

# Compassionate Cottage, LLC

April-May 2019

WE HONOR AND CARE FOR THE GREATEST GENERATION



## Progression of Alzheimer's Disease

With Alzheimer's disease being the 6<sup>th</sup> leading cause of death in the United States, it is important for all of us to keep learning. Dementia is a general term to describe the symptoms of mental decline that accompany Alzheimer's and other brain diseases. I find it helpful to think of "Dementia" as the umbrella with the specific forms of memory loss or mental decline making up the umbrella. These types of Dementia including Lewy Body Dementia, Parkinson's Disease Dementia, Vascular Dementia and Frontotemporal Dementia just to name a few.

Alzheimer's disease typically progresses slowly in three general stages—mild (early stage), moderate (middle stage), and severe (late stage). The symptoms of Alzheimer's disease worsen over time, although the rate at which the disease progresses varies. On average, a person with Alzheimer's disease lives four to eight years after diagnosis, but can live as long as twenty years. It is important to be aware that it can be difficult to place a person with Alzheimer's disease in a specific stage as stages may overlap.

In the early stages of Alzheimer's disease, a person may function independently. The person may feel as if he or she is having memory lapses, such as forgetting familiar words or the location of everyday objects. Individuals experience problems coming up with the right word or name, challenges performing tasks in social or work settings, forgetting material that one has just read and increasing trouble with planning or organizing. Although the onset of Alzheimer's disease cannot be stopped or reversed, an early diagnosis can allow an individual the opportunity to live well with the disease for as long as possible and plan for the future.

In the moderate stage of Alzheimer's disease, the dementia symptoms are more pronounced. A person may have greater difficulty performing tasks, such as paying bills, but they still remember significant details about their life. Moderate Alzheimer's is typically the longest stage and can last for many years. As the disease progresses, the person with Alzheimer's will require a greater level of care. You may notice the person with Alzheimer's disease confusing words, getting frustrated or angry, or acting in unexpected ways, such as refusing to bathe. Damage to nerve cells in the brain can make it difficult to express thoughts and perform routine tasks.

During the moderate stage, symptoms will be noticeable to others and may include forgetfulness of events or about one's own personal history. In addition, an individual may feel moody or withdrawn especially in social or mentally challenging situations, confusion about where they are or what day it is, help choosing proper clothing for the season, trouble controlling bladder and bowels in some individuals and an increased risk of wandering and becoming lost.

In the final stage of this disease, dementia symptoms are severe. Individuals lose the ability to respond to their environment, carry on conversations and, eventually, to control movement. They may still say words or phrases, but communicating pain becomes difficult. As memory and cognitive skills continue to worsen, significant personality changes may take place and a person generally needs extensive help with daily activities. During the late stage, individuals need round-the-clock assistance, lose awareness of recent experiences, experience changes in physical abilities, including the ability to walk, sit and, eventually, swallow. It is during this stage that a person becomes vulnerable to infections, especially pneumonia.

It is very hard to watch our loved ones progress. We need to find joy in the moments we have with them. Remember that a person's sense of self always remains. We need to adjust our communication based on what is meaningful to the person today. It is helpful to relive happy memories with them in conversations. Lead into a conversation with your name and reminders of yourself. This helps your loved one not feel frustrated as they try to put all the pieces together. Individuals with dementia are sensitive to feelings and the tone of those around. It is always our goal to care with compassion and help the person feel safe and at peace.

With Blessings and Love--*Nancy Patock*, Housing Director



## OUR GOAL....

*Care with Compassion  
for your Comfort and  
Independence*

## WE OFFER...

- 24- hour trained caregivers
- Registered Nurse on Call 24 Hours a day
- Medication management
- Arrangement of medical services
- Meals tailored to resident preference
- Housekeeping
- Activities and socialization

## COTTAGE I

1000 Cottonwood Drive  
NE Willmar, MN 56201

320-235-0918

320-441-2010 FAX

## COTTAGE II

1506 Upper Trentwood  
Circle NE  
Willmar, MN 56201

320.403.5090

320.403.5091 FAX

# Jalapeno Bacon Deviled Eggs

*SPICE UP YOUR EASTER BRUNCH WITH A  
TWIST ON THE TRADITION DEVILED EGGS*

12 hard-boiled eggs, shells removed

1/4 cup sour cream

1/4 cup mayonnaise (plus an IT, if needed)

1 + 1/2 teaspoon yellow mustard

1 + 1/2 teaspoon dijon mustard

2 teaspoons organic apple cider vinegar

1/4 teaspoon paprika

Sea salt & Pepper, to taste

1/2 large jalapeno (cored and seeded), finely diced

6 pieces thick-sliced bacon (cooked & crispy), chopped



Slice the boiled eggs in half lengthwise. Carefully remove the yolks and put them in a medium bowl. Place the white egg halves aside.

