



Irvine Cottages Summer Newsletter 2011

Easter Celebrations

On Easter Sunday all residents were served a delicious Baked Honey Ham Lunch. They enjoyed Scalloped Potatoes, Green Bean Casserole, Rolls and Pie for desert. Residents decorated Easter Eggs and each received Easter Candy.

Mother's Day Celebrations

On Mothers Day all of our special Mother's and Grandmother's received some special love and pampering. They each received a special Mothers Day Tea Pot Night light and enjoyed delicious Pie.

Fathers Day Celebrations

On Father's Day all of our male residents and caregivers enjoyed their special day with a fathers day lunch and a slice of Pie. They each received a special Father's Day Gift.

Happy 4th of July

Irvine Cottages salutes all of our American Hero's and wishes all of our staff, residents and their families a Happy fourth of July. Homes enjoyed a 4th of July lunch of Subway Sandwiches, Lemonade and Apple Pie! Thank you Gina for helping decorate each home.

Summer BBQ's and Patio Lunches

Throughout the summer, we will be planning Cottage BBQ's and also will be serving snacks and lunch on the patio. A lot of our residents love to be outside, please ask House Managers what days they plan to be outside and stop by for a visit.

Summer Time is here....

We are encouraging in all cottages:

More walks outside

More Patio time - especially meals and snack time

More Outings



Irvine Cottages Training update....



Training is on-going at Irvine Cottages and during the past few months, staff have received training from St. Michael's Hospice, Vitas Hospice and from Executive Director Marla Harms, LVN. They have received training on the following topics: End of Life Care, Assessing: Documenting and reporting pain, Post and Advanced Directives, Medication Training, Urinary Tract Infection Medications, Respiratory Symptoms of Distress and Dynamics of Loss and Grief.

Resident Care Plans

A big thank you to all of our house managers for all of their hard work on the care plans. Please let Michelle know if you are not receiving your loved ones care plan at Supernez@aol.com or (949) 463-5075 We also encourage e-mail communication, let us know if we can e-mail the Care Plan.



Arts & Crafts with Nancy

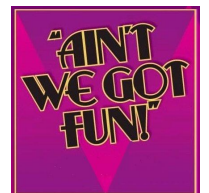
In April I was able to visit the Cottages again and resume my weekly visits, happily, bringing along with me Cinderella, my faithful Service-Certified dog, who adds her own touch of sweetness to each visit. The residents and I have used this time together to be reacquainted. We talked about events of the past months, including my injury and ongoing recovery, as well as memorable events in their lives. We chose subjects we'd like to learn about, and began studying butterflies and roses. We read true stories about animals, and enjoyed familiar famous poems. We did a few creative crafts, such as fabric-flower pictures and Memorial Day pictures! During summer months, we'll learn about fruits and vegetables, even have fresh samples to enjoy. Blessings,

Nancy

Mark's Music And Games

Singing the songs of the 40's and 50's for the residents, I have begun to add and will continue to add mime and dance to the music while I sing. I will also use light props in the near future, e.g. a Sinatra style hat. Some of the residents enjoy playing the magnetic lap bingo for prizes. For those residents, I have created "mingo" which is a mix of bingo and music. I sing while we play bingo. This is to ensure that all residents are entertained. I will continue to take song requests from residents and perform their favorites.

Mark Neria



Outings Update...

Staff and residents are enjoying the warm Spring/Summer weather. Residents enjoy taking walks around their neighborhood and/or to their local park. Gina also works hard taking residents out on outings—they always enjoy visits to Irvine Lake, Dana Point Harbor and The Dana Point Senior Center. As special treats, residents love going out for lunch, Burgers and Shakes at In & Out Burger, Mc Donald's, Carls Jr., also Kentucky Fried Chicken, sandwiches at Subway, Rubio's Fresh Grill, Del Taco and El Pollo Loco. Ice cream, frozen yogurt and milk shakes on a warm day are also a big hit and residents new favorite is to go to Starbucks coffee. Some like to accompany Gina on her trips to Costco, CVS Pharmacy, Walmart and helping her choose plants and vegetables to plant at Home Depot. Scenic drives in Irvine and Mission Viejo are relaxing for the residents in our luxurious Chevy Van with the newly installed wheelchair lift. Gina will be taking residents on more outings in the upcoming months. Please encourage all of your able residents to go in our new electric wheelchair lift van! The 'famous' Van has a large flat screen TV that the residents love to watch movies on!

Marci's Arts and Crafts Update...

Marci continues to visit the cottages weekly to entertain our residents with fun games of Bingo and Charades. She enjoys chatting with residents, takes them out to the garden to do some planting and gardening. She loves to take them on walks around the neighborhood & continues to do arts and crafts. Thanks Marci!

