

May 2019

Cardigan Chronicle

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"The world's favorite season is the spring. All things seem possible in May."

~ Edwin Way Teale

It's our favorite season too. And we will be as busy as bees! Nurses Week, The Annual Mothers and Fathers Brunch, and National Nursing Home Week all run together from the 5th to the 18th.

We start with Nurses Week. It begins on the 6th and ends on the 12th. Our residents will be making them planters at garden club. We think our nurses are Aces and we want them to know how much they are loved and appreciated.

Next up is the Annual Mothers and Fathers Brunch on Saturday the 11th. Our busy residents are making the brunch centerpieces on Wednesday the 8th.

The 12th begins National Nursing Home Week. The theme is 'Live Soulfully'. Well food is good for the soul. On Wednesday the 15th we are going to Cook with Soul and make Macaroni and Cheese for dinner! Come and have supper with your loved one. Art is good for the soul. On the 16th we are going to paint rocks at our art and soul craft class. Come and help or come in and get an inspirational rock.

What's better for the soul than something sweet and yummy and delicious. On Friday the 17th we will make soulful snacks for everyone! Nice cream made with all -natural ingredients like coconut milk, fresh blueberries, bananas, and lavender; and soulful dough made the old- fashioned way. Sometimes a sugary, buttery, fried treat is very good for the soul. If you would like some come on by.

Music is very good for the soul. On Monday the 13th Lady Ann & Ice will energetically entertain us, then on the 14th Bruce Pratt and his son will play classical music. Then we sing along with Paul Corenella Wednesday night and rock out with Rick Walsh on Saturday.

If you miss out on the fried dough you can have some at our Cardigan Fair which we are planning for Sunday, June 2nd. So, save the date.

We finish with lunch at the Mill Wharf on the 30th. If you would like to join us please let us know.

Check the calendar for all the entertainers that will be coming this month and for all the other special activities. Feel free to join us for any activity, anytime! Come and play, come and volunteer, come and visit! We would love to have you.

Karin & Ruthy

Social Services

As a Social Worker I have spent my almost 30-year career working with seniors in long term care, however long- term care is not the only setting in which I have been able to work with the senior population.

I have been blessed through my second career as a fitness instructor to teach classes to seniors in the community at *Webb's Pro Fitness* in Norwell twice a week for the past 10 years.

The class is geared towards people who are looking to increase their strength, balance, cardiovascular endurance and flexibility. Most of the participants move like people who are much younger than their actual ages and we often talk about how participating in a longstanding regular exercise program is not just beneficial to their physical health but also to their mental wellbeing also.

I have class participants who have had knee and hip replacements, ones who have undergone treatment for cancer and ones who have had various other injuries at some point in time and yet they all work at their own pace and do what their bodies allow them to do.

We know that studies have shown that as we age, we lose muscle mass and bone density at a rapid rate which can result in an increased risk of fractures should we experience a fall. It is also clear that continued work with exercises that lead us to work on our balance can decrease our risk of a fall occurring at all. Many people are overwhelmed at the thought of beginning an exercise program especially in later years but this does not have to be the case. A daily walk, a set of hand weights and some light stretching each day can do wonders for a person's overall health and it is never too late to start.

Our fabulous activities staff at Cardigan often lead our residents in group exercises which they very much enjoy. Other added benefits to a regular exercise program may be how it can help with weight control, may help reduce blood pressure, may reduce feelings of stress and anxiety, and may help you to sleep better at night.

If you are thinking of starting an exercise program it is always best to talk to your doctor first and to start of slowly. You will be amazed at how your strength and stamina will improve with a consistent program. Seek out a gym that fits your needs if you feel a class environment may motivate you or reach out to a friend who may be looking to begin a program as well. It can be as simple as a scheduled walking date to get started together. If you are one who likes to be on your own use your fitness time as your personal time. Find what works best for you and enjoy!

Mary Tiedtke

Nurses Notes

Chronic Pain? Start Moving!

You have chronic pain. The last thing you probably want to do is exercise and cause yourself even more pain. However, the first thing you may need to do is exercise or, at the very least, start moving.

Most pain falls into two categories: acute pain comes with an injury and will generally go away as the injury heals (think broken leg, torn ligaments, etc.); chronic pain is pain that last more than 6 months after healing (think severe arthritis with bone on bone pain). Chronic pain can cause you to isolate and feel alone. Support of others, especially someone who understands the ins and outs of chronic pain, can be very important.

If you do not move those muscles, you will ultimately lose them and, most likely, increase your pain. When not in use, your muscles lose their strength, work less efficiently and eventually lose the ability to support your joints. A de-conditioned body increases your chance of gaining weight, falling into depression, having more fatigue, stress and anxiety, and puts you at a greater risk of a number of diseases.

Exercise clues your body to release endorphins, which are the body's natural pain relievers. Exercising lowers your stress hormones and you sleep better and have a better over-all feeling of self. Exercise can condition your body. Your energy improves. And you are reducing your risks of other diseases.

Depending on how deconditioned your body is you will most likely start any exercise program slowly. Consistency is more important than intensity. Getting your body moving again can be difficult, especially if it has not moved in quite some time.

