Terminal Agitation and Sippy Cup Hydration System

February, 2012

Ever-Care Hospice

Lifting, transferring and positioning

March, 2012

Joan Corman

Medications for End of Life

MARK'S ACTIVITIES UPDATE

Mark's music will continue to perform great songs of the 40's 50's and 60's. Each week a different artist will be featured. As an example, this week's feature is a tribute to Elvis Presley. Several little facts about the featured artist are presented to the residents during the performance. At Cottage 10, the music presentation is coupled with bingo for cash. The bingo winnings are put into a "pot" for a special lunch for the Cottage 10 residents. I will also continue to present word games, dominos and music at Cottage 11.

**Irvine Cottages wishes all of
their residents and families
A Happy Valentines Day!
Residents will receive a special
chocolate valentine treat and
enjoy cake**



GAMES, GAMES....GAMES

All staff are required to play Games and sing Karaoke every day! They are also required to encourage all residents to participate. Bingo is a huge favorite and residents like to play for candy prizes.

MUSIC WITH JOHN PAUL

For the Christmas holidays in the cottages, I added a large selection of themed music, focusing heavily on those songs which would be very familiar to our residents. The result was a lot of big smiles and singing along. I tried to add some stories of how the songs were written to enrich the experience.

In addition, I decorated my music stand with a bright holiday theme, and attached two very cute little Christmas bears, which the residents loved. I introduced the little Christmas bears to each resident, and everyone giggled and smiled at how cute they were.

For the Christmas party, we were blessed to be joined by my immensely talented singing partner Valerie Marcott. She plays piano, harp and guitar, as well as sings. We prepared 2 hours of beautiful, traditional Christmas music, arranged for two instruments and two voices. The instruments included myself on guitar & accordion, and Valerie on harp, melodian, guitar and piano. I was privileged to assist Dr. Dupont with MC'ing the event, and introduce several musical guests, including madrigal singers from JSerra Catholic High School, Brother Chris who played the accordion, and Toni who plays piano in several cottages. All in all, a great time was had by all!

MARCI'S ACTIVITIES UPDATE

Marci with her friendly and upbeat personality will continue to visit the cottages where she will engage the residents in many different activities. She will play many games with the residents; especially Bingo. She will also read poetry, tell stories and give lots of hugs. She will involve residents in helping her plant spring flowers, Arts & Crafts and also range of motion exercises aimed at the elderly.

CARE PLANS

Please let Michelle know if you are not receiving your monthly care plan at supernez@aol.com or (949) 463-5075

Do you want a care plan meeting? Gerontologist Dr. Jacque Dupont is always open to meet to answer your questions and concerns. Please call anytime for a meeting (949) 533-5938 or email her at Jacqudupont@aol.com



Irvine Cottages wishes all of their residents and families

A Happy St. Patrick's Day!

Saturday March 17th

Residents will enjoy cake or delicious cupcakes.



SPRING TIME

Now that Spring time weather is upon us, we will continue to encourage all cottages to take their residents on walks outside, to participate in more outings and also enjoy lunch and snacks on the patio.



Happy Easter

*Residents and staff will enjoy
an Easter/Passover Luncheon Celebration*

At their Cottage

On Easter Sunday, April 8th

12 noon

Ham Lunch, Green Beans, Salad, Rolls and Dessert



JSERRA CATHOLIC HIGH SCHOOL BASKETBALL PROGRAM GIVING BACK TO THE COMMUNITY 2011

The Girls Basketball team visited Irvine Cottages in December 2011. As in previous visits, the girls continue to touch the hearts of our residents, singing Christmas Carols, reading books, making crafts, playing games and just talking to them. Thank you to all of these special girls, our residents were happy, smiling and loving life.



NANCY'S ACTIVITIES UPDATE

We had lots to talk about, learn about and do during our time together over the holidays. We made gift cards for family, decorations to hang, and table settings.

Weekly themes included places, flowers, birds, and food, such as where and how fruits and vegetables are grown and harvested.

We learned about important people, both past and present. We shared experiences and memories of people and events in our own lives.

