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NamasteCare Newsletter - September 2014



Fall Availability

Contact me to book a date!



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Articles

- They Will Lead Us, Namaste End-of-Life Dementia Care. *Promoting Excellence*, Summer 2014. <http://www.nxtbook.com/naylor/HCMT/HCMT0214/index.php?startid=14#/8>
- Touch, the essence of caring for people with end-stage dementia: A mental health perspective in Namaste Care. (2013) *Aging & Mental Health*, 17(5), 571-578.
- Namaste Care programme: Making life meaningful for people with very advanced dementia <http://www.stchristophers.org.uk/care-homes/research/namaste>

Welcome!

I'm exploring social media's ability to help us educate people about the importance of helping people LIVE with memory loss, not just exist. I am not the most technically astute person but my son, Michael Sarvi, convinced me to let him create a Namaste Care™ Facebook page. It is a public page, so please 'follow' or 'like' it.

Despite lack of a cure or treatment to slow the process on the horizon, healthcare workers all over the world know that we can still coax smiles and laughter from people in all stages of irreversible dementia.

It's time that the "gloom and doom" articles are balanced with positive ones. I entreat you to write articles, invite the media to see what you are doing, show what people can still do, and - above all - show that love can continually be received and given by people with memory loss.

In this picture, taken at the Lutheran Homes of Oshkosh, Wisconsin, Chaplin Cathie Vander blesses the resident and the resident blesses her in return.



After all, helping people live - not just exist - with irreversible dementia is what we do every day. With Namaste Care™, quality of life continues until they leave this world.

Namaste, Joyce



Namaste Care™ Around the World

Several wonderful programs have been started since our last newsletter. I have had the privilege of meeting so many people committed to making end-of-life care for people with dementia a priority; I am overwhelmed with gratitude. In response to the numerous e-mails I receive asking about visiting Namaste Care™ Programs, I am compiling the contacts for some programs that I believe would be happy to receive visitors. Here are just a few, and my apologies to those I do not mention.

- The first Namaste Care™ program started at the Vermont Veterans Home over 10 years ago. They have just opened their second program and welcome visitors. To arrange a visit, e-mail christina.cosgrove@state.vt.us
- EPOCH Senior Living of Waltham, MA. has one or two Namaste Care™ programs in all of their skilled nursing facilities, and some in their assisted living communities. They were the first company to offer the program and have been a leader in offering Namaste Care™ since 2005. They welcome visitors. Please contact me to set up a visit. joycesimard@earthlink.net.
- In Scotland, Lorna Reid - a palliative care nurse working in education at ACCORD Hospice, Paisley - has helped start a program in Adams House, a residential care home in Elderslie. Lorna has been a wonderful spokesperson for Namaste Care™ in her country. You can contact Lorna at Lorna.Reid@Accord.Org.Uk.
- The first major assisted living company to offer Namaste Care™ in the US is Arden Courts. If you would like to visit one of their communities, please visit their web site to find a community near you. www.arden-courts.com.
- In the bitter winter month of February, I was warmed by spending four days with the staff at the Lutheran Homes of Oshkosh, Wisconsin a leader in elder care since 1963. They opened the first Namaste Care™ program in Wisconsin. They created a room with a wall decoration that is a beautiful description of the meaning of Namaste made by The Signmakers, Oshsignmakers@aol.com. They have been inspired by the remarkable successes of the first room and are now working on a second room that is nearly complete, and plans for a third room are in development. If you are interested in visiting them please contact Gerard Bodalski, Vice President of Health Care Services, at gbodalski@lutheranhomes.com or 520.232.5225.



- The Jewish Healthcare Center in Worcester, MA. invited me to help open a small Namaste Care™ room for the residents living in the dementia neighbourhood called Fifth Avenue. Very quickly they realized that the small room with six chairs would not hold the 23 residents that were appropriate for the program. I must admit, I have never seen an administrator make a decision to expand the program as quickly as Steven Willens did. They now have about 25 residents receiving Namaste Care™ and are open to having visitors. Please e-mail Cynthia Feal cfeal@jewishhealthcarecenter.com to schedule an appointment to see their program.
- The Lancashire Workforce Development Partnership (LWDP) sponsored workshops this past July. They know of many homes offering Namaste Care™. If you are in the UK and would like to visit a home, please e-mail me and we will set you up with a visit.
- Park Avenue in Bromley, Kent outside of London always welcomes visits. Contact Arlette Beebeejaun at arlette.beebeejaun@excelcareholdings.com. They have welcomed visitors from around world.
- Lakeside care home in Upper Norwood, London also welcomes visitors, please contact dbackshall@lakesidenursinghome.co.uk to arrange a visit.

If you are willing to have visitors to see your Namaste Care™ program, please let me know your location and contact information. I will keep a master list of homes. To include your program in this list, I need your assurance that you are offering the full 7 day a week, 4 hours a day program.



Namaste News

Special thanks to Min Stacpoole, the nurse researcher from St. Christopher's Hospice in London, for her continued work to spread the word of Namaste Care™ in the UK. Her team is conducting Namaste workshops throughout the year that can be booked online at www.stchristophers.org.uk/bookingform. Min

and her colleagues have written a report on the research project we conducted that has just been accepted for publication. Look for details in the next newsletter.

Hope for Home, a volunteer organization in the UK, helps provide volunteer support for caregivers of people with dementia and/or Parkinson's disease who are living in their own homes. Last year I had the pleasure of presenting Namaste Care™ to their organization, and this month they announced that they are partnering with St. Joseph's Hospice in East London to provide residential Namaste Care in their community.

Publications

The second edition of "The End-of-Life Namaste Care Program for People with Dementia" was published in May of 2013 and won an award, my first! The American Journal of Nursing awarded the book third place in the 2013 *AJN* Book of the Year Awards in the Palliative Care and Hospice category.

I was asked to write a chapter for a book on Namaste Care™ for David & Jo Cooper. The book is now available from Radcliffe Publishing.



Two Days

When I participate in the implementation of a new program, I am always amazed at how quickly we see positive changes in residents. The behavioral changes I saw when I was working with the staff at Epoch Assisted Living of Melbourne in Pittsfield, Massachusetts inspired me to write "Two Days". This picture shows Life Enrichment Director Sherry Pease with a resident who had been a doll collector and became attached to one. The article can be found at <http://www.healio.com/nursing/journals/jgn/2014-6-40-6>



Namaste Scents & Supplies

Please remember how important it is to bring the outside inside - especially in the summer and fall. Flowers, freshly cut grass clippings, beach sand; the simple natural pleasures we all take for granted are not available to residents living in care homes. During the fall season, gourds come in so many interesting shapes and sizes; they are very good tactile items for residents. Even the fall leaves are interesting to residents who are no longer going for walks during the beautiful fall season. Corn husks and cider are also part of fall in some parts of the world. And it's almost time for Halloween, when small pumpkins are fun to pass around. You might even want to use a fall scent such as cinnamon and pumpkin spice as the weather gets cold.

he creative ways you are bringing the outside to the Namaste Care room. [Alzheimer's Best Products](#) has devoted a section of their web site catalogue for products used in the Namaste Care program.

Until Next Time

Like many of you, my life is one of constant motion - both of body and mind. I talk about being truly present, but find it is a struggle. I recently discovered a small treasure of a book: "The Art of Being a

Healing Presence” by James E. Miller with Susan C. Cutshall. It is a wonderful guide that has helped me to live in the moment. The book describes how I feel: “Being present is simple, but that doesn’t mean it’s easy”.

And so, my friends, Namaste!

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