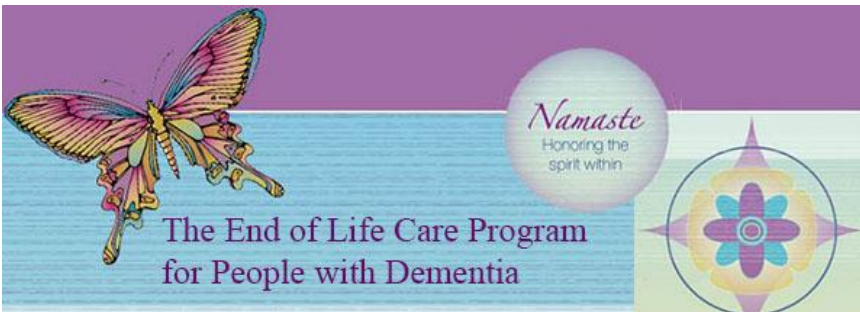


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Namaste Care Newsletter - June 2016

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**Greetings! I hope you are enjoying the beautiful Spring season
- unless you are in Australia... then of course, happy Fall!**

Namaste Care International News

Thanks to a grant from the Alzheimer Society Research Program in Canada two programs were started in January. The grant was submitted by Sharon Kaasalainen, RN, PhD, Associate Professor, School of Nursing McMaster University, Hamilton, Ontario. Two care homes started the program; Shalom Village in Hamilton ON and Saskatoon Convalescent Home in Saskatoon, SK. Both programs are going well and making a positive difference in the care of their residents with advanced dementia.

In March I flew to Iceland, because of the determination of a palliative care nurse Elfa Gretarsdottir who I met four years ago while I was in England as part of a research project at St. Christopher's Hospice. Elfa never gave up on her quest to start Namaste Care in Iceland. And we did! The first Namaste Care program began in February at the Skogarbaer Nursing home. I was so fortunate to work with Valdis Gudmundsdottir, a nurse in charge of education for the home, who led this amazing team to open not just one program, but in three days two floors of the home had Namaste Care programs. The staff and families were wonderful to work with. For Namaste Care to truly succeed, all staff need to feel that they have something to contribute.



Joyce Simard, MSW, is the founder of Namaste Care and an Associate Professor, School of Nursing, at Western Sydney University of Australia. She is also an internationally sought private geriatric consultant providing consulting services, staff education, and marketing events to skilled nursing facilities, assisted living communities, and hospice organizations.

[Learn More.](#)



The picture is of the manager, Hrefna Sigurdardottir, who takes some time from her busy schedule to spend time in Namaste Care at the Skogarbaer Nursing home.

St Joseph's Hospice in London has expanded their Namaste Care services to include Newham and Tower Hamlets. They have provided the service to 50 people through 230 Namaste sessions carried out by 60 trained volunteers.

Two grants have been awarded in England to study Namaste Care. One has been received by Professor Katherine Froggatt Professor of Aging and Palliative Care at Lancaster University in the United Kingdom. The other grant has been awarded to Professor Dawn Brooker PhD CPsychol (clin) AFBPsSDirector of the Association for Dementia Studies University of Worcester, Henwick Grove, Worcester. How very exciting! A huge thank you to everyone involved in submitting these grants. It is a huge amount of work!

St Christopher's Hospice has just added the Namaste Care Toolkit to their web site. Thank you Min Stacpoole, for your work to develop this and have it a part of St. Christopher's website <http://www.stchristophers.org.uk/wp-content/uploads/2016/03/Namaste-Care-Programme-Toolkit-06.04.2016.pdf>

St. Luke's Cheshire Hospice

Sara Jones has recently been appointed as a Namaste Project Worker working across Central and Eastern Cheshire in the UK. The project has been funded by St Luke's Cheshire Hospice and is being jointly led by St Luke's and the End of Life Partnership, also based in Cheshire. The project aims to build on the already established Namaste Care Program by facilitating and supporting its' introduction in at least 10 different organizations across Cheshire within the eighteen month project period. Sara, who is a complementary therapist with a nursing background, will develop a resource pack for local use and then work directly with the local

organizations to help imbed Namaste into their routine practice.

