



### Notable Quotable

“This is one small step for man, one giant leap for mankind.”

~ Neil Armstrong, astronaut



## Qualities Req'd to Succeed as a PSW

Source: *Online Personal Support Worker Resource Centre*

A Personal Support Worker carries a tremendous amount of responsibility, both in regard to the clients to whom they provide care, and in regard to the tasks they are performing.

Following qualities will help any healthcare support worker in their professional career:

- ✓ EMPATHY, HONESTY & FLEXIBILITY
- ✓ COMPASSION
- ✓ TRUST & HONESTY
- ✓ PROFESSIONAL & MOTIVATOR
- ✓ ADAPTABILITY
- ✓ PROBLEM SOLVING
- ✓ TEAM PLAYER & COMMUNICATION SKILLS

### The Art of Art Appreciation *continued from pg. 1*

and empty bottles, your creation will take on a life of its own as a form of creative self-expression.

If you're still looking for inspiration as an artist, you can spend the month of August enjoying the work of others, for August is American Artist Appreciation Month. Georgia O'Keeffe painted flowers. Norman Rockwell illustrated idyllic scenes of American life. Aaron Douglas created inspiring murals. And these are just visual artists. There is an

endless wealth of writers, singers, and dancers to awe and inspire you.

Are you intimidated by art? Does visiting a museum or jazz club scare you? Just as creating art is an individual expression, enjoying art is also a personal experience. There are no right or wrong ways to enjoy art. If you'd rather stay at home, then grab your box of crayons and a coloring book on August 2, Coloring Book Day. For many, this type of artistic expression is just the right fit.

### Golf Rediscovered

The Professional Disc Golf Association has declared the first Saturday in August to be Disc Golf Day. This sport is a combination of golf and Frisbee. Instead of hitting a ball with a club on a green golf course, players hurl discs down the fairways toward a basket. As in golf, the person with the fewest strokes wins.

College students in the 1960s created informal disc golf courses, throwing Frisbees at trees and other landmarks across campuses. But it was “Steady” Ed Headrick who invented the Wham-O Pro model

Frisbee in 1964 and then the disc target with chains and a basket, called a Disc Pole Hole, in 1975. One year later, the Professional Disc Golf Association, or PDGA, was founded. In 1979, the PDGA held its first major tournament in Huntington Beach, California, with a \$50,000 prize. Today, the PDGA runs over 3,000 events a year, including 12 major tournaments. Sure, formal disc golf courses exist all over the world, but it's still common to find kids keeping score as they hurl Frisbees through the neighborhood at trees, gazebos, statues, and light poles.

# Tsiionkwanonhso:te

August 2017



Mohawk Council of Akwesasne,  
70 Kawehnoke Apartments Road,  
Akwesasne, ON K6H 5R7  
Telephone: 613.932.1409  
Like Us On Facebook:  
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### Celebrating August

#### 'Our Home' Anniversary Month

#### What Will Be Your Legacy? Month

#### Simplify Your Life Month & Week *August 1-7*

#### National Coloring Book Day *August 2*

#### A&W Root Beer Float Day *August 6*

#### Woodstock *August 14*

#### Key Fob Day *August 17*

#### A Gem of A Day *August 25*

## The Art of Art Appreciation

August 11 is Worldwide Art Day, so whether you paint, draw, sculpt, take photographs, play a musical instrument, write, or dance, this is a day to revel in the beauty of art. For centuries, people have asked, “What is art?” Early critics believed that art was simply imitation—a painting of a flower or sculpture of a dancer—but art is much more than that. It is beauty, harmony, a revelation of truth, a communication of feeling and self-expression. Truly, art is as diverse as its definition. So what is art? You'll know it when you see it—and may surprise yourself when you make it.

While not everyone may be a famous artist, anyone can create art. And August 8 is the Date to Create.

We consume every day: we eat food, watch television, and buy clothes and other goods. This is the day to not be a consumer but a creator. Creation is the bringing of something new into existence, and it is an empowering experience. Whether you paint a masterpiece or construct a makeshift centerpiece out of tissue paper

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## A View From a Rocking Chair

It takes a team of individuals committed to ‘serving’ and ‘meeting the needs’ of the Residents living in long term care. Admittedly, there are some good days and there are some days that challenge us.

Everyone living in long term care facility needs our assistance to varying degrees.

Family members are a very integral and important part of the caregiving team. Years ago, the daughters of

one female resident came in and bathed their Mom (with proper training) on her bath day. Other families asked for help and Our Home has hosted the wedding for the son of a Resident and also on a sadder note, the memorial service for the son of a Resident. Individuals expressed their wish to visit a long lost family member or to see the family cabin one last time.

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Approximately 49 million bubbles are in one bottle of champagne.

