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Namaste Care Newsletter - Inaugural Edition December 2012

**Articles**

[eHospice - Namaste Care: a program in palliative care for people with advanced dementia](#)



Joyce Simard, MSW, is an Adjunct Associate Professor School of Nursing, University of Western Sydney Australia. She is also an internationally sought private geriatric consultant... [read more](#)

**Articles**

[One Small Miracle - Journal of Gerontological Nursing, September 2012](#)

Welcome to the first Namaste Care Newsletter!

I won't even confess to how long I have been promising to offer a newsletter to keep Namaste Care friends up to date with the latest and greatest news, but here it is thanks to my friend Stacy Cosby who is helping to put this together and who I asked to bug me about getting it done. She did and here it is... finally. A wonderful Thanksgiving blessing.

As most of you know the Namaste Care program started in 2003 at the Vermont Veterans Home. I wrote "[The End-of-Life Namaste Care Program for People with Dementia](#)" and it was published in 2007. Since that time, so much has changed, and I am now writing a

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a new book; the result of what I have learned from many of you who are receiving this newsletter.

In 2003 I never dreamed that.....

- Namaste Care would be appropriate for assisted living (AL) residents, but it is. I have just finished a year of working with Arden Courts a division of HCR ManorCare. They are the first National Assisted Living Company to offer Namaste Care in all of their communities and they are doing the program with great integrity as standards are met and then some.
- I never thought that hospice organizations would be interested in Namaste Care, but they are. Seasons Hospice asked me to adapt the program for their patients with advanced dementia in nursing homes, assisted living communities, for home care patients as well as those in an acute setting. Other hospice programs are also looking at Namaste Care for their patients.
- I never imagined that Namaste Care would be international but it is now in Australia, Great Britain, Scotland and Greece. Recently, I visited with a palliative care nurse in Germany and hopefully he will be inspired to introduce Namaste Care in that country.

Over the summer, I gave a lecture at St. Christopher's Hospice in London and met Lorna Reid, a hospice nurse from Scotland, who invited me to do a Namaste workshop in Glasgow. Her hospice (ACCORD) is sponsoring a Namaste Care program in a care home in Scotland and the results have been gratifying in a few short months of experiencing the "magic" of the program.

I am now involved in a research project with the University of Western Sydney and St. Christopher's Hospice. And with help from Ladislav Volicer, international expert on advanced dementia research (and also my husband), I know of several smaller research projects in process. I would love to hear from anyone who has collected data after implementing Namaste Care. We are specifically looking at the use of psychotropic medications (decreasing or eliminating them), changes in behavior, mood changes, reduced hospitalization, and decrease in skin tears and UTI's caused by the increased fluid intake communities are reporting. Family and staff satisfaction is also a good way to monitor the success of Namaste Care.

With so many changes and so much growth for Namaste Care, my hope is that this newsletter will be a way to communicate new ideas. So please, send me comments, questions, ideas, pictures and I will, with your permission, pass them on.

I have been on the road constantly since the last week in January, all good but a bit tiring. So much is needed to improve end-of-life care for people with dementia and I do get a bit overwhelmed at times. But people like Lorna keep me going...

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At the end of the workshop I gave in Scotland, Lorna Reid closed the program with this quote from Andy Stanley:

“DO FOR ONE WHAT YOU WISH YOU COULD DO FOR EVERYONE”

Lorna expanded on his words by saying:

“I can’t change the world, but I can do for one what I wish I could do for everyone.

In fact, that is the story of the hospice movement,

Which started with one nurse turned social worker turned physician who encountered one patient

As the result of that encounter she set on a journey to create a place where she could give to one group of people what she wished she could do for every group

One led to two, which led to hundreds, which led to thousands...

And now hospice influences the care of people all over the world.”

So, I’m not going to let myself get overwhelmed. I will speak about Namaste Care whenever and wherever I can. I will continue to write about end-of-life care and encourage others to do the same.

As long as I am able, I will do Namaste Care for one person, what I wish I could do for everyone, and speak to one group, what I wish I could do for many groups and... Maybe you will be encouraged to do the same.

My thanks for your support in this journey.....

Namaste,
Joyce



So without further ado... the first ever Namaste Care Newsletter!

