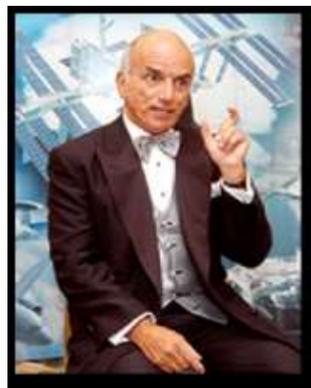


Keeping Family Members on the Same Page

By Ava M. Stinnett



As our loved ones enter their senior years, a new set of challenges often develops. Some concerns involve financial security; loneliness due to a changing social environment and the passing of friends;

conditions such as arthritis, cataracts, and heart disease; and physical aging with a loss of mobility and independence. It is important to learn about coping with these types of issues before they happen.

When the diagnosis is Alzheimer's or other dementias that threaten a senior's cognitive and physical abilities, however, there isn't always time to prepare. And as the disease progresses, family conflicts about care decisions can bring out strong feelings.

According to writer Jeff Anderson (2014), family disputes generally revolve around the following:

- Differing views on a parent's condition and, therefore, their needs
- Parents who value their independence and resist any change in their care
- When caring for an aging parent falls to one particular family member (e.g., the oldest sibling, the child who lives closest), which can cause resentment if others are unable or unwilling to help
- When family members feel left out—whether it involves getting regular updates on an elder person's condition or feeling that they don't have a voice in the decision-making
- Determining how to pay for care if a loved one does not have the necessary resources

There are numerous organizations and educational resources—both online and at your local library or a health care provider's office—that can provide assistance for families with aging parents. Some provide support services and guidance to help families develop a practical care plan for when the need arises. Others offer family conflict programs to help improve communication, clarify roles, and develop a feasible team approach to making decisions when a parent can no longer live independently. Arranging for a visiting nurse with a background in elder care assessments or getting information from the senior's primary physician can also clarify what level of care is needed when family members disagree.

Dealing with dementia-related diseases can intensify emotions. Developing strategies to keep the focus on a loved one's needs is the key.

Management Team Directory

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South Wing Nursing Station

Press #2

West Wing Nursing Station

Press #3

Foot Care

Press #5 (after greeting)

Physiotherapy

Press #6 (after greeting)

Gimme Five

Say "Gimme five!" on April 20, High Five Day. This timeless show of enthusiasm is a relatively recent phenomenon. One rumor suggests that the high five was invented in 1979 by a Murray State University basketball player whose dad served in the 5th Infantry during the Vietnam War. But it turns out this was merely a myth. The true originator of the high five was Los Angeles Dodgers baseball player Glenn Burke. On October 2, 1977, in front of a crowd of 46,000 fans, Burke held up his hand for teammate Dusty Baker, who had just hit a home run. The men spontaneously slapped palms. Burke, in the very next at-bat, also hit a home run, and this time it was Dusty Baker who greeted him with a congratulatory high hand slap. The "high-five" as it came to be known, as opposed to the "low five," quickly gained popularity in sports and beyond.



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Talk to the Home's Administrator First

A Family Council provides an opportunity for family members to have a collective voice regarding decisions that can affect the care of their loved ones. If the Family Council has a concern regarding the operation of the Home (care, food etc...) then the Council can present the concern to the administrator in writing.

You can also contact the Ministry of Health's ACTION Line. The Long-Term Care ACTION Line is open seven days a week 8:30 a.m. to 7:00 p.m., and can be reached toll-free at: 1-866-434-0144.

A complaint can also be sent by mail to the Ministry of Health and Long-Term Care Performance Improvement and Compliance Director at the following address:

**Director,
Ministry of Health and Long-Term Care, Performance Improvement and Compliance Branch, 11th Floor, 1075 Bay Street, Toronto, Ontario, M5S 2B1.**

Link to the day's Activities (Feb.24)
https://www.youtube.com/watch?v=H2p_PElb-jA

Easy Being Green

For 47 years, April 22 has been celebrated as Earth Day around the globe. Today, Earth Day organizers are asking citizens around the world to do a "billion acts of green." Unsure what constitutes an act of green? Earth Day organizers offer some easy suggestions.

A step that will relieve both the earth and your mailbox is to end junk mail. Over 100 million trees are cut down every year to produce junk mail, producing four million tons of advertisements, catalogs, and solicitations thrown into the trash. Often, a telephone call to those sending junk mail can take you off their mailing list.

Many appreciate the value of recycling paper, plastic, and cans, but few understand the value of recycling old computer parts and obsolete technology. Technology develops so fast that it is no wonder many people toss their cell phones and laptops into the garbage, accounting for 50 million tons of electronic waste each year. Many of these electronic parts contain lead, mercury, cadmium, and other harmful chemicals that leach into our soil and water. Luckily, most local governments have electronic recycling stations ready to accept old and obsolete electronics.

One of the biggest threats to the planet is plastic: bags, bottles, and packaging take 500 to 1,000 years to decompose. Using less plastic, especially plastic grocery bags, is a great way to act green.

Changing old habits is hard, but current innovations are helping clean up some wasteful habits. "Green" buildings are being built that produce as much energy as they consume. New batteries can store energy for homes and businesses in a way that reduces pollution. Energy is being harnessed from solar panels, wind turbines, and even ocean waves. But if you'd still like to help Mother Earth the old-fashioned way, a great and enduring act of green is to simply plant a tree on April 28, Arbor Day.