We read familiar poems and stories, and laughed often.

Shifting away from Winter themes, we'll have lots to learn and talk about as Spring approaches bringing flowers, birds, and the celebration of Easter and Passover.

Blessings, *Nancy*

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IRVINE COTTAGES NEW INTERN - HARMONY WELSH

Please welcome Irvine Cottages Intern Harmony Welsh.

Harmony graduated in 2010 from Cal State Fullerton with a B.A in psychology – her efforts were focused on cognitive and abnormal psychology. In 2011 she was accepted into the Master of Science, Gerontology program at Cal State Fullerton. She is currently researching how spirituality can positively impact older adults suffering from depression.

Her mother is an Activities Director at Lakeshore Place Retirement Home. It was at this remarkable facility that as a youth, her compassion and respect for older adults developed. She is an avid sports fan and she cooks at every opportunity. When she is not reading, she is outdoors 'people watching.' She has a love for animals and thinks animals are family members and not just pets. Live music and art museums are monthly expenses and she loves to travel. In addition, her interests are Alzheimer's care, public policy and advocacy.

Today, she is working as an Art Facilitator at Irvine Cottages implementing the practices encouraged by "Memories in the Making." Through this program, she looks forward to enhancing resident socialization and making a positive impact at Irvine Cottages.

Welcome to the Irvine Cottages family!

MUSIC WITH TONI IMUS

During November and December, the residents and I had a great time at Christmas and Hanukah!

We sang Holiday songs from the Holiday Songbook, as well as Holiday songs that are not in the Songbook. We played jingle bells and jingle balls (colorful, plastic tree ornaments with rocks inside, handmade by myself).

During January, we are focusing on more therapeutic skills with popular music. With some new, smaller, colorful hand-held tambourines, we are practicing playing to the beat of the songs in tempo. We are also expanding to playing more creatively with the percussion instruments by playing fills (beats that are filling in between the lyrics) and also utilizing different tambourine techniques. This way each resident can be more creative! It is exciting to see everyone having so much fun and being creative! Music therapy is good for concentration, exercise (moving your body), increasing the feel-good chemicals in your body, being creative (expression), and just plain having fun and enjoying the music!

During February, we will be enjoying jazz, big band, standards, and nostalgic music. Since it is Valentine's month, we will also be singing love songs! In March, we will be singing a lot of Irish songs since it is St. Patrick's month, wearing of the green! And in April, we will be singing some Easter songs along with traditional Easter hymns.

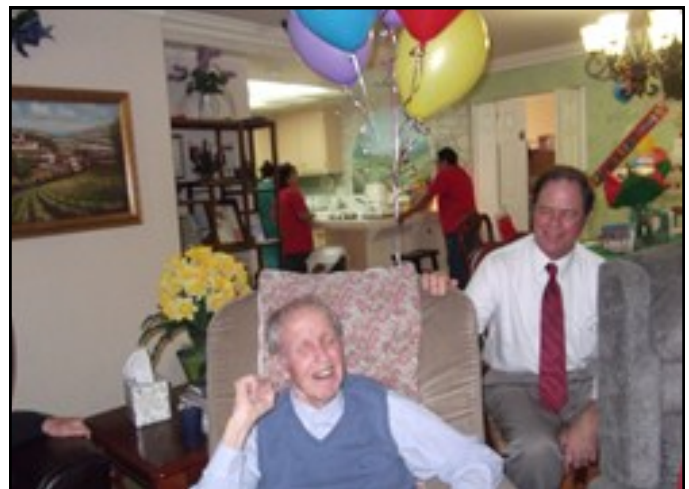
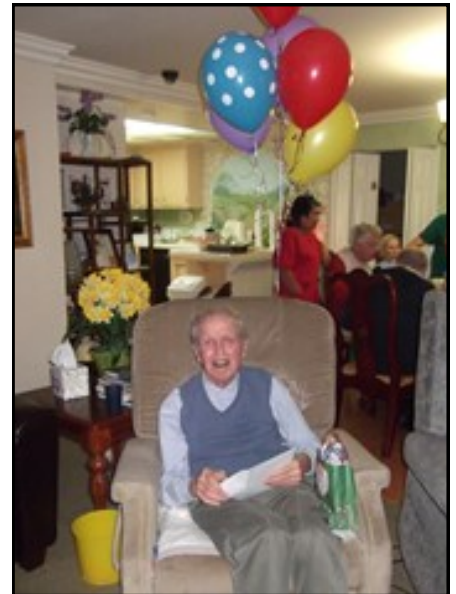
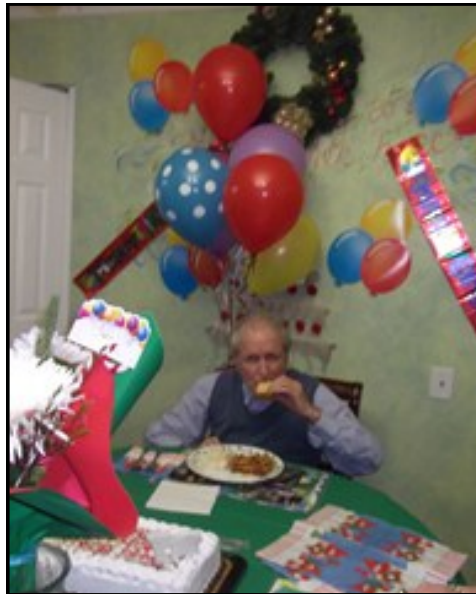
During these months of February, March, and April, we will also be using our instruments to be creative and have fun! The residents are so fortunate to have so much music in their lives, how fulfilling! I just want to take this time to say "Thank You" as it is very fulfilling for me also to be able to do what I do, and to help others.