Cottage Karaoke

All homes have a karaoke Microphone with a variety of songs to choose from and we encourage all staff to sing karaoke daily to and with their residents. A lot of our residents love to sing so let is know if your loved one have a favorite song.

Irvine Cottages Exercise

Residents and caregivers exercise between 10 - 11 am every day All residents participate in Ball Toss, some stretching and also Range of Motion exercises. Even Hospice patients are required to have one - on - one exercise every day. Residents also go on walks.

Cottage Repairs and Improvements

Please excuse our mess ... Thank you to Cottages 2, 5 and 7 for your patience while we work on upgrades, improvements and construction. We are gradually improving each cottage one step at a time. We hope everyone enjoys the new environment.

Aubrey's Activities

My activities for the past months have been divided by the 4 weeks in a month.

Week 1: aroma therapy: depending on the mood of the resident, I have been giving hand massages with scented oils to either calm or stimulate each resident and they really love it.

Week 2: art or craft for a holiday that might be that month

Week 3: games to help stimulate brain activity

Week 4: pet therapy: I made sure no one had allergies to pets and brought in a cocker spaniel.

Everyone loved her. Residents I have never been able to talk to were up and having conversations with me all because they wanted to know all about her. It was amazing.

Aubrey

Irvine Cottages Birthday Celebrations

Happy Birthday to all of our residents with Birthdays In June, July, August and September. All residents receive a card, a gift and cake on their special day. Please call Gina for details about birthday parties at the cottages at (949) 633-1595

June Birthdays

June 20th Dan Hintz
June 22nd Mabel Sexton

July Birthday's

July 6th Norene Anderson
July 11th Margaret Brown
July 19th Joann Spiegelman
July 20th Susanne Giese

September Birthday's

September 3rd Louise Zager

August Birthday's

August 1st Eva Klima
August 2nd Judy Kavanaugh
August 7th Audrey Loftstrom
August 10th Teresa Foley
August 10th Marjorie Jangord
August 11th Betty Whitfield
August 12th Faith Rees
August 17th Connie McIver
August 17th Ida Mitchell
August 28th Ada Perlof
August 31st Marcia Merrill



Toni's Music Corner

In April, the residents enjoyed singing and playing instruments with the theme on Easter songs, plus we did a variety of other music. In May, the residents enjoyed singing and playing instruments with the theme on Patriotic songs for Memorial Day, plus we did a variety of other music. In June, we are singing and playing instruments to a variety of music, pop music, nostalgic music, hymns and jazz music. In July, we are singing and playing instruments to Patriotic songs for July 4th, plus a variety of other music as well.



Bingo or Nintendo Wii Anyone...?

We have recently purchased new Magnetic Lap Bingo Games for all of our homes. They are a big hit with the residents. Some of our homes also have Nintendo Wii game consoles and enjoy playing with staff and other residents.



New Irvine Cottages Intern

Please welcome Nicole Madro to the Irvine Cottages family. She is our new college intern from Thomas Aquinas College starting out at Cottages 5, 7 and 10.. She will be leading a Bible Study/Prayer session. Let us know if your loved one has a special prayer request.



The National Institute for Neurological Disease and Stroke (NINDS) has announced that they have **stopped the clinical trial of Coenzyme Q10**, referred to as the QE3 study. The study was designed to test whether fairly high doses of **Coenzyme Q10** were effective in slowing the progression of Parkinson's disease, or neuroprotective. The investigators of the trial determined that there was neither a neuroprotective nor a symptomatic benefit of Coenzyme Q10 for people with early Parkinson's disease. Everyone who participated in this trial has already been alerted and the open and forthright communications to both investigators and patients should serve as a model for future clinical trial communications.

We know that this outcome is disappointing to those who devoted time and energy to participate in this trial as well as people with Parkinson's and their families who are seeking new therapies. Coenzyme Q10 is available as an over-the-counter supplement and has been shown to support mitochondria function (energy production) in cells. Clinical trials have also shown some benefit in other conditions. It is a safe and well-tolerated, but expensive over-the-counter, especially in the large doses studied in the QE3 trial. Yet despite this result, the QE3 trial will yield important information – even this negative finding helps scientists to close in on several possible mechanisms and to focus on more promising drugs and studies.

At present, there remain several promising new therapeutic approaches that seek to better target symptoms and potentially slow the disease in clinical and pre-clinical development pipeline. These include gene therapy, advances in DBS and infusion technology, drugs that target better control of motor symptoms, dyskinesias and cognitive symptoms, as well as novel pathways to slow the disease, and we remain hopeful that new treatments may be on the horizon.

