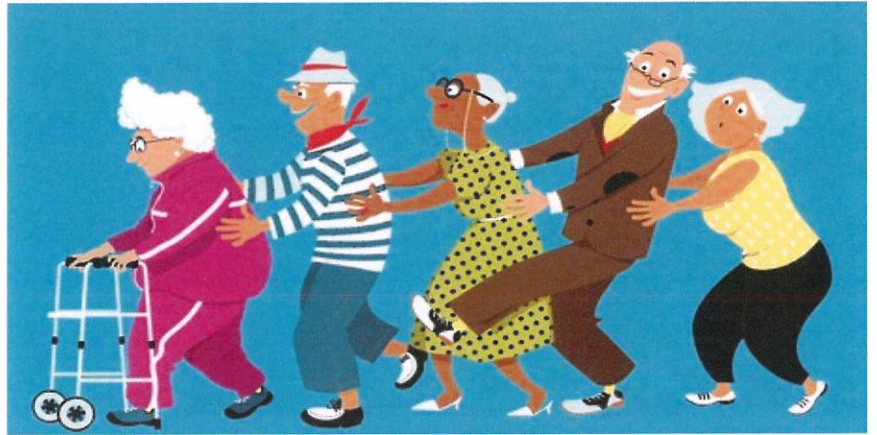


HILLVIEW MANOR NEWSLETTER 2024



ISSUE FOUR

April's weather was a bit of a mixed bag. We had a mixture of very warm day, very cool, bordering on cold days. Some moisture...a bit of rain , a skiff of snow. And wind!!!!!!A crazy amount of wind.

Lots of local(ish) entertainers came to the Manor to share their talent with our residents. Many thanks are again extended to The Caragana Ramblers, Wilma and Val, Sacakas Family, Keith and Gary, Maggie, Laurie Fornwald and Susan Shephard.

Their spiritual needs are also looked after on a weekly basis. Mass is held monthly with devotions held weekly.

Our Walmart outing followed by lunch is always a favourite. This month we enjoyed lunch at Eddie Websters.

A large group took part in Making Music with Friends at St John's. There is always lots of toe tapping and hand clapping going on. Unfortunately this was the last one until October.

Spring

April showers bring May flowers
That is what they say.
But if all the showers turned to flowers,
We'd have quite a colourful day!

There'd be bluebells and cockersells,
Tulips red and green,
Daffodil and Chinese Squill,
The brightest you've ever seen.



You'd see tiger lilies and water lilies,
Carnations pink and blue,
Forget-me-nots and small Sundrop
Glistening with the dew.

We'd have fireweed and milkweed,
And many more different flowers.
Mexican star and shooting star.
Falling in the showers.

And if all the showers turned to flowers
On that rainy April day.
Would all the flowers turn to showers
In the sunny month of May.



Three of our folks had birthdays in the month of April

April 2nd..... Waunie Thompson

April 19th..... Millie Culbertson

April 20th..... Dave Schell



Happiest of Birthday Wishes to you all

Birth flowers for April are Daisy and Sweet Peas.

The daisy stands for innocence, purity, and true love.

The sweet pea is a way to say goodbye, send good wishes or merely convey a thank you.



Word Search ~ Refrigerator

Find and circle all of the items that can be found in a refrigerator.
The remaining letters spell an additional item.

M S C A R R O T S S B U T T E
 U T S E C I U J E Y S N O M E
 S R S E P A R G B R O C C O L
 T A B A C O N B S S M G B A S
 A W M B S A R K S A E P U E E
 R B A C R E N S P P D V B R P
 D E G O A I V L R R I U I R T
 S R N D R K E L A E C N O L M
 A R E D C S E W E E V D A I O
 N I T U Y T E S C H U O L C E
 A E S R T R E I S C S K T O H
 N S U U S E M S E L P P A F C
 A P C G H A A P U H C T E K E
 B E G C J Y R T L U O P M U C
 E E S I A N N O Y A M W A T E

