



NAMASTE CARE NEWSLETTER FEBRUARY 2018

NAMASTE CARE

A new year and I cannot even imagine what will happen to Namaste Care this year! In 2018 we created Namaste Care International www.namastecareinternational.co.uk with ten countries represented with “Champions”. Seasons Hospice & Palliative Care <https://www.seasons.org/> provided Namaste Care to 30,000 patients last year. Seasons believes that Namaste Care should be offered to all patients regardless of their diagnosis. Many organizations in the UK are training volunteers to bring Namaste Care to the home of people with advanced dementia. They provide this during the person's hospital stay and then at home. Many also teach families how to use the approaches.

My New Year's Resolution is to revise my book *“The End-of-Life Namaste Care Program for People with Dementia”*. I feel as if I am writing a new book as so much has changed. The most important change is not requiring Namaste Care 7 days a week twice a day. I just ask that it is offered as many times as possible as in many countries finding staff is difficult.

When I wrote the book, Namaste Care was a program for the United States (US). Now the book needs to be international. Last year I found that Muslims do not like dogs, even my Bella! So, I need to find a cat puppet. In Iceland people are not used to the puddings and ice cream snacks but they love little pieces of chocolate. Tea is a favorite beverage in Singapore and the United Kingdom while in the US people prefer sweet juices and ice cream. In the Czech Republic a non-acholic beer is the favored choice, especially of the men. As I write this I am smiling to think of the shock families would have in other countries if they came into the Namaste Care room and their family member was guzzling a beer!

Singapore

Last month I was invited to visit Dover Park Hospice to train staff and volunteers. The first morning I was there, the team scheduled a management meeting for me to explain Namaste Care. I talked quite a bit about our person-centered approach to activities so that we meet the interests and needs of all patients. I also spoke about how Namaste Carers and volunteers bring their own interests and talents to activities. Their Chief Executive Officer Timothy Liu said he thought that not only was Namaste Care person-centered for the people we serve, it was also person-centered for the carers and volunteers. After all of these years I'm still learning. Thank you, Mr. Liu.

AIC is an agency that is spreading Namaste Care in Singapore. They sponsored a presentation that I gave to 130 interested people! At the beginning of my talk, this video was on the screen. <https://youtu.be/RaMqNiK6o-Q>

VISITORS

In the last newsletter I mentioned how good it is to have visitors, especially families join in the activities. While I was in Singapore working with the Dover Park Hospice, I met Gillian Ong a Registered Art Therapist in their Social Work Department. She created this sign and does not mind you copying it. I think it is a perfect way to welcome visitors.



Namaste Care Presentations

Dr. Hanneke Smaling at the University of Amsterdam has organized a Namaste symposium on March 22. It will be from 12:40 (starts with a nice lunch) till 17:00 (ends with snacks and drinks) in the Stadsgehoorzaal in Leiden. You can contact her at h.smaling1@vumc.nl

February Memories

The Chinese New Year, more properly known as the Lunar New Year because of its widespread observance, marks the start of spring on the Chinese calendar. This year is The Year of the Pig, it begins on Tuesday, February 5, and will continue until the Year of the Rat takes over on January 25, 2020. Red is the color and it is everywhere! You can make items in red and decorate a room in red. When I was in

Singapore entire tent markets were filled with red boxes of candy, cookies and oranges.

Chinese New Year is about symbolically doing away with the old of the previous year and ushering in health, good fortune, prosperity, and happiness in the new lunar year.

Chinese New Year is a time to catch up with family, enjoy fireworks, forget grudges, give gifts, visit temples, and enjoy good food. It's a purge of the old that was holding you back. Windows are literally opened to welcome in a fresh batch of luck and good fortune for the year.

March

In the United States we say March comes in like a lion and go out like a lamb. I found these holidays on <http://www.holidayinsights.com/moreholidays/march.htm>

- Irish American Month
- Music in Our Schools Month
- [National Celery Month](#)
- National Craft Month
- National Frozen Food Month
- National Irish American Heritage Month- designated by Congress in 1995.
- National Nutrition Month
- National Peanut Month
- National Women's History Month
- Red Cross Month
- Social Workers Month

Did you Know? March was named for the Roman God "Mars"

Week Celebrations:

- 2nd Week National Bubble Week
- 2nd Week Crochet Week

If you are in a nursing home in the United States it would be a perfect month to surprise your social worker with a party celebrating Social Work Month.

Namaste Poetry

This is the third poem that Nicola Gornall a caregiver at the Betsey Clara home in Maidstone, United Kingdom has sent to me. I think we should name her the Namaste Care Poet Laurate!

A warming touch, a gentle smile

Let us sit here for awhile

Listen to the soothing sound

Of music playing all around

Put your trust and faith in me

Let me help to set you free

If only for a moment in time

As I hold your hand in mine

Relax my dear, just drift away

Into the world of Namaste

A gentle massage, I watch in awe

Your hand has never opened before

You gently squeeze my hand and then

You gently squeeze it once again

I can almost feel your inner being

My eyes are wide What am I seeing?

Your face that's usually full of fright

Is now glowing with delight

And as we both connect one-to-one

I feel the wonder of what Namaste has done

You are of course are my inspiration and my experts. I treasure hearing from you as I learn how to make Namaste Care a program and approach that reaches more people in more countries and more ways. I'm waiting to hear from you!

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Namaste, Joyce



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