Anyone with questions about the trial can contact the National Parkinson Foundation's toll-free Helpline at 1-800-4PD-INFO (1-800-473-4636) for more information.

Best regards,



Joyce Oberdorf
President & CEO



Michael Okun
National Medical Director

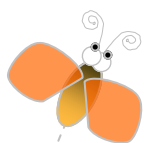
Irvine Cottages Annual Staff Appreciation and Longevity Awards

In July, staff will receive awards and special gifts for years served working at Irvine Cottages. We congratulate the following staff members (employed 2 years or more) for their dedicated years of service taking care of our beloved residents. Almost every staff member has also received a raise in the last 6 months. Staff members celebrated with dinner while watching the Anaheim Angels vs. Detroit Tigers game at Anaheim Stadium on July 5 in a Private Suite.

Thank you to Irvine Cottages staff for their hard work and dedication!

Even staff who are not listed are greatly appreciated every day!

We appreciate everyone for being a part of our extended family!



Adonis Adaci - 2 years

Ellen Adaci - 2 years

Gerardo DeGuzman - 2 years

Nestor Dayao - 2 years

Elinore Lagman - 2 years

Regina Felicitas - 4 years

Caridad David - 6 years

Anthony Tizon - 10 years

Henry Magbiray - 8 years

Aurora Magbiray - 8 years

Generosa DeGuzman - 4 years

Noel De Guzman - 4 years

Charles Milevo - 2 years

Ramon Marquez - 4 years

Antonio Rendon - 3 years

Solidad Rendon - 3 years

Gina Marzan - 10 years, Michelle Nesbitt - 15 years, Aileen Sherman - 15 years,
Marla Harms - 4 years, Tricia Cardinale - 5 years and Hector Juarez - 8 years



Food for Thought

"The idea that Alzheimer's is entirely genetic and unpreventable is perhaps the greatest misconception about the disease," says Gary Small, M.D., director of the UCLA Center on Aging. Researchers now know that Alzheimer's like heart disease and cancer, develops over decades and can be influenced by lifestyle factors including cholesterol, blood pressure, obesity, depression, education, nutrition, sleep and mental, physical and social activity.

The big news: Mountains of research reveals that simple things you do every day might cut your odds of losing your mind to Alzheimer's.

In search of scientific ways to delay and outlive Alzheimer's and other dementias, I tracked down thousands of studies and interviewed dozens of experts. The results in a new book: *100 Simple Things You Can Do to Prevent Alzheimer's and Age-Related Memory Loss* (Little, Brown; \$19.99).

Here are 10 strategies I found most surprising.

1. **Have coffee.** In an amazing flip-flop, coffee is the new brain tonic. A large European study showed that drinking three to five cups of coffee a day in midlife cut Alzheimer's risk 65% in late life. University of South Florida researcher Gary Arendash credits caffeine: He says it reduces dementia-causing amyloid in animal brains. Others credit coffee's antioxidants. So drink up, Arendash advises, unless your doctor says you shouldn't.
2. **Floss.** Oddly, the health of your teeth and gums can help predict dementia. University of Southern California research found that having periodontal disease before age 35 quadrupled the odds of dementia years later. Older people with tooth and gum disease score lower on memory and cognition tests, other studies show. Experts speculate that inflammation in diseased mouths migrates to the brain.
3. **Google.** Doing an online search can stimulate your aging brain even more than reading a book, says UCLA's Gary Small, who used brain MRIs to prove it. The biggest surprise: Novice Internet surfers, ages 55 to 78, activated key memory and learning centers in the brain after only a week of Web surfing for an hour a day.

4. Grow new brain cells. Impossible, scientists used to say. Now it's believed that thousands of brain cells are born daily. The trick is to keep the newborns alive. What works: aerobic exercise (such as a brisk 30-minute walk every day), strenuous mental activity, eating salmon and other fatty fish, and avoiding obesity, chronic stress, sleep deprivation, heavy drinking and vitamin B deficiency.

5. Drink apple juice. Apple juice can push production of the "memory chemical" acetylcholine; that's the way the popular Alzheimer's drug Aricept works, says Thomas Shea, Ph.D., of the University of Massachusetts. He was surprised that old mice given apple juice did better on learning and memory tests than mice that received water.

A dose for humans: 16 ounces, or two to three apples a day.

6. Protect your head. Blows to the head, even mild ones early in life, and increase odds of dementia years later. Pro football players have 19 times the typical rate of memory-related diseases. Alzheimer's is four times more common in elderly who suffer a head injury, Columbia University finds. Accidental falls doubled an older person's odds of dementia five years later in another study. Wear seat belts and helmets, fall-proof your house, and don't take risks.