Toni Imus

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SPECIAL THANK YOU.....

We send a special thank you to the family of John Cote who is a resident at Irvine Cottage 10 in Mission Viejo. For his birthday on December 11th, they had a special singer visit cottage 10 to sing to John in honor of his birthday. A fun celebration was had by all residents.



COCONUT OIL IN THE COTTAGES

Starting in February, all cottages will start using Coconut Oil when cooking. Please read our article on page that discusses and explains some of the many benefits that Coconut Oil has for Alzheimer's disease and many other health issues. If you have any questions about this 'Natural Antibiotic' please contact Jacque Dupont at (949) 533-5938 or jacqldupont@aol.com

CALENDARS FOR RESIDENTS

All residents have received a 2012 calendar for their rooms. Staff will help them change the months and remember the days date.

APRIL IS PIE MONTH

April is Pie of the Week Month. All the homes will receive a different pie each week during the month of April. Favorites include Apple, and cream pies.



Join us in welcoming **Joyful Healing**

Looking for a way to bring even more joy and comfort into your loved one's days?

Welcome to Joyful Healing - a Geriatric Massage Therapy service now being offered at the Irvine Cottages! My name is Dawn Castiglione and I am proud to offer the services of Joyful Healing to your loved ones who live at the amazing Irvine Cottages. Joyful Healing is a massage therapy program dedicated to enhancing the quality of life of our aging community, opening the door to better health and vitality through gentle and nurturing touch. Massage is one of the best ways to care for ourselves, providing therapeutic benefit not only to our bodies, but also to our spiritual and emotional well being, as the nurturing effects of human touch are restored into our lives.

Unlike traditional massage techniques, the geriatric massage specialty is specifically designed with the needs of your loved one in mind. Softer muscle tissue, more frail bones, and thinning skin, along with the effects of medication, long-term convalescing, and degenerative disease, are just some of the issues which require much different techniques from those used in traditional massage. In addition to offering geriatric-focused techniques, Dawn is also a certified specialist in massage for those afflicted by Alzheimer's, Parkinson's, Dementia, Diabetes, and Stroke. As a result, massage for the more mature client, especially those in a more frail state of health, takes on a whole new perspective. Sessions are tailored to every need in the spectrum, addressing the specific health issues and preferences of each client, so that their health and vitality can be enhanced in the best possible way for each of them.



