

### Pulse of the Center...

## A Message from Our Director

Hello...

I hope all have been enjoying the bright sunny days and clear blue skies that we have been experiencing. We have been taking advantage of the weather and working on a couple of outdoor projects. We have widened the front walkway with pavers in order to provide a safer walkway for our participants using walkers and are in the process of planting annuals in the flower beds to make for a beautiful entrance. We also have re-seeded the backyard and look forward to planting our flowers that we started from seeds weeks ago. We would like to start a few vegetable plants and are looking for large planters. If you have one that you are not using and would like to donate we

would appreciate it.

We have had several new families join our SarahCare® family in May. Welcome to all of you. We are enjoying getting to know you and your loved ones.

I would also like to welcome two new staff members to the SarahCare® family. Judy Gaul comes to Sarahcare® with over twenty years of experience working with seniors. She has a Certificate of Ex-

pressive Arts degree and a Bachelors of Arts with a major in Psychology, both from Immaculata College. Judy will be working part-time as a Program Assistant/Caregiver.

Jen Bowman comes to SarahCare® with a passion for caring for seniors. She is a Certified Nursing Assistant and has provided loving care for Residents in several nursing homes. "She is an excellent caregiver and goes over and beyond what is expected"

stated a previous supervisor. Jen will be working full-time as a Program Assistant/Caregiver. We welcome you both.

See Pulse, page 3.



### Special points of interest:

- *Introducing our two new staff members.*
- *The podiatrist comes on June 22.*
- *SarahCare® of Great Valley is honored with the "SarahCare® Way" Award.*
- *Helpful information—10 tips for family caregivers.*

### Nurses Notes...

## Hydration Hints

As the summer months are approaching we need to take special care that our loved ones are adequately hydrated. The elderly are more prone to dehydration due to loss of muscle mass, a lowered thirst response, decreased kidney function, medications, swallowing difficulties, warm environments, incontinence, constipation and going to bed early. Common signs and symptoms of dehydration include persistent fatigue, lethargy, muscle

weakness or cramps, headaches, dizziness, nausea, forgetfulness, increased confusion, deep rapid breathing and increased heart rate. Other less common signs and symptoms include; sunken eyes, decreased tears, decreased or absent urine output, dry or sticky mucous membranes in the mouth, and skin that lacks elasticity. To prevent dehydration make sure your loved one drinks at least 6 cups of fluid each day. Some of the tips to in-

crease fluid intake are to use larger but easy-to-handle cups and glasses, add popsicles and gelatin desserts to their diet, and establishing schedules for increasing fluid intake. Foods with a high water percentage include; raw bell peppers, cucumbers, broccoli, cantaloupe, cauliflower, honeydew melon, lettuce, tomatoes and watermelon. So drink up keep your loved one hydrated!!

Jeanne Lutz itch, LPN  
Wellness Nurse

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## Heartbeats...

### Podiatrist Visit

The podiatrist will visit again on June 22nd in the afternoon for follow-up visits to those he saw earlier along with any new problems. If you would like your loved one to see the podiatrist, please let us know.

### SPCA

The SPCA is looking for sheets, towels and newspapers for the cages of the animals during the hot season. If you would like to contribute any of these items please let us know and we will see they get to the shelter.

*Join us for our Alzheimer's support group on June 13th at 12:00.*

### Community Service

We are also looking for other community service projects to contribute homemade items. If you have any suggestions or know of some organizations needing items that are made with love and care, please let us know.

### "SarahCare® Way" Award

At last month's national meeting of SarahCare® franchisee's, SarahCare® of Great Valley received the 2007 "SarahCare® Way" Award. Angela King, Director of Franchise Support, said "At SarahCare®, we pride ourselves in giving exceptional care and support to our participants and their family members. Because you have demonstrated that ex-

traordinary level of care, it is with great pleasure that we present you with this award. Thank you for all your hard work and effort." We are truly honored.

### In Memory

It is with great sadness that we inform you of Joel Greene's passing on May 9. Joel was the first participant to attend our center. We are forever grateful to Joel for all he taught us. We are also grateful to his family for letting us be a part of Joel's life and for the confidence they showed in us during his short stay with us. Through our experience with Joel and his family, we will always remember how fragile the lives of those entrusted to us can be. To the end, Joel had a gleam in his eye and a smile in his heart. As he liked to say, "It don't mean a thing if ain't got that swing."

## SarahCare® Family Moments



### SarahCare® Special Game Day

Game day was a hit with everyone. We played basketball, bocce ball, beanbag toss, and ring toss. We ended the day with root beer floats for TGIF.