APPLES

BACON

BANANAS

BREAD

BROCCOLI

BUTTER

CAKE

CARROTS

CHEESE

COLD

DRAWERS

DRINKS

EGGS

GRAPES

ICE CUBES

JAM

JUICES

KETCHUP

LEFTOVERS

LEMONS

LETTUCE

LIGHTBULB

MAGNETS

MAPLE SYRUP

MAYONNAISE

MEAT

MILK

MUSTARD

OLIVES

ORANGES

PEAS

POULTRY

PRODUCE

SHELVES

SPINACH

STRAWBERRIES

WATER

YOGURT

There was an elderly couple who realized they were getting more and more forgetful, so they decided to go to the doctor. The doctor told them to start writing things down so they wouldn't forget. They went home and the old woman asked her husband to bring her a bowl of ice cream. She said, "You might want to write this down." He said, "No I can remember that you want a bowl of ice cream." So the wife told her husband that she wanted a bowl of ice cream with whipped cream. "Write that down she said to him." "No, no I can remember you want a bowl of ice cream with whipped cream." Then the old woman said she wanted a bowl of ice cream with whip cream and a cherry on top. She said to her husband, "Write that down." Again he said, "No, I understand . You want a bowl of ice cream with whip cream and a cherry on top." He went to get the ice cream and spent an unusually long time in the kitchen, over 30 minutes. He finally comes to his wife and hands her a plate of bacon and eggs. The elderly woman looks at her plate for a while, then looks at her husband and asks, "Where's the toast?"



ALZHEIMER COMMUNICATION

1. Never ARGUE, instead AGREE
2. Never REASON, instead DIVERT
3. Never SHAME, instead DISTRACT
4. Never LECTURE, instead REASSURE
5. Never say “REMEMBER”, instead REMINISCE
6. Never say “I TOLD YOU”, instead REPEAT
7. Never say “YOU CAN’T”, instead say what they CAN DO
8. Never DEMAND, instead ASK
9. Never CONDESCEND, instead ENCOURAGE
10. Never FORCE, instead REINFORCE

Dementia and Eating Habits

Dementia can cause significant changes in eating habits, from forgetting mealtimes to losing the ability to identify what's edible, experts say.

Lillian Hung recalls the confusion that ensued when dining staff at her long-term-care home served mushroom soup to patients — only for many to return their bowls, still full and untouched.

It wasn't that her patients had suddenly developed an aversion to mushrooms, Hung, the Canada Research Chair in senior care and a professor of nursing at the University of British Columbia, told the Star.

Rather, the answer lay in the tableware.

"It was served in a white bowl, and it was a white soup," she explained. "And people simply couldn't see the mushroom soup in there."

"We were asking the patients, 'Why didn't you finish your soup?' And they were saying, 'What do you mean, there's nothing in the bowl?'"

Alzheimer's disease and dementia can have dramatic impacts on our ability to feed ourselves, a facet that is often overlooked. Yet the behaviour is "very, very common" in those experiencing cognitive decline, according to Hung and other experts — and can range from forgetting to eat meals to being unable to identify what is edible.

"The person living with the condition may not understand themselves that they have these changes — but their family, loved ones, care partners may report it," said Dr. Roger Wong, a clinical professor of geriatric medicine at UBC.

The experts say sudden dietary changes can be an important warning sign of dementia. Here are some signs to look out for.

Dementia and forgetting to eat

According to Wong, the many diseases responsible for driving cognitive decline — collectively known as dementia — usually start changing our eating habits by way of forgetfulness.

“Because of a loss of memory, very commonly, family and care partners may report that the person living with dementia may forget to eat ... And that could be problematic because it can lead to involuntary weight loss, it could lead to malnutrition,” he explained

People may also forget that they’ve already eaten, and continue to snack or eat meals past the point of fullness.

“For example, they may get up in the middle of the night and try to get food,” Wong said. “ ... Obviously, this is going to be a concern (especially for) individuals, for example, who have other long-standing health conditions such as diabetes.”

Hung warns this behaviour could spark tensions with caregivers, especially as dementia could lead to emotional changes making one more argumentative.

“Sometimes it causes family conflict. Your family will say ‘wait, you just had your lunch.’ And then you’ll get in an argument ... It’s very common,” she said, urging patience and flexibility in family members — it’s all right to seek help if needed.

“I’ve heard of women caregivers getting very afraid (during meal time), because sometimes they’ll get hit by their (dementia-stricken) husband.”

Forgetting old dining habits

Memory loss can lead one to revert on old habits — Wong gave the example of a lactose-intolerant man suddenly drinking milk despite avoiding dairy for years. He may have forgotten about his condition.