A maximum time limit of one half hour is set for the session, and sequences are specially designed to be administered in the comfort of their favorite chair, hospital bed, or wheelchair. And although daily massage is most desirable, weekly massage sessions have proven extremely effective in improving cardiovascular health and circulation, reducing inflammation at the cellular level, assisting in flushing toxins from the body, and dramatically easing stress, stiffness, feelings of isolation, and so much more. And at a very low cost of only \$35 per session, weekly sessions become a simple way to enhance the quality of life for your family member. Soft music is played during the session, capturing the additional healing that takes place through music therapy.

A patient can even request their favorite music to be played at their sessions, making the experience even more personal and something they look forward to each week!

We could not be happier to join the Irvine Cottages family!

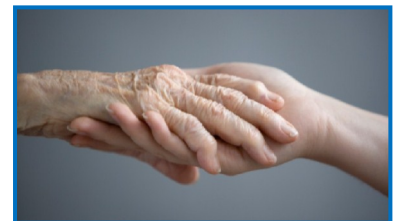
Call today to schedule an appointment: (714) 906-8247

Joyful Healing

Geriatric Massage Therapy Services

Dawn Castiglione, CMT

www.joyfulhealing.us



Memories in the Making® A fine arts program for people with dementia



About the Memories in the Making® Art program

Memories in the Making is a fine arts program for people with Alzheimer's. As part of the *Memories in the Making* program, patients with no art background can create art to regain the ability to communicate while boosting self-esteem and opening the channels of communication with loved ones .

In 1986, artist, board member and caregiver Selly Jenny, whose mother had Alzheimer's disease, explored the use of an art program to identify how much dementia patients could reveal about themselves through the medium of art. Most had never painted before, yet the response was uniformly positive, revealing and reaffirming.

The Memories in the Making® Art Program was thus born and has grown into a calendar, a training manual, an art exhibit and more -- expanding both nationally and internationally. Alzheimer's dementia brings with it a constant reminder of failures and losses. The Memories in the Making® Art program is not about failure. Every picture is important and valid. Its value lies in the creative process of making the art and expressing feelings and emotions trapped inside. The ensuing sense of accomplishment brings renewed joy and self-respect to the patient.

The artists speak with powerful brush strokes of color and tentative tracings of line. They pull us into the world of an individual with Alzheimer's. As we look at their paintings, we see their stories in a language that needs no words. Their paintings show us glimpses of who they were and who they still are. They call out to us in a way we cannot ignore.

Irvine Cottages intern Harmony Welsh has completed the training by the Alzheimer's Association in "Memories in the Making". She started in late January to visit the Cottages to engage some of our residents to use Art as a communication tool. Thank you Harmony!

A CLOSER LOOK Fight Alzheimer's Disease With Coconut Oil

Five million people have Alzheimer's disease and that number is expected to increase exponentially as baby boomers enter their golden years. If you have a loved one with this dreaded disease you should know that, in some people, coconut oil slows the progression of Alzheimer's and may also prevent it. One of those people is Steve Newport. His Alzheimer's has slowed considerably. Some of his symptoms even reversed, thanks to the unlikely treatment prescribed by his wife, Dr. Mary Newport, a physician who runs a neonatology ward at a Tampa, Florida, hospital. Dr. Mary Newport became determined to help her husband after the severity of his disease was revealed upon taking an Alzheimer's test in which the person being tested is asked to draw the face of a clock. "He drew circles and several numbers just in a very random pattern, didn't really look anything like a clock," she said. "And the doctor pulled me over to the side and said, 'You know, he's actually on the verge of severe Alzheimer's at this point, he's beyond moderate.' So that was very, very devastating news."

WHAT IS ALZHEIMER'S DISEASE?

Dr. Newport began learning everything she could about her husband's disease. "It appears to be a type of diabetes of the brain and it's a process that starts happening at least 10 or 20 years before you start having symptoms and it's very similar to type 1 or type 2 diabetes in that you develop a problem with insulin." In this case, insulin problems prevent brain cells from accepting glucose, their primary fuel. Without it, they eventually die. But there is an alternative fuel: ketones, which cells easily accept. Ketones are metabolized in the liver after you eat medium-chain triglycerides, like those found in coconut oil.