## Drinking the Stars

It was on August 4, 1693, that a young Benedictine monk named Dom Pierre Pérignon discovered that his batch of wine was filled with bubbles. This was the undesired byproduct of refermentation. As the weather cooled in the fall, fermentable sugars in the bottles would go dormant, only to awake in the warming weather and begin to referment. It was Pérignon's job as cellar master of his abbey in the Champagne region of France to mind the wine cellars and rid the wine of bubbles. Often, the pressure would grow so great inside a bottle that one would explode, leading to a chain reaction of exploding bottles, which could ruin an entire cellar. The wine in these explosive bottles was dubbed "*le vin du diable*," or "the devil's wine." But after tasting the ruined wine, Pérignon exclaimed to his fellow monks, "Come quickly! I am drinking the stars!" On that day, legend has it, French champagne was born.



Leave it to the English to try and steal the French's thunder. Some contend that in the 17th century, 20 years before Pérignon, an English doctor named Christopher Merret recorded the recipe for a champagne-like beverage in a paper presented to the Royal Society. Apparently, English cider makers had been purposefully adding sugar to their wine, simulating the refermentation process, to create sparkling, crisp drinks almost identical to the French champagne.

Regardless of history, French champagne and the name *Dom Pérignon* dominate the market. Yet many other countries continue to produce their own sparkling wines. Italy has Prosecco. Spain has Cava. Germany has Sekt. America has its own sparkling wines. But no one is likely to pop a bottle of English *Merret* on New Year's Eve. So the next time you take a sip of the bubbly, think of young Dom Pérignon "drinking the stars."

## A View From a Rocking Chair . . . *cont'd from page 1*

What does your summer memory look like? Family BBQs with the smells to stimulate your appetite or watching the Cook forgetting the hamburgers on the grill! At Resident council last month, the Residents had a chance to list their favorite foods. The Wish List was submitted to the Dietary department for action. How nice it is to be asked and not assume we know what Residents want or need. Do you ask your Loved one what they wish for? It is important for staff in long term

care to understand the individuals they care for on a daily basis. It is not enough to 'keep them busy' as some would say (with all the best intention). It is more important to offer activities that are meaningful to the Resident. August is full of activities to celebrate the anniversary of Tsiionkwanonhso:te 'opening its doors' on August 17<sup>th</sup>, 1994. Join us if you can! CORNFEST is the annual activity scheduled in August with corn on the cob, hotdogs and hamburgers on the menu!

On August 17 at 10am a Social Dance of Traditional Songs using a Water Drum & Rattles

Community Members are Welcome!



The Toyota AA was the first car produced by the Toyota car company.

## An Intergenerational Approach to Dementia

It can be a joy to interact with young children, whether they're family members like grandchildren or nieces and nephews or they're your friends' children. Little ones can be a source for giving and receiving unconditional love, providing entertainment, and sharing delightful conversations. An added benefit, according to several research studies, is that spending time with youngsters may delay the onset of dementia and related diseases such as Alzheimer's; it may also slow the progression of symptoms for individuals who've already been diagnosed.

We know that there is a strong correlation between social interaction and health and well-being among older adults. The National Institute on Aging, for example, notes that watching grandchildren helps seniors be more healthy and active. For individuals with Alzheimer's, a chance to interact with a child can give them a sense of purpose; feeling useful to a child can also be a boost to a senior who feels depressed, lonely, or bored. Further, studies show that regular socialization stabilizes cognitive decline and improves mood in folks with dementia.

Here are some easy activities to try with young children:

- Jigsaw puzzles with large pieces and floor puzzles that can be done on a card table
- Age-appropriate board games, such as Candy Land and Chutes and Ladders; card games, such as "Go Fish," or "Old Maid"; and old favorites like dominoes or tic-tac-toe
- Reading books to each other

from time-honored authors, such as Dr. Seuss, Eric Carle, Beatrix Potter, Maurice Sendak, Margaret Wise Brown, and Robert McCloskey

- Collecting colorful leaves, stones, flowers, and other treasures during a nature walk or taking a trip to a local zoo or farmer's market
- Household chores, such as folding towels; cutting coupons; or organizing buttons, coins, stamps, or non-hazardous nails, screws, and other hardware by size, shape, or color
- Sorting recipes and finding pictures to illustrate them, then making a "grocery list" of needed items

Regardless of the activity, making genuine connections with the people around them is critical to our loved ones' physical and psychological health. Giving and receiving emotional support and care may help seniors maintain their independence and adjust to their changing needs.

### Sources

- <https://www.agingcare.com/articles/alzheimers-adult-day-care-activities-139134.htm>
- <http://www.seattletimes.com/seattle-news/education/retirement-home-meets-day-care-at-providence-mount-st-vincent/>
- <https://www.verywell.com/therapeutic-benefits-children-dementia-98690>
- <http://www.alzheimers.net/8-1-14-babysitting-grandkids-alzheimers>



'Crosswinds' Band is a Resident and community favorite entertainment.

Sunday August 27  
2:00 P.M.