Then again, this could be related to aging-related changes in smell and taste, and have nothing to do with dementia, he continued: “There is no clear evidence to suggest that people living with dementia are more prone to developing aging-related changes to smell and taste.”

Look for other warning signs of dementia, he warned, before assuming your grandpa has Alzheimer’s disease because he suddenly became fond of pickles — or figured a cheese pizza was worth the bowel pain.

Dementia and not recognizing food

If you find yourself unable to recognize what you’re seeing, smelling or hearing, despite feeling like you should and your senses otherwise working fine, you may be experiencing agnosia.

Known as one of the cardinal features of Alzheimer’s disease, agnosia is not caused by memory loss, Hung explained. Patients become unable to identify objects or people with their senses — leading one person she knew to brush her hair with a fork, for example.

“They may see salads, vegetables, and they don’t know what it is,” she said. “They might be vegetarians, and then they start eating, like, a steak”

This becomes especially problematic when people eat objects that are not edible. “I have seen patients, during Christmas time, who would eat Christmas ornaments,” Hung said. “It can be pretty risky.”

While agnosia is rare in the early stages of the disease, families and loved ones may not realize one has dementia until it has already progressed to

that point, Wong added. But again, look for more signs before leaping to conclusions after a dietary change.

Interestingly, cultural foods agnosia patients grew up with can often spark recognition. Hung recalled a patient who would refuse to eat any food the hospital gave her. But when her daughter snuck her a Tupperware of steamed chicken feet — a difficult-to-eat traditional dish with many little bones — the woman regained her appetite for the first time in weeks and spat out every tiny bone.

“I went into long term care homes and asked people what they’re eating,” Hung said. “The majority of people, they had no idea what they’re eating.”

Dementia and motor difficulties

Around the mid-stages of cognitive decline, patients may develop apraxia — the inability to carry out a learned motor act, despite being physically able, Wong explained.

“People living with dementia may have difficulty using cutlery, for example, or use other means of eating. So in Asians, they use chopsticks — so they may be more likely to use their fingers” once they’re no longer able to hold chopsticks, he said.

It may also impact one’s ability to prepare food for themselves, and lead to significant safety risks if they’re living alone, Wong continued. “For example, they may leave the burner on causing a fire hazard.”

When it gets to this stage, Hung recommends caregivers feed people with dementia snack-sized finger foods throughout the day, rather than having them sit down for a full meal.

“You just have to adapt as the person changes. It’s really important to understand the disease,” she said. “The needs of the person changes according to how the disease progresses.”

Inability to feed self

In the very last stages of dementia, “usually when a person is on their way out,” patients may find it difficult or impossible to feed themselves, Wong said.

“By the time someone cannot feed themselves, and this is clearly related to eating, that is considered to be a very late stage change,” he continued, describing it as one of the last functions to go.

Patients with advanced dementia may not eat or drink, and can develop dysphagia, a condition that prevents swallowing.

“If someone is not able to feed themselves, then there needs to be a very careful assessment of how feeding can continue to take place,” he said. “Feeding is important not only because it is about ingestion of nutrients, but it’s also a social experience. There is enjoyment in the mouth.”

In the end, dementia is a very complex group of disorders that can affect people in dramatically different ways. There is no one warning sign of the illness, Wong said.

Where there is one sign, there are likely others. Dementia can go undetected for years, he continued — if you notice something wrong in a loved one, it may be time to pay them more mind.

**puzzle
34**

**We All
Scream for
Ice Cream**

BLACK CHERRY

MINT CHOCOLATE CHIP

BUTTER PECAN

MOOSE TRACK

CAKE BATTER

PEANUT BUTTER

CARAMEL

RASPBERRY

CHOCOLATE

ROCKY ROAD

COOKIE DOUGH

SHERBET

COOKIES N CREAM

SHORT CAKE

COTTON CANDY

STRAWBERRY

FUDGE BROWNIE

VANILLA BEAN

P C A R A M E L Y O B M
I B P B J H O B D F S A
H K E N A G S L N O T E
C X A A K U H A A Z R R
E I N E C O O C C J A C
T Y U B A D R K N R W N
A R T A R E T C O E B S
L R B L T I C H T T E E
O E U L E K A E T T R I
C B T I S O K R O A R K
O P T N O O E R C B Y O
H S E A O C T Y F E E O
C A R V M X S G E K R C
T R R O C K Y R O A D W
N B U T T E R P E C A N
I I C H O C O L A T E O
M Q N V H T E B R E H S
F U D G E B R O W N I E