The project also incorporates a research evaluation element, which is being led by Rory McDonnell from the End of Life Partnership. The project is specifically interested in the long term sustainability of Namaste Care once it has been introduced in an organization, so using a critical realistic approach, it will study the implementers and the barriers to managing such a program. The evaluation will also capture data from the organizations taking part in the project, to measure the impact of the Namaste Care Program. If anyone would like to discuss the project further or share any ideas, we would be delighted to hear from you. Please contact either Sara Jones s-jones@eolp.org.uk or Lynne Partington l-partington@eolp.org.uk

Namaste Care - Stories from Old Friends

Six years ago the School of Nursing and Midwifery of Western Sydney University, Australia under the leadership of professor Esther Chang, initiated the first international research project and the following e-mail is from the Executive Manager of Minchinbury Manor, one of the homes in the study. Lovely to hear from a home that has been offering Namaste Care to their residents for so many years.

Dear Joyce,

Please find herewith some pictures of our new Namaste room. We are very proud of this new area and families are very impressed with not only the area but of course the program within. At the time of taking these pictures there was the wonderful scent of lavender aromatherapy in the room and the sounds of the forest coming from the CD speakers. We also have a large overhead TV in the area where the girls play DVD's of relaxing ocean nature scenes.

Last year we introduced a new resident to the program with very advanced dementia, several weeks later her son reported to me on one of his visits; he heard his mother say a whole sentence for the first time in many, many months.

We are very proud to be one of the first facilities here in Australia to offer this wonderful program. It's now been running for nearly 6 years and proven to be both clinically and socially extremely successful. Our families cannot speak highly enough of it.

Kind Regards,

Lynn

LYNN MOWBRAY

Executive Manager

MINCHINBURY MANOR

Phone: 02 9832 5800

Fax: 02 9832 5888

Email: lynnm@aaacare.com.au

A note from Nancy Twichell, The Lutheran Home Oshkosh, WI

I would love to share with you a recent experience of a resident participating in

Namaste Care. She is a new participant and as she was entering the room yesterday she began to cry. When I sought to attend to her about this she said, "I am crying because there is such love in this room." We proceeded to place her in the recliner, offer her a comfy blanket and engage her. The other residents in the room began to talk with her and lo and behold, there was fellowship flowing throughout the room.

The gifts of Namaste keep giving and giving and giving. What joy!

Nancy

Namaste Care - Stories from New Friends

This note is from Jane Maclachlan Activity Co-ordinator in Westwood House Care Home In East Kilbride, Scotland. "One of my residents had a dense stroke and the outlook was not good - very much "end of life", the family sat with her 24/7 when I went to give her Namaste massage the family always left the room. I started the massage with my music, smells and light - she did indeed pass away, I was so concerned about how the family would react, bearing in mind that they sat with her constantly.

Joyce I cant start to describe how grateful they were and how they thought it was such a lovely way for her to go, they were not upset at not being there with her just so glad that her final moments were so peaceful. Namaste is indeed a powerful tool/therapy.

Jane

Note from Karen Stello, Epoch Senior Living, Brewster, MA

"When one of our Namaste residents passes, the passing is felt by all. One of the nicest feelings though, is when the families stop by our Namaste room for a hug and to gift our room with a favorite blanket or shawl. It is a nice way to remember those we lose."

Namaste Care - Resources and Products

My book is now available for purchase in the UK:

The End-of-Life Namaste Care Program for People with Dementia (2nd edition)

<http://www.eurospanbookstore.com/the-end-of-life-namaste-care-program-for-people-with-dementia.html>

Puppetry:

Last year, I met Marge Schneider who introduced me to using puppets to reach beyond the barriers of dementia and depression. She created a program that was the first of its kind in the U.S. for adults. Marge wrote a book "A HAND IN HEALING: The Power of Expressive Puppetry" that is a wonderful resource for

anyone who would like to understand the value of how puppets can reach people of all ages and levels of functioning who may have difficulty communicating. Her stories are inspirational and help you learn how this powerful therapeutic healing tool can help you connect on a deep, authentic and intimate level, helping people find their voices and tell their stories. Her book, which I read and loved, is available on Amazon.com. So, I bought "Bella" and it has been almost miraculous how this puppet has helped to engage residents in Namaste Care. I hate to admit this, but in Iceland Bella was more popular than I was! The picture is of a man who did not talk to me but had a great conversation with Bella!

Namaste Care - Speaking Engagements in 2016

June 24, Lincoln, NE. Community College 9-12:15.



Thank You!

The months fly by and with each one more wonderful Namaste Care stories come my way. I always love to receive them and, with your permission, include them in the newsletter. My deep appreciation for all that you do to make a difference in end-of-life care.

Namaste!

Joyce

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