

Namaste Care Newsletter - July 2013

**Fall Availability**

[Contact me](#) to book a date!

Upcoming Events

September

Gillingham, Kent, UK

Preston, Kent, UK

Illinois, US - Keynote



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](#)

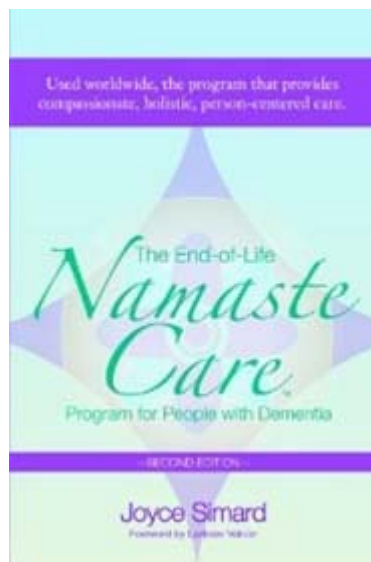
**Articles**

[Namaste: Honoring the spirit within](#)

by Shelley Silverman King, RN

Welcome!

Another amazing two months! Many announcements to make but the first is that the second edition of "The end-of-Life Namaste Care Program for People with Dementia", but it is now available from the publisher, [Health Professions Press](#) and on [Amazon](#).



Massage Therapy

The following story illustrates the value of massage therapy and also how hospice works with Namaste Care. Janet Ziegler, Hospice Massage Therapist working with Heartland Hospice shared this special moment with a hospice patient at Arden Courts of Elk Grove, IL. USA.

“The person I planned to see happened to be in the Namaste activity. Facility staff were VERY cooperative and welcoming and were agreeable to making my visit in that group setting. As part of the Namaste “setting”, there was a beautiful video playing, with photos of babies and children, with voice-overs talking about memories raising children, from babies through teen years until they left home. It was very sweet and beautiful.

My patient was engaged with the photos, and perhaps with the voice-overs, as I gently massaged her back, shoulders and arms over clothing, her hands with lotion and then her legs with lotion. We had lots of eye contact. Her eyes filled with tears several times, but she had the most beautiful smile on her face. I said “nice memories?” a couple of times and she nodded her head yes.

She was SO engaged with those memories and thoughts and with me. It was a real heart connection. At one point I asked if I could give her a hug and she nodded her head yes, her eyes again filling with tears. I felt that the video, coupled with gentle touch/massage, really connected for her and that it was a very special experience for her. And for me! She touched my heart deeply.

She did not speak but only nodded her head during the session, but as I was saying goodbye, she whispered “thank you”—twice! It was a beautiful moment.

I personally believe that tender massage, coupled with the emotions/memories invoked by

the video, was very special. I am quite sure my session would not have connected with her so deeply without the video.

And so I am grateful the Namaste staff realize it's **A Good Thing** for us to hold massage sessions there!

Thanks for "listening",

Janet



Namaste Care Small Miracles

Last year I wrote an article titled "[One Small Miracle](#)" - it was just one of so many that I have experienced and many of you experience each day. I would like to focus on your small miracles so please send them to me and I'll include them in the newsletter or maybe a book????

This "small miracle" story was sent to me from Chrissy McAndrews Resident Services Director for Epoch on Blackstone in Providence, R.I. USA.

"We have one resident who is often disruptive and uncooperative with staff during personal care. This then trickles down to her being disruptive and unpleasant to other residents and staff during breakfast. Once we get this resident finished with breakfast and into the Namaste Care program she gives us her first smile of the day. We are able to massage her hands, shape and paint her nails and she holds a "pleasant" conversation with the staff in Namaste Care room. Speaking on behalf of this resident and the staff at Blackstone, Thank Goodness for the Namaste Program!!!!"



Margaret Silva, NamasteCare Resident

Namaste Care Space

We do not always have a dedicated room for Namaste Care. In this nursing home we used an empty residents room to start the program. Not wanting to remove the call light system, we purchased a quilt, sprayed it with the appropriate fire retardant and hung it over the institutional equipment.



I welcome your “creative ideas” on making Namaste Care rooms, such as the one below:

Hale Nani Rehabilitation and Nursing Center in Honolulu, Hawaii (USA) has an interesting Namaste Care model. Under the direction of administrator John Megara he and his staff have created five spa like environments that accommodate 90 residents a day who have moderate or advanced dementia. All team members participate in the Namaste care team 24/7 providing the care on a rotating basis.



The Hale Nani team also has a cart lovingly called Namaste à la carte that brings the program to the bedside of 50 residents who are not able or choose not to go to the spas. John has a standing order that Namaste Care happens every day. That means that if there is a shortage of staff, all team members including John and his DON, Frely Pula, and all senior management are ready and able to pitch in and ensure that the spas remain open every day. They have found that all their residents, not just those with advanced dementia; thrive from the loving touch approach to care.

Ways to Say Good-Bye

A special thank you to Pauline Coram, Director of Executive Learning, Assisted Living Division, HCR ManorCare and her team as they continue to implement Namaste Care in all of their Memory Care Communities. One of their executive directors at the Arden Courts of Winter Springs Jodi Woodside sent me this idea and photo. When the hearse begins to drive away the bell is rung three times as a “final good-bye”.



11 Words

Dr. Ira Byock is a well-known palliative care physician. In his book "Dying Well & The Four Things That Matter Most", he suggests that there are just 11 words that need to be said by families as a person is facing the end of life, "Please forgive me," "I forgive you," "Thank you," and "I love you." His books are excellent resources to help families as they try to make "the end of life as meaningful and enriching as the beginning".

My suggestion is that we do not wait until someone is dying before we say these words.

And so I will end this newsletter from my apartment in Prague where I live during the summer with another of my favorite quotes. You would not be reading this if you were not a caring person so this is for you.

I feel the capacity to care is the thing which gives life its deepest significance.

- Pablo Casals

Namaste,
Joyce

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