### Ceramics Group

The group is going strong with new projects as the first pieces of art have been sent home. Those participating in the group have fun and great pride in their accomplishments, along with learning new skills in their artistic endeavors.



### Tap Dance Day

Friday, May 25 was National Tap Dance Day. Vicki brought her tap shoes and tap music so we all could learn various dance steps. We had hats also! Thank you Vicki for sharing your talent with us.

## Activity Highlights for June

### Picnic as East Goshen Park

On Friday, June 1 we will visit East Goshen Park where we will enjoy the scenery, do some walking and have a picnic lunch in the picnic shelter. Returning to the center midday we will enjoy a comedy video and board games.

### Celebrate Father's Day

A barbeque is planned for the backyard to pay tribute to the father's. We will reminisce about our children, parents and relatives along with various games to create a picnic atmosphere.

*"I am so thankful for SarahCare®—for the competent staff, activities, and all they provide for the participants and families"*

*Phyllis McCullough*

### Banana Split Festival

June 8th is National Banana Split Day and we will make and decorate Banana People along with a judging of the funniest, most original, best male and female bananas, and who knows what else. We will cut up the bananas in the afternoon and make

banana smoothies and splits for everyone's enjoyment. Come and join us this day and see how bananas can be conformed into people.

### Flag Day

On June 14 we will do patriotic activities such as crafts, sing patriotic songs and have trivia about the USA.

### Anniversary of the Baseball Hall of Fame

We will honor the Hall of Fame in Cooperstown, NY with baseball discussion, trivia, word games and play our baseball board game. I'm sure a discussion of the Phillies will come into play also.

### Helicopter Museum Visit

On June 28th we will take a field trip to the Helicopter Museum in East Goshen Industrial Park. This museum gives the history of flying and the development of the helicopter, showing the various stages of its history and use. It is a very interesting place with much worthwhile information.

## Tyler Arboretum

We went to Media to visit the arboretum and see the various plants and flowers. We took a walk down to the pond where we were entertained by frogs swimming in the water, and turtles on the logs in the pond. It was a beautiful day weather-wise and we had a very relaxing afternoon.



### Pulse (cont.)

One of the goals of SarahCare® is to offer flexible attendance scheduling. We know that things come up that require a change in Participant attendance days. However, due to our food service agreement I now must cancel a meal 24 hours in advance in order to not be charged for it. Please help us by notifying the center as far in advance as possible when you must change your loved ones schedule. If the center is not notified 24 hours in advance the lunch charge will be reflected on the months bill.



Enjoy the month of June and your summer activities.

Karen Miller  
Executive Director

SarahCare® Of Great Valley

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We're on the web!  
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**SarahCare**®  
Adult Day Services

*Experienced Care,  
Delivered with Love*

*The mission of SarahCare® is to keep families together, help older adults stay at home and in their communities, and enhance the quality of life for each participant and their family.*

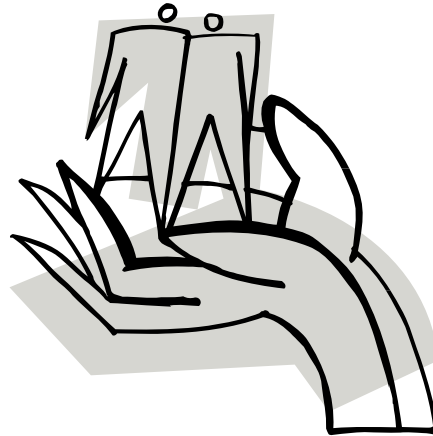
**SarahCare® of Great Valley**

provides adult day programming and services without regard to race, gender, sexual preference, national origin, ancestry, religious creed, handicap, age or ability to speak English.

*Caregiver's Corner...*

## *10 Tips for Family Caregivers*

1. Caregiving is a job and respite is your earned right. **Reward yourself** with respite breaks often.
2. **Watch out** for signs of depression, and don't delay in getting professional help when you need it.
3. When people offer to help, **accept the offer** and suggest specific things they can do.
4. **Educate yourself** about your loved one's condition and how to communicate effectively with doctors.
5. There's a difference between caring and doing. **Be**



- open** to technologies and ideas that promote your loved one's independence.
6. **Trust your instincts.** Most of the time they'll lead you in the right direction.

7. Caregivers often do a lot of lifting, pushing, and pulling. **Be good to your back.**
8. Grieve for your losses, and then allow yourself to **dream new dreams.**
9. **Seek support** from other caregivers. There is great strength in knowing you are not alone.
10. **Stand up for your rights** as a caregiver and a citizen.

From the *National Family Caregivers Association*