Stretching is a good start. Water therapy is great for taking the stress off the joints and muscles. If necessary, start by walking around the living room and expand the length of time and the distance as able. Yoga and Tai Chi can be very gentle exercise. Initially you may not enjoy any form of exercise. However, as your condition and energy improve your mood will improve and you may find yourself looking forward to the exercise.

Exercising, most likely, will not cure your chronic pain. However, it may lessen it and make it more livable. You did not achieve chronic pain overnight and you will not be able to lessen it overnight. Set realistic goals. Be patient with yourself. Give yourself permission to relax and feel better. Focus on what you can do, not what you can't do. Attitude is 95% of the battle. Recognize the improvements-no matter how small.

It is natural to worry that you may hurt yourself or make the pain worse. That is one of the reasons you need to be under the watchful eye of qualified health care. Move and enjoy living!

Wishing you continued good health,
Kim Williams ~ LPN

Show Your Birthday Colors

May 1-14: Blue

An artistic person, you are very talented, and others admire your creative abilities. You are noble and honest, and your family and friends know they can trust and confide in you. You are easygoing and prefer to have a relaxing lifestyle. You exercise patience when handling difficult situations.

May 15-24: Gold

You have a happy-go-lucky spirit and spread cheer wherever you go. You are always there for others, and you can easily cheer up your friends and family after a bad day. Making new friends is a breeze for you with your outgoing and charismatic personality.

May 25-31: Cream

You have a competitive streak and love a good challenge, but you are by no means a sore loser. You are always a good sport, win or lose. It can take a little while for you to warm up to new friends sometimes, but once you do, they are your friends for life. You are a sincere person.

Birthstone ~ Emerald

Emeralds have long been a favorite of royalty; Cleopatra favored them and had them mined extensively in Egypt during her reign. Shah Jahan builder of the Taj Mahal, wore an emerald talisman inscribed with holy text for luck and protection. Emeralds can grow very large, and large ones have been found in recent years at Kagem, the world's largest emerald mine, in Zambia. A 5,655-carat emerald was unearthed there on October 2, 2018. The Kagem emeralds are believed to have formed more than 450 million years ago, which may be one of the reasons for their large size.

Flower ~ Lily of the Valley

The lily of the valley is a very fragrant plant and is highly prized for making perfume. Lily of the valley water was once considered so precious that it was kept in gold or silver containers. In folklore, it is believed that the scent of this flower in the spring air is the signal for nightingales to begin their seasonal singing and choose a mate. In the language of flowers, the lily of the valley means sweetness, humility, and perfect purity. It also signifies the return of happiness.



Cardigan Birthdays

Residents

Carmeline O. 5/8
Dot W. 5/16
Pam D. 5/16
Joe H. 5/17

Staff

Manuela R. 5/1
Judy K. 5/6
Maureen W. 5/13
Vicky R. 5/17
Yolanda F. 5/24
Paul M. 5/30
Kim W. 5/30

May 8th ~ Happy Birthday Carmeline O. !

Born and raised in Scituate. Carmel graduated from high school and then went on to study Biology earning her Masters in Public Health from Columbia University. She became a medical researcher and worked for Dana Farber Research Hospital and was part of the team that discovered T Cells. She has also written and co-authored many medical research papers over the years. She lived in Kenya for a few years and was involved with the World Health Organization. She loved and did a lot of world travelling. She is an avid reader and enjoyed knitting, crocheting, and needlepoint.

May 16th ~ Happy Birthday Dot W. !

Born in Roxbury. Dot graduated high school and attended Burdett Secretarial School. She worked as a secretary and at her last place of employment met and married Frank. They raised 5 children. She loved roller skating as a teen and did Pair Ice skating and twice went to the Nationals. She loves reading and is learning to use the computer and E-Mail.

May 16th ~ Happy Birthday Pam D. !

Born and raised in Weymouth. She graduated high school and went to work for Boston Financial until she became a mom. While raising two boys, she became a nanny so she could work and be with her boys. She loved watching them play soccer and even assisted with coaching. During this time she started online college classes in accounting and hopes to continue. She enjoys reading and listening to podcasts. Pam is also a big lover of dogs!

May 17th ~ Happy Birthday Joe H. !

Born in PA and after moving often the family settled in Quincy. He graduated high school and went into the Navy serving in the Pacific during WW II for 4 years. He trained as a machinist and that became his life-long profession. He later taught Machine Shop at Brockton High. After retiring he had his own small shop and worked until the age of 85! He loves boating and was a Charter Fisherman Captain for many years. He is a member of the Rod & Gun Club of Marshfield.

May is the fifth month of the year. There are several theories about how May got its name. The most widely accepted explanation is that it was named for Maia, the Roman goddess of spring and growth. The Roman poet Ovid, however, provides a second etymology in which he says that the month of May is named for the *maiores*, Latin for “elders” or “ancestors,” who were celebrated during this month.



*“When April steps aside for May,
Like diamonds all the rain-drops glisten;
Fresh violets open every day:
To some new bird each hour we listen.”*

~Lucy Larcom

Special Days

May Day
May 1

Cinco de Mayo
May 5

Mother’s Day
May 12

Armed Forces Day
(U.S.)
May 18

Victoria Day
(Canada)
May 20

Memorial Day
(U.S.)
May 26