7. Meditate. Brain scans show that people who meditate regularly have less cognitive decline and brain shrinkage - a classic sign of Alzheimer's - as they age. Andrew Newberg of the University Of Pennsylvania School Of Medicine says yoga meditation of 12 minutes a day for two months improved blood flow and cognitive functioning in seniors with memory problems.

8. Take D. A "severe deficiency" of vitamin D boosts older Americans' risk of cognitive impairment 394%, an alarming study by England's University of Exeter finds most Americans lack vitamin D.

Experts recommend a daily dose of 800 IU to 2,000 IU of vitamin D3.

9. Fill your brain. It <http://brain.it/>'s called "cognitive reserve." A rich accumulation of life experiences -education, marriage, socializing, a stimulating job, language skills, having a purpose in life, physical activity and mental demanding leisure activities - makes your brain better able to tolerate plaques and tangles. You can even have significant Alzheimer's pathology and no symptoms of dementia if you have high cognitive reserve, says David Bennett, M.D., of Chicago's Rush University Medical Center.

10. Avoid infection. Astonishing new evidence ties Alzheimer's to cold sores, gastric ulcers, Lyme disease, pneumonia and the flu. Ruth Itzhaki, Ph.D., of the University of Manchester in England estimates the cold-sore herpes simplex virus is incriminated in 60% of Alzheimer's cases. The theory: Infections trigger excessive beta amyloid "gunk" that kills brain cells. Proof is still lacking, but why not avoid common infections and take appropriate vaccines, antibiotics and antiviral agents?

What to Drink for Good Memory

A great way to keep your aging memory sharp and avoid Alzheimer's is to drink the right stuff.

- a. **Juice:** A glass of any fruit or vegetable juice three times a week slashed Alzheimer's odds 76% in Vanderbilt University research. Especially protective: blueberry, grape and apple juice, say other studies.
- b. **Tea:** Only a cup of black or green tea a week cut rates of cognitive decline in older people by 37%, reports the Alzheimer's Association. Only brewed tea works. Skip bottled tea, which is devoid of antioxidants.
- c. **Caffeine beverages:** Surprisingly, caffeine fights memory loss and Alzheimer's, suggest dozens of studies. Best sources: coffee (one Alzheimer's researcher drinks five cups a day), tea and chocolate. Beware caffeine if you are pregnant, have high blood pressure, insomnia or anxiety.
- d. **Red wine:** If you drink alcohol, a little red wine is most apt to benefit your aging brain. It's high in antioxidants. Limit it to one daily glass for women, two for men. Excessive alcohol, notably binge drinking, brings on Alzheimer's.
- e. **Two to avoid:** Sugary soft drinks, especially those sweetened with high fructose corn syrup. They make lab animals dumb. Water with high copper content also can up your odds of Alzheimer's. Use a water filter that removes excess minerals.

5 Ways to Save Your Kids from Alzheimer's Now

Alzheimer's isn't just a disease that starts in old age. What happens to your child's brain seems to have a dramatic impact on his or her likelihood of Alzheimer's many decades later. Here are five things you can do now to help save your child from Alzheimer's and memory loss later in life, according to the latest research.

1. **Prevent head blows:** Insist your child wear a helmet during biking, skating, skiing, baseball, football, hockey, and all contact sports. A major blow as well as tiny repetitive unnoticed concussions can cause damage, leading to memory loss and Alzheimer's years later.
2. **Encourage language skills:** A teenage girl who is a superior writer is eight times more likely to escape Alzheimer's in late life than a teen with poor linguistic skills. Teaching young children to be fluent in two or more languages makes them less vulnerable to Alzheimer's.
3. **Insist your child go to college:** Education is a powerful Alzheimer's deterrent. The more years of formal schooling, the lower the odds. Most Alzheimer's prone: teenage drop outs. For each year of education, your risk of dementia drops 11%, says a recent University of Cambridge study.
4. **Provide stimulation:** Keep your child's brain busy with physical, mental and social activities and novel experiences. All these contribute to a bigger, better functioning brain with more so-called 'cognitive reserve. 'High cognitive reserve protects against memory decline and Alzheimer's.
5. **Spare the junk food:** Lab animals raised on berries, spinach and high omega-3 fish have great memories in old age. Those overfed sugar, especially high fructose in soft drinks, saturated fat and trans fats become overweight and diabetic, with smaller brains and impaired memories as they age, a prelude to Alzheimer's.

Excerpted from Jean Carper's newest book:

"100 Simple Things You Can Do to Prevent Alzheimer's"