



NAMASTE CARE NEWSLETTER OCTOBER 2018

NAMASTE CARE INTERNATIONAL

On October 5th I was in London as we celebrated a new organization, Namaste Care International! It was an idea of Rishi Jawaheer who is the manager of the jawagroup. We have Namaste Care Champions in nine countries and I hope that we will continue to grow! The ten countries are USA, Canada, Australia, Czech Republic, Greece, England, Scotland, Iceland, Singapore and the Netherlands. We also have specialists for hospitals and music therapy. If anyone receiving this newsletter represents a country not on this list and would be willing to be their countries "champion" please contact me.



OCTOBER MEMORIES

If your country is experiencing a change in the season "bring the outside inside" with fall leaves, flowers and scents from this season. Pictures of the fall, encased in

a wipe-off plastic cover and in a folder is another way to help people recall the season. Start a file of seasonal pictures so they can be used again. Items of the season, especially when the weather is getting colder might include soft gloves, knitted hats and scarfs. I grew up in New Hampshire (USA), where toasting marshmallows as my father burned the leaves that had dropped from trees, will be a special reminder of the season for me! That might mean giving me whole marshmallows maybe on a stick as if I was going to toast it! It can also be spread using Marshmallow Fluff on a cracker or piece of bread.



Joelin Mueller CDP a Team Leader at the Valley VNA in Neenah Wisconsin (USA) gave a Namaste Care Presentation at the WRAP Conference.

I am very happy to support anyone who would like to present Namaste Care, anywhere! I'll help with your power point and in any other way I can.

Namaste Care Involving Families

When we started Namaste Care in Bennington, Vermont (USA), we found that families visited more often and stayed longer when we asked them if they would like to be a part of Namaste Care. Most were happy to give hand massages to their family member and offer them beverages or sweets. So often, when families or friends visit someone with advanced dementia they are not recognized, nor can they have any meaningful conversation. When family members or friends sat in the Namaste Care Program the carer would give them lotion for hand massages or the residents comb or brush, so their hair could be gently combed, or scalp rubbed. Some family members even offered to give hand massages to residents who did not have families

visiting. This woman began crying as she was massaging her mother's hand. I asked her what was wrong, and she replied that her mother has just taken her hand and was giving her a "motherly" hand massage. It was the first time her mother had responded to her in many months



Wonderful Resource

My longtime friend and colleague Kathy Laurenhue leads Wiser Now, Inc., a publishing and staff development company aimed primarily at improving the wellbeing of older adults. In that capacity, she produces staff training materials, several blogs (check out www.aCheeringWord.com), and tons of lighthearted trivia quizzes, word games, and discussion topics for engaging older adults and their carers that she has recently been converting to slide shows for large screen TVs or individual tablets. Learn more at www.wisernow.com.

Namaste Care Research

Namaste Care has several research grants that are looking at various outcomes of the program in a variety of settings. The Lancaster University (UK), the University of Worcester (UK) and VU University Medical Center Amsterdam. The Netherlands.

Marie-Lee Yous MScN, PhD student, RN McMaster University Canada is studying family caregivers who are caring for older adults with advanced dementia at home. She would love to be in touch with anyone who has information on this subject. She can be reached at yousm@mcmaster.ca

It's so important to have evidence about the effectiveness of Namaste Care. If you are starting a program, please contact my husband Ladislav Volicer at lvolicer@usf.edu. He will help you know how to gather data, perhaps write a paper and get published!

Namaste Care Presentations

My husband Ladislav Volicer and I will be presenting in Iceland from October 22 to the 26th. Please contact Elfa Gretarsdottir elfatholl@gmail.com to find out details.

A Namaste Poem

I am so honored and blessed to have people like Nicola Gornall who works at Betsy Clara nursing home in Maidstone, Kent (UK) share their feelings about Namaste Care. She wrote this beautiful and very touching poem.

*Soothing music, a gentle smile
Let me hold your hand awhile
Watch the bubbles fill the air
Feel the peace everywhere
One to one, just you and me
Welcome dear - To namaste
Scented oils smell so sweet
Massaged into your hands and feet
Looking into your eyes, so deep
Watching as you drift off to sleep
For in this moment you feel no pain
It's like a different world, free again
Let me take your troubles dear
And make them all disappear
Time to wake, have some fun
Drinks and treats for everyone
Music louder, instruments to play
Another successful namaste day*

Thank you for taking time to read this newsletter. Please send me your ideas to include in the next one, joycesimard@earthlink.net

Namaste, Joyce



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