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Heights, New South Wales sent me pictures of her Namaste Care program. The room is large enough for her to wheel residents who are in their beds because of skin problems into the Namaste care room. Rather than stay in their rooms isolated from others they can stay in their beds and be part of the program.



Cathy Barrett supervisor of Namaste Care at The Fountainview Center for Alzheimer's Disease located in Atlanta, GA has her team scheduled a tea once a month. The ladies all have beautiful hats to wear and on that day special attention is given to their makeup. Tea is served in china cups! When I started Namaste Care I never would have suggested such an activity. Lucky for me, I get to meet and hear about the wonderful ways Namaste Care grows.

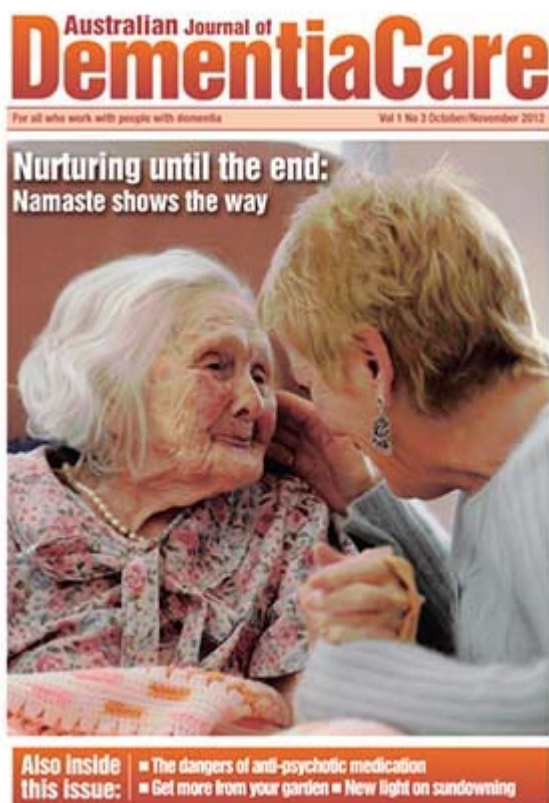


Averie Smith, Namaste Carer at EPOCH Senior Healthcare in Brewster, MA gives his ladies facials at least once a week and they love it...and I think they are all in love with Averie!



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The November issue of the Australian Journal of Dementia Care will feature Namaste Care and highlight Principal Shoalhaven nursing home that received a very prestigious Better Practice Award for their Namaste Care program.



The BBC radio station in the UK spent an entire morning at the Park Avenue care home in a suburb of London with Arlette Beebeejaun, the Care Home Manager, and their team showing how Namaste Care works. They have a program on each of their three floors. As a result of this interview, which was broadcast on a popular radio show, three articles

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media exposure!

Program Services Coordinator Mary Hayes at Arden Courts of Winter Springs, FL. organized a Namaste activity for residents who are in an earlier stage of memory loss. They are growing lavender then filling lavender sachets bags with the buds. Tagged with the company logo and the Namaste theme “to honor the spirit within”, they are wonderful give away for marketing events. These residents also made delicious lavender sugar cookies when we introduced Namaste Care to families and Arden Courts referral sources.

FUN TIPS

- I never thought of using Ponds Cold Cream on men's' faces... I know - quite sexist of me! In the Arden Courts community located in Wilmington DE, I saw men thoroughly enjoying having this face cream applied! Now I add a drop of Old Spice to the lotion and the men seem to really enjoy the scent.
- Use a hairdryer to warm blanket and towels for an even more soothing experience especially during the cold winter months.
- A globe that “snows” when you shake it is a wonderful item to bring back holiday memories.
- Peppermint candy canes are sweet and another wonderful holiday memory. Check to make sure they are safe for residents.
- Second hand stores are great places to find inexpensive items to use for Namaste. They have evening gowns, interesting hats, capes and many treasures for programming. I have also found used television cabinets that were wide enough for the old television sets. With a rod installed at the top, they make perfect storage for hanging large bags with residents' individual blankets and positioning pillows.

Please continue to inspire me ...joycesimard@earthlink.net. And please, feel free to forward this along to others to inspire them.

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