So Dr. Newport added coconut oil to the diet of her husband, Steve. Just two weeks later, he took the clock test again and demonstrated stunning improvement. Newport said, "I thought at the time, was it just good luck? Was it a lot of prayer? Was it the coconut oil? And I thought, well, we're going to keep the coconut oil going," she said.

Three weeks later Steve took the clock test a third time and continued to perform better on it. And it wasn't just intellectually, he also improved emotionally and physically. "He was not able to run; he was able to run again," she recalled. "He could not read for about a year and a half, but after two or three months, he was able to read. Instead of being very sluggish, not talking very much in the morning, he would come out in the morning with energy, talkative and joking, and he could find his water and his utensils." Steve's success is documented in a book called **Alzheimer's Disease: What If There Was a Cure? The Story of Ketones** by Mary T. Newport, MD (Copyright © 2011; Published by Basic Health Publications, October 7, 2011).

ANOTHER KETONE SOURCE?

And while coconut oil is encouraging in the battle against Alzheimer's disease, there's something even more powerful available—but at a price. A team of biochemists led by Professor Kieran Clarke at England's Oxford University have developed a ketone ester that packs a punch ten times greater than coconut oil. "It reaches quite considerably higher levels," said Clarke, "and you can get whatever levels you want depending on how much you drink." The problem is, they need millions of dollars to mass-produce it. "It's very expensive. And so we can't make very much of it ourselves," said Clarke. "And what we would like is funding so we could actually scale up and make it. But of course there's no real profit in manufacturing stuff like that, and so people really don't want to fund that sort of thing." So until a high-potency ketone ester is available to the general public, coconut oil is still a good ketone source. Just make sure it's pure, in other words, non-hydrogenated. Avoid any hydrogenated oil, including hydrogenated coconut oil, because hydrogenated oils are the same thing as dangerous trans fats. Look on the list of ingredients for the word "hydrogenated."

INCREASE YOUR GOOD CHOLESTEROL WITH COCONUT OIL

Some people are afraid to eat coconut oil because they think it's bad for your heart. But it's actually very healthy. Dr. Beverly Teter, lipid biochemist, is a researcher at the University of Maryland who specializes in the area of dietary fat. She says years ago coconut oil was criticized for raising cholesterol. But scientists have since learned there are two kinds of cholesterol: LDL, the bad kind, and HDL, which is very good for you, and is the kind coconut oil raises. "So they put out the message that it increased serum cholesterol," explained Dr. Teter, "but the truth of the matter is, it was helping the profile of the serum cholesterol. That never has been corrected in the public press, and I think that's the reason people have misconceptions about it."

BEYOND ALZHEIMER'S DISEASE

Not only does coconut oil improve cholesterol levels, but Dr. Teter says the way it helps the brains of some Alzheimer's patients can be extended to people with Parkinson's disease, ALS (Lou Gehrig's disease), epilepsy, dementia, and even schizophrenia and autism.

COCONUT OIL—A NATURAL ANTIBIOTIC

Coconut oil is a natural antibiotic but without the negative side effects. Dr. Teter says because of that, it can also help defend against viruses like HIV and herpes viruses. "The coconut oil tends to keep the bacteria down so that if you're assaulted with a virus your immune system can concentrate on the virus. It doesn't have to concentrate on 27 other bacteria that day," she explained.

HAVE OTHERS EXPERIENCED IMPROVEMENTS?

Since the *St. Petersburg Times* published Dr. Newport's article "What If There Was a Cure for Alzheimer's Disease and No One Knew?" on October 29, 2008, she has received many reports from caregivers about their loved ones, and has also read on various forums and online message boards about people who have had dramatic improvements like Steve. They include such improvements as: better social interaction, better recognition of loved ones, improved conversation, resumption of activities, better appetite, better sleep, having more energy and being more talkative. Many others experience more subtle improvement or very gradual improvement that turns into very significant improvement over several months. Others feel they see no change, but their loved one has at least stabilized and not worsened. Several people have e- mailed Dr. Newport telling her that until they stopped taking the coconut oil, they did not realize how much the oil was helping them. Dr. Newport recommends that caretakers keep a journal, so that they can decide months down the road if there has been improvement. She has also heard from some people with diseases other than Alzheimer's who believe they have seen some improvements, including other forms of dementia (FTD, CBD), Parkinson's, ALS (Lou Gehrig's), Huntington's, MS, bipolar disease, even glaucoma and macular degeneration (which affect neurons).

