What Is Sundowning?

Sundowning is a group of symptoms associated with Alzheimer’s disease and dementia. It refers to emotions and behaviors—such as confusion, aggression and anxiety—that occur in late afternoon and evening, when the sun is setting.

The exact cause of sundowning is unknown. One explanation is that as natural light is reduced and shadows increase, people with dementia become confused and afraid. Their internal clock may also be affected, blurring the difference between day and night. Another trigger is exhaustion at the end of the day—of both the caregiver and the person with dementia. A caregiver who is tired may unknowingly send nonverbal cues of frustration, whereas the patient’s fatigue can aggravate symptoms.

To reduce sundowning, it’s important to stick to a routine in order to create a safe and comfortable environment. Dementia patients should be encouraged to stay active during the day and avoid daytime naps, as they can lead to disrupted sleep at night. As the day wears on, the use of indoor lighting can lessen feelings of stress as natural light begins to fade. Soft, gentle music will also help create calm, soothing surroundings to make the patient feel relaxed.

The Advanced Care small cottage at Legacy Place, with a capacity of only 14 residents, is designed, managed and staffed to provide the attention and special support those experiencing sundowning need.

For more information on sundowning and other Alzheimer’s or dementia symptoms, visit www.ALZ.org.

April 2017

CHARITABLE CARE FUND

When family finances become the block to providing the kind of care you want for your loved one, be sure to sit with one of the brothers handling the Charitable Care Fund to see if it can be just the help you need. Discussions are completely confidential and provision is based on need and individual circumstances. Do not hesitate to take advantage of this loving provision.

If you are in a position to help others, please contact us for more information.

“by means of an equalizing your surplus just now might offset their deficiency”

2 Corinthians 8:12-15

ADVANCED CARE BUILDING NOW OPEN

For those with dementia, the small cottage for Advanced Care may be the perfect solution. Experienced staff; personal attention

Employment & Volunteer Opportunities

Now hiring full-time experienced caregivers for both personal and advanced/dementia care

Also looking for Volunteers with a heart for seniors!

Call Legacy Place at 484-860-3900
Managing the Emotions of Placing an Aging Parent in Senior Living

One of the most difficult aspects of caregiving for an elderly parent is making the decision to place him or her in a care facility. The evidence in support of moving may be obvious, i.e. frequent falls, fear of being alone at night, medication mistakes and difficulty preparing meals. Although a move would result in a warm dinner on the table, help in counting out the pills, and assistance in the middle of the night, the elderly one may say they prefer to struggle rather than lose control over their own daily routine.

The adult child/caregiver of this once-capable parent is then faced with having “the talk,” breaking the news that it is unsafe for his/her parent to stay in his or her home. While some elderly persons can be practical about the need for a major lifestyle change, others may be reluctant or even combative about it. In addition, the caregiver is likely to have mixed feelings of sadness, guilt and relief, making it a no-win situation.

At this point it is imperative that you keep an open mind since senior living may be the best option, even if you may not feel that way. Recognize that your feelings are natural because most of us remember our parents as vibrant people.

We also have fond memories of the home that we grew up in. The act of selling the happy home of our youth and moving a beloved parent into senior care may be difficult for you.

As you deal with these emotions, remember:

**Senior Living Is Not What It Was**
Visit Legacy Place and see how beautiful and homelike it is...even better, call ahead, and you can join us for lunch or dinner!

**Let Them Try It Out**
Respite care is available. If you are the caregiver, take that week break you desperately need. We will take care of your loved one, and they will be able to see if this is an option for them. Even if long-term care is not the answer now, the stay will dispel many of the fears people have, and, if care becomes absolutely necessary, the move will be much easier.

**Talk To Others**
Speak with other brothers and sisters that have faced the same issues you are now. Hear their stories and talk to their parents. Finally, don’t hesitate to discuss the financial side of the equation. We can help you learn about some options and know there is a Charitable Care Fund to help, if needed.