With a fork, mash the egg yolks well. add the sour cream, mayonnaise, dijon mustard, yellow mustard, paprika, apple cider vinegar, salt & pepper. Mix well. Add the diced jalapeno, just a little at time, stirring and tasting after each addition until you reach the desired heat level. Add in six slices worth of chopped crispy bacon pieces. Mix well.

Spoon the yolk mixture into a quart-size, kitchen zip-top bag. Snip one of the bottom corners with kitchen shears. Press firmly on the baggie to pipe the filling into the egg halves. Garnish the deviled eggs by sprinkling the tops with chopped bacon bits. Place a sliced jalapeno on each egg half along with a small sprig of fresh dill.

## A Note from the Nurse...

Just a friendly reminder to all family, please keep an eye on personal care items for your loved one. This includes items for the shower, oral care, hygiene, make up, etc. The Cottage does not provide or stock any of these items so it would be wonderful if when you are visiting you could take a quick look to see what is needed! Nursing will continue to order under garments from the pharmacy for those utilizing this already.

Many family's have taken advantage of Amazon and Target online shopping and have items shipped right to the Cottage door! It works out very nice! Some families order as needed and others do a monthly order.

If you have questions on personal care items, please let me know. We appreciate your help in making sure the Residents have all they need each day!

Have a wonderful Spring!

**Kelly Nelson, RN**

**Health Care Coordinator**

## Upcoming Events for April & May 2019

APRIL 2nd: DEVOTIONS WITH LORI @ 11am CCI

APRIL 3rd: BIBLE STUDY WITH KATHY @10am-CC II

APRIL 4th: DEVOTION WITH JEANTTE- Cottage I

APRIL 9th: MUSIC WITH JAY @ 11am-CCII

APRIL 10th: MUSIC WITH RUTHIE @ 2pm-CCI

APRIL 11th: DEVOTIONS W/ LORI @ 2:30pm CCII

APRIL 12th : MUSIC WITH SHIRLEY-Cottage I

APRIL 16th : DEVOTIONS WITH LORI @ 11am CCI

WORSHIP WITH PASTOR JON

@ 2pm-CC II @2:30pm-CC I

APRIL 17th : BIBLE STUDY WITH KATHY @10am-CC II

APRIL 22nd: MUSIC WITH FRANCES @ 2pm-CCII @2:45pm-CCI

APRIL 24th: MUSIC WITH THE JOY SINGERS-2pm CCII

APRIL 25th: DEVOTIONS W/ LORI @ 2:30pm CCII

APRIL 26th: MUSIC WITH SHIRLEY- Cottage I

MUSIC WITH THE CARLSON'S @2pm Cottage I

APRIL 30th: MUSIC WITH THE TERRY NELSON @2pm CCII

MAY 1st: BIBLE STUDY WITH KATHY @10am CCII

MAY 7th: DEVOTIONS WITH LORI-@11am CC I

MAY 8th: MUSIC WITH RUTHIE @ 2pm CCII

MAY 9th: DEVOTIONS WITH LORI @ 2:30pm-CC II

MAY 10th: MUSIC WITH SHIRLEY-CC I

MAY 14th: MUSIC WITH TERRY NELSON @ 2pm CCI

MAY 15th: BIBLE STUDY WITH KATHY @10am CCII

MAY 15th: MUSIC WITH SHIRLEY-Cottage I

MAY 21st: DEVOTIONS WITH LORI-@11am CC I

WORSHIP WITH PASTOR JON

@2pm-CC II @2:30pm-CCI

MAY 22nd: MUSIC WITH CLETUS @ 2pm CCII

MAY 23rd : DEVOTIONS WITH LORI-@2:30pm CC II

MAY 24th: MUSIC WITH SHIRLEY-CC I

MAY 27th: MUSIC WITH FRANCES @ 2pm-CCII

@2:45pm-CCI



### Happy April Birthday to:

4-8 Mary Jane Frank  
4-17 Terry Prekker  
4-26 Amy Syvertson

### Happy May Birthday to:

5-3 Lori Vigil  
5-4 Phyllis Nystante  
5-5 Beth Stark  
5-14 Kelly Nelson  
5-17 Shirley Bosch  
5-23 Susie Esboldt  
5-28 Abby Christensen  
5-28 Gladys Carity

## Refill Your Cup Event



Thursday, May 2nd  
8:30am-3pm  
Vinje Lutheran Church



Back by popular demand, WCDAN is hosting the 2nd Annual Caregivers Pampering Day. A day filled with Education, Fellowship and yes....Pampering for the hard working care giver. If you are a caregiver to a loved one or know someone who is, please invite and encourage them to attend this event! It is FREE and open to the public! A light lunch and refreshments will be served. Education Sessions/Speakers are scheduled through out the day along with breakout sessions of pampering and fellowship! RSVP by April 26th.....Please call 320-221-3747

Alzheimer's and Dementia is a topic that almost all of us will be faced with at some point in our lives. Although there is great things happening with research and helping those with Dementia, there's so much we need to learn to cope with this disease from day to day.