STEVE'S DIET

Dr. Newport has received many thank-you letters from people whose loved ones with Alzheimer's were helped after they followed Steve's diet. Dr. Newport explained the overall eating plan she and her husband follow in addition to adding coconut and MCT oils to their daily diet: "We adhere to a 'whole food' diet, and avoid processed foods, and reduce carbohydrate intake overall. We eat fish several times a week; poultry, occasional beef, fresh, or fresh frozen, fruits and vegetables; whole grain bread, rice or pasta (relatively small amounts); eggs, whole dairy, goat milk/cheese, coconut oil and coconut milk. For lunch meats we eat 'all natural' brands that have no artificial color or preservatives. We buy organic, cage-free, or free-range whenever possible. We do have the occasional treat but overall we stick with this program." Dr. Newport adds, "Using coconut oil capsules is not an efficient way to give the oil since the capsules are relatively expensive and contain only 1 gram of oil per capsule, whereas the oil is 14 grams per tablespoon."

STEVE'S OTHER SUPPLEMENTS

In addition to taking coconut/MCT oil, Steve also takes a combination of fish oil and cod liver oil (rich in vitamins A and D). It's been shown that people with Alzheimer's disease as a group are deficient in DHA (an omega-3 fatty acid) and DHA is a large component of the brain and crucial to its normal functioning. Dr. Newport referred to a study that showed that people with Alzheimer's may be deficient in an enzyme in the liver that converts the shorter vegetable form

of omega-3 fatty acids found in soybean and flax oils to the DHA and EPA forms of omega-3 fatty acids needed by the brain and other organs. Therefore she believes that it is important to include a marine source of omega-3 fatty acids in the diet. She recommends an algae form marketed to pregnant women, available in pharmacies, to those who have a problem taking fish oil. Coconut oil contains some omega-6, but no omega-3 fatty acids.

INCORPORATING COCONUT OIL INTO YOUR DIET

According to Dr. Newport, coconut oil can be substituted for any solid or liquid oil, lard, butter or margarine in baking or cooking on the stove, and can be mixed directly into foods already prepared. Some people take it straight with a spoon, but for most people it may be hard to swallow this way and more pleasant to take with food. When cooking on the stove, coconut oil smokes if heated to greater than 350 degrees F. or medium heat. You can avoid this problem by adding a little olive or peanut oil. Coconut oil can be used at any temperature in the oven when mixed in foods. Coconut milk is a combination of the oil and the water from the coconut and most of the calories are from the oil. Look for brands with 10 to 13 grams of fat in 2 ounces. Look in the grocery store's Asian section. Some brands are less expensive but are diluted with water. Coconut cream is mostly coconut milk and sometimes has added sugar. Flaked or grated coconut can be purchased unsweetened or sweetened and is a very good source of coconut oil and fiber and has about 15 grams oil and 3 grams fiber in ¼ cup. Frozen or canned coconut meat usually has a lot of added sugar and not much oil per serving. A fresh coconut can be cut up into pieces and eaten raw. A 2" x 2" piece has about 160 calories with 15 grams of oil and 4 grams of fiber. MCT Oil (medium-chain triglycerides) are part of the coconut oil and can also be purchased in some health food stores or online. This may be useful for people who are on the go and do not have much time to cook. Also, MCT oil is used as energy and not stored as fat, so it may be useful for someone who wants to lose weight, if substituted for some of the other fats in the diet. Coconut water does not usually contain coconut oil, but has other health benefits. The electrolyte composition is similar to human plasma and is useful to prevent or treat dehydration.

The above nutrition and research information along with support information for caretakers, recipes, and so much more are available at Dr. Newport's website www.coconutketones.com.