	<p style="text-align: center; font-size: 2em; color: blue;">2024</p>	<p>*Activities subject to change*</p> <p>SR- (Shared Read) FR- (Family Room)</p>	<p>1 10:00- Catholic Mass 11:00-Exercise 1:15- Trinity Lutheran church communion 2:00-Card Bingo 3:45- Skip Bo</p>	<p>2 10:30- Resident meeting 1:15- SR (H1&2) 2:00- Card Bingo 3:45- Snakes & Ladders (FR)</p>	<p>3 10:00- Exercise 11:00- Bean Bag Toss 1:45-Bingo 3:45-Skip Bo</p>	<p>4 </p>
<p>5 Wilma's" Choir Group to sing in the family room 2:00</p>	<p>6 10:00-Communion 10:30-Baking 11:00- Manicures 2:00-Sacakas Family 4:00-Skip Bo</p> <p style="text-align: center;">May Lischka 92</p>	<p>7 10:00- Exercise 11:00-Card Bingo 1:15-SR (H1&2) 2:00-Bean bag Toss (FR) 3:45-Snakes & Ladders (FR)</p>	<p>8 10:00-Exercise 11:00-Card Bingo 2:00--Indoor Curling (FR) 4:00- Devotions</p>	<p>9 10:00-Exercise 11:00-Card Bingo 1:15-SR (H1&2) 2:00-Wilma & Val 3:45-Yahtzee (FR)</p> <p style="text-align: center;">Pat Parent 92</p>	<p>10 10:30-Bingo 2:00- Mothers Day Tea 4:00-SkipBo</p>	<p>11 </p>
<p>12 HAPPY MOTHERS DAY </p>	<p>13 10:00-Communion 10:30-Baking 11:00- Manicures 1:15- SR (H1&2) 2:00-Card Bingo 3:45-Skip Bo</p>	<p>14 10:00- Exercise 11:00-Card Bingo 1:15-SR (H1&2) 2:00-Maggie 3:00- Public Library visit</p>	<p>15 10:00- Exercise 11:00-Card Bingo 2:00- Indoor Curling (FR) 4:00- Devotions</p>	<p>16 10:00-Exercise 11:00-Card Bingo 2:00-Colouring (FR) 3:45-Snakes & Ladders (FR)</p>	<p>17 10:00- Exercise 11:00- Bean Bag Toss 1:45-Bingo 3:45-Skip Bo</p>	<p>18 </p>
<p>19 Gospel Chapel 1:30</p>	<p>20 NO ACTIVITIES</p>	<p>21 10:00- Exercise 11:00-Card Bingo 1:15-SR (H1&2) 2:00-Indoor Curling (FR) 3:45-SkipBo</p> <p style="text-align: center;">Clara Craigen 91</p>	<p>22 10:00- Exercise 11:00-Card Bingo 1:30-Keith & Garry 4:00- Devotions</p>	<p>23 9:45-1:00-Walmart /Black grasshopper 2:00- Card Bingo 3:45-Snakes & Ladders (FR)</p>	<p>24 10:00- Exercise 11:00- Bean Bag Toss 1:45-Bingo 3:45-Skip Bo</p>	<p>25 </p>
<p>26 </p>	<p>27 10:00- Communion 10:30 Monthly BP's 1:15-SR (H1&2) 2:00- Card Bingo 3:45-Skip Bo</p>	<p>28 10:00- Exercise 11:00-Card Bingo 2:00- Public Library crafts 3:45-Snakes & Ladders (FR)</p> <p style="text-align: center;">Clara Craigen 91</p>	<p>29 10:00- Exercise 11:00-Card Bingo 2:00- Caragana Ramblers</p>	<p>30 10:00-Exercise 11:00-Card Bingo 1:15-SR (H1&2) 2:00-Susan Shepard 4:00- Yahtzee</p> <p style="text-align: center;">Theresa DuKart 95</p>	<p>31 10:00- Exercise 11:00- Bean Bag Toss 1:45- Loonie Bingo 3:00-Wine & Cheese 4:00- Skip Bo</p>	<p>26 </p>