The following are tips and tricks to learn how to walk through the journey of dementia with your loved one.

- Do NOT quiz someone with Dementia...Do NOT ask, "Do you remember me? Do you know my name? Instead when greeting them for the first time, say, "Hi Mom, it's Abby, your daughter, it's so great to see you." This takes the pressure off the person with dementia and gives them a clear and helpful reminder of the lovely face they recognize but sometimes can't find the right name for.
- Do NOT ask them what they did today. Instead, remind them of memories from the past... "I remember that time we took a family trip to South Dakota; we spent every evening around the campfire singing & sharing stories. Those are the days I cherish." Let memories flood their mind as ability allows.
- Create a moment with your loved one. Take a stroll outside, hold their hand, sing a song together, visit often, look through old photos.
- Be supportive, flexible and helpful....let them be right!
- Don't take anything personally....especially if they forget your name. That is a very hard thing for them to remember. Their memory reverts back to days when they were younger, so if you are the daughter, you just might be the sister now. Embrace it, cherish every moment with your loved one. Be where they are in their memory...if that is 3 years ago, or 30 years ago....they are just so thankful and happy to be with you!



If you are ever frustrated or feel like you don't know how to cope with the changes, please reach out to us. We have many resources we can share with you to help you through the journey of dementia with a loved one. We are honored to care for so many beautiful souls each and every day. Thank you for sharing your family with us.

*Abby Christensen*, Assistant Housing Director/Activity Director Certified

## COMMUNITY EVENTS & SUPPORT GROUPS



*Questions  
About  
Memory  
Loss ?*

Open to the Public! FREE  
1-2pm Willmar Community Center

Tues, April 9th: Know the 10 Signs©

Tues, May 14: Understanding Alzheimer's and Dementia ©  
(Like Us on Facebook to see all of our events)

*\*The Forget-Me-Knot Memory Café* is for people with memory loss, along with their companions. They meet the second and fourth Thursdays of each month on the second level of the Willmar Public Library from 2pm to 4pm.  
Thurs, April 11 & 25  
Thurs, May 9 & 23

*Alzheimer's Support Group*  
Held the first Thursday of each month at Bethesda from 3:30-5pm  
Thurs, April 4  
Thurs, May 2

*Parkinson's Support Group:*  
Held the second Wednesday of each month at Bethesda from 10-11am  
Wed, April 10  
Wed, May 8

*Lutheran Social Services Caregivers Discussion Group.*  
Meets the 3rd Tuesday of every month at the Dethlefs Center in Spicer  
Tues, April 16  
Tues, May 21





When the winter blues got us down, we had Root Beer Floats to lift our spirits!

They always hit the spot!



Residents are all Smiles...  
Above: Mary Jane Frank  
Below....Phyllis Kamstra



Left & Below: Cottage 1 enjoys devotions with Jeanette Carlson



**advanced**  
tech systems

Keeping our loved one safe is always a top priority for us at Compassionate Cottages. In late March, Cottage 1 had their security system updated as the original one was outdated.

We wanted to make sure all family, friends, residents and staff are aware of these camera's at both Cottages. You will also notice new small signs on the entrance doors at both Cottages. The security systems are in place to ensure safety and security of our staff and residents.

If you have any questions or concerns, please see Nancy Patock.

**Mark Your Calendars**  
Thurs., April 25, 2019 & Fri., April 26, 2019

**20th Anniversary of**  
**LIFE CONNECTIONS**

Friday, April 26th at 10am  
Guest Speaker: Paul Douglas



Pre-show vendor showcase Thursday, April 25th 5pm-7:30pm  
Friday, April 26th 8am-4pm (vendor booths close at 2pm)  
at the Willmar Civic Center, 2707 Arena Dr., Willmar

**DAD'S BELGIUM WAFFLES**  
Friday, April 26th  
8am-10am  
Dad's Belgium Waffles

**HERITAGE BANK**  
Englewood Center

Friday, April 26th  
at Noon  
Music by  
the Kingery Family

**pioneer**  
public television

Other Returning Favorites:  
Outstanding Senior Citizen Award  
BINGO