A Lot to Juggle (includes Fundraising Activities)

Projects that raise funds for the elderly are not only a great way for families, friends and the community to give back to their elders, but is also a great opportunity for the elderly to socialize and to receive extra funds that can help pay for activities or facilities they could not otherwise afford. Such fundraising activities need not be complex and can be a lot of fun.

Book Sales

Book sales are a way to bring people together to share their love of reading. Used books can be collected from individuals, families, some used books stores, and via advertising through church and civic groups. Local newspapers, radio stations and the local television news may also feature a piece on such a fundraiser. It is important that a centralized storage location and event space is identified early on. Such places could include senior citizen centers, some nursing homes, public libraries, churches or other public buildings. A book sale can be expanded to include CDs and DVDs.

Fairs

Fairs are another popular activity. All that's necessary is a public location, such as a park or the courtyard of a senior citizen center or nursing home and volunteers to perform, those who play musical instruments, sing, dance or perform magic tricks. Food is also a great element to include. Some local businesses may be equipped and willing to come sell their wares, especially if it means free advertising, providing a portion of the proceeds to the fundraising project. Another option is to have a nursing home or senior citizen center's dietary manager provide simple snacks, like ice cream bars or drinks, slightly above cost to the attendees. The elderly can also sell any handicrafts they have made. Selling tickets to such an event at a nominal rate is another way to make some extra cash.

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A/Program Manager /

Press#6

MDS-RAI Coordinator / Press #5

Raffles

People love raffles. Local businesses and individual citizens are often happy to donate a small service or prize to such an event, particularly since this is a great opportunity for free advertising. Such donations can include a haircut, a free dinner, spices from a grocery store, movie tickets, items made by the elderly or babysitting for an evening. Have a party when the tickets are drawn, or draw them at a pre-existing special event, such as a fair.

Brunch

Brunches are a way to raise money for the elderly and give them the opportunity to socialize. They're particularly appropriate for holidays, like Mother's Day and Father's Day. Those with and without families can be given the chance to share a meal and make new friends. Local businesses may donate to assist in providing the materials to make the brunch, don't forget to mention the opportunity for free advertising, and tickets can be sold to cover the cost of any materials with extra leftover.

That's News to []

Sixty-two percent of all Americans now get their daily news not from a newspaper or the radio but from online social media outlets like Facebook, Twitter, Instagram, YouTube, and Snapchat. If you've never heard of these things, then chances are you're in the minority who still get their news the old-fashioned way. Lest we forget the importance of these traditional news outlets, let's celebrate Snailpapers Day (that's the home-delivered news) on April 7 and Newspaper Columnists Day on April 18.



While technology certainly has its upside, when it comes to online news, there is some cause for concern. People who gather news via social media have been compared to packrats, gathering small bits of information here and there, without remembering to verify sources, and without getting the whole story. Social media has also made it easier to spread false information and ignore stories that do not reinforce our own opinions.

So are printed "snailpapers" essential to a well-informed society? They certainly bring in-depth news stories to the public, focusing on facts rather than fanaticism. But perhaps the most important role of a true snailpaper is, in the words of Richmond, Virginia's newspaper editor, "the relationship between a newspaper and the community it covers." This relationship, on the local level, provides a community with invaluable investigative resources into local stories and a platform to sing the praises of local heroes.

The importance of the journalists who bring us the news is no less important. It has been said that the purpose of journalism is to bring citizens the information they need to be free and self-governing. In this way, newspaper columnists are an integral part of free societies and healthy democracies. All the more reason on April 18 to celebrate the journalists who bring us news that is accurate, unbiased, whole, and unfiltered.

Good Hair Day

Things are going to get a bit hairy on April 30, which is both Hairstyle and Hairstylist Appreciation Day. After all, what is one without the other? The best hairstyles endure different eras and trends, never going out of style. So many hairstyles are popularized by television and film. Take Farrah Fawcett's famous soft and feathered look from the 1970s show *Charlie's Angels*. Another television show, the 1990s sitcom *Friends*, introduced the world to actress Jennifer Aniston as well as her layered bob haircut, which came to be known simply by her character's name, "The Rachel." From Meg Ryan's short and shaggy look to Mia Farrow's tomboy pixie cut, most any style can be requested by name at the beauty salon. As far as men's hair is concerned, there is only one style that is generally considered a cut above the rest. According to the men's magazine *GQ*, the most popular look is a clean, professional, and versatile cut that's longer at the crown and faded into a short clipper cut at the sides and back. This cut is so universal amongst male actors that it does not go by any name.

Aww, Nuts

While everyone agrees that April 14 is Pecan Day, many still debate this word's proper pronunciation. Is it *PEE-can*? Or *puh-KAHN*? In Georgia, pecans are as dear as peaches, and according to the Georgian Pecan Growers Association, it's pronounced *puh-KAHN*. Southerners may indeed enjoy a small majority when it comes to pronunciation: A survey conducted by the National Pecan Shellers Association revealed that 45% of Americans pronounce it *PEE-can*, especially in the northeastern United States. Is the pecan pronunciation divide just a matter of North vs. South? Apparently even single individuals can be divided. Pecan farmer Duke Lane III says *PEE-can trees* but eats *puh-KAHN pie*. And let's not even mention those sophisticated few who say *puh-CAN*.