Remember, the best option to maximize the quality of life and receive the necessary care may be Legacy Place!
The Year Was: 1928

• Aviator Amelia Earhart gains fame as the first woman passenger to fly across the Atlantic Ocean in a plane.
• Movie audiences get their first glimpse of Mickey Mouse and his girlfriend, Minnie, in Walt Disney’s animated silent short “Plane Crazy.”
• Potter, Neb., is hit with the world’s largest hailstone. It measured 7 inches and weighed more than a pound.
• The first loaves of pre-cut machine-sliced bread arrive at store shelves in Missouri.

...and on APRIL 11

Our month of April overlaps two months on the Hebrew calendar of the Bible. Those months are Nisan and Iyyar. During Nisan, the Passover took place on the 14th day. This year, the anniversary of Jesus’ death, held the same day as the Hebrew Passover, will be held on April 10, after sundown.

Several congregations are meeting in the Alumnae Hall Auditorium at Cedar Crest College in Allentown. Residents that can, will be attending, and all are inviting interested ones to this very special free public event.

Titled “Peace, Health and Prosperity...Everyone’s Dream!” the talk will explain how Jesus’ death is so important to the fulfillment of God’s purposes that Jesus commanded his disciples to commemorate it.

A special talk, “How to Cultivate Peace in an Angry World,” will be given the weekend of April 15/16 in congregations around the world.

Be sure to attend both events!

Leona Eilene Brazil
March 24, 1931-February 19, 2017

Leona, also known as Sally, passed away last month at the age of 85 after a lifetime of faithful service to Jehovah. Exposed to the value of the Bible at an early age by a devout father, Leona married Joseph Brazil in Lodi, California, in 1947. In the mid 1950s they sold their house and five acres, bought a house trailer and used the remaining proceeds to build the original Kingdom Hall for the Galt, CA, congregation. Together with their young son, they moved as “need greaters” to Aurora, Missouri and then followed their son to Bethel in 1969...spending 28 years in that assignment. Her husband, Joe, passed away in 2005 and in 2007 Sally moved to Danielsville, PA, to live with her son, Joe, and his wife, Esther. She was welcomed by the Northampton congregation with much love and brotherly affection. She moved to Legacy Place in December 2016. We will all miss Sally, but look forward to seeing this loyal Witness who supported her husband in each theocratic decision in the resurrection! Let us all imitate her faith!

“Jesus said to her: I am the resurrection and the life. The one who exercises faith in me, even though he dies, will come to life.”

- John 11:25
Good Friends

The Bible tells us of the importance of friendship. It warns us against isolating ourselves (Prov 18:1) and reminds us of the value of true friends when we are experiencing hard times (Prov 17:17). One of the great aspects of our brotherhood is our regular association with so many people.

Due to limitations, our elderly ones may not be able to associate as regularly. Forging new friendships can be more difficult. A June 2014 Awake! featured a great article entitled “What Makes a Good Friend.” It reminds all of us that being a true friend involves showing that we really care, being a good communicator, having realistic expectations and widening out.

These things are not always easy, but the best things in life rarely are. We would like to encourage all of our brothers and sisters, if you have not yet had the opportunity, to meet some new friends at Legacy Place Cottages.

Keep It Moving

We have heard it before. The benefits of exercise are numerous. Our Creator designed us to keep moving. “For physical training is beneficial for a little ...” - 1 Tim 4:8. Regular exercise helps us to avoid and delay disease, has a strong impact on our mood and emotional state and helps us to maintain the strength to continue enjoying the activities we love.

Also important to our health is to simply remain active and moving. Being physically active is not a regular regimen of exercise sessions. It refers more to a lifestyle of keeping mobile. This involves everyday tasks like laundry, cleaning, walking the dog and cooking. Even something as small as taking the stairs instead of the elevator makes a difference.

Legacy Place offers exercise sessions as well as fun activities that keep our residents physically active, so they can enjoy as healthy a life as possible. And remember, this applies to people of all ages. Come join us for an activity to keep yourself moving! 