



*NAMASTE CARE NEWSLETTER
APRIL 2019*

NAMASTE CARE

As I look back on past newsletters, they all start with something that I never dreamed would happen when I developed Namaste Care 13 years ago! On March 22, Hanneke Smaling and Jenny van der Steen professors at the University of Amsterdam Medical Centers organized an entire day devoted to Namaste Care. I spoke for 20 minutes and the rest of the program were speakers from the Netherlands, England & Scotland. I'm delighted that others are helping to educate others about Namaste Care, the program will survive after I have retired. Now I must look up what that word means! As always Bella was the "star".



In many countries April is the beginning of spring so....
"bring the outside inside".



Seasons Hospice

Easter Ideas

This year Easter Sunday is April 21st. People with advanced dementia might have happy memories of seeing an Easter Basket. You might serve snacks, that can be easily and safely taken from a basket. I've seen people who rarely use their arms reach for a "goodie" in an Easter Basket. Plastic eggs can contain easy to swallow candy that would be a sweet treat! Dietetic candy is available for people who are not allowed to have sugar.

One year in a Namaste Care group, I wore Easter Bunny ears. Lucky for me, I bought some extra as many of the residents wanted to wear one! Easter egg hunts are very popular but as many of our residents with advanced dementia cannot bend over to pick up an egg, so we need to be creative! Eggs can be "hidden" in tall plants, placed on their meal trays, sitting on their nightstand, window sills and on their dining table.

Easter bonnets were very popular when many of our residents were younger and able to attend church services. It was very important to have a hat that people complimented you about. In the United States we have stores that sell items for \$1 and can be used to decorate plain hats. They also have small bunnies, plastic eggs, baskets, many items that bring back memories of Easter.

Passover The eight-day festival of Passover is celebrated from April 15th through the 22nd. Food that would be appropriate includes Matza broken in little pieces and nonalcoholic wine.

SPREADING THE WORD ABOUT NAMASTE CARE. Thank you....

Nancy Twichell, Namaste Care Leader at Miravida Living in Oshkosh Wisconsin is educating nursing students about Namaste Care. She sent me this email. "We have done Namaste and Integrative Medicine presentations for 96 UWO nursing students and 62 of those students are doing hands on work with residents in Namaste. We also did a presentation for a social work class at UWO. I know I have said this to you a thousand times, however I still continue to be amazed and grateful at how Namaste Care touches people's hearts and lives."

Christopher Yang, DrOT, OTR/L is a Traveling Occupational Therapist and just presented "Implications for OT Leadership in End-of-Life Care Using the Namaste Care Program" at a conference in San Marcos.

Rishi Jawaheer Director of Jawa Group has developed Namaste Care International a not-for-profit membership organization for the global promotion of Namaste Care. They will sponsor a Namaste Care Conference on September 27 in the UK.

<http://namastecareinternational.co.uk/about.php>

I love hearing what others are doing to educate the public about Namaste Care. Please let me know of any events that you would like included in the next Namaste Care Newsletter that will be published in June.

Joyce's Travels

I will be traveling to Minneapolis Minnesota April 8-10 to introduce Namaste Care to Moments Hospice.

On April 30th I will be presenting two in-services for Winona Health in Winona, Minnesota. One is for the professionals from 8am to 11 am. "Living the best life when faced with a life limiting illness". The afternoon program is the same one but will be more of a discussion for the community on making end-of-life choices. Contact Winona Health if you are interested in attending 507-457-4468.

RESOURCES

I just discovered a wonderful free (I love free!!) website

<https://www.notjustbingo.com/activity-calendars/april-calendar.html> they list each month's special observances, holidays. Some of the most fun ones are the following.

April 2019 Monthly Observances

- Couple Appreciation Month (do you have any married couples in your program?)
- Fresh Florida Tomato Month (tomatoes cut into small pieces as a special treat)
- National Decorating Month
- National Humor Month (wear a clown nose or silly glasses)
- National Occupational Therapy Month (invite your OT to visit your program)
- National Pecan Month (make sure the nuts are small enough to swallow or make something with pecans)
- National Poetry Month (Norma Prior helps residents create poetry let me know if you would like to contact her)
- Straw Hat Month (decorate hats, or wear one)
- Gifts From the Garden Month (plant seeds and watch them grow)
- Mystery Month (show items and have people guess what they are)
- National Bike Month (sing Bicycle Built for Two and show photographs of the type of bicycle they used to ride)
- National Photography Month (show photographs of local scenes)
- National Physical Fitness and Sports Month (play ball!)
- Older Americans Month (celebrate ageing)
- Personal History Awareness Month (write or encourage families to write Life Stories)

Another beautiful poem by our Namaste Care Poet Laureate Nicola Gornall

*As the scents fill the air
I look at you as you stare*

*I wonder if I can get through
To the soul, deep inside if you
The music plays, your hand in mine
I long to see your dull eyes shine
I want to reach out to you
For you to experience something new
So my dear, I will show you the way
To the miracle of Namaste
And as the ambience fills the room
I know for sure that very soon
The frightened soul, silting here
Will have their fears disappear
For at this time, its just you and I
With the freedom of a butterfly
Some may see this as a treat
As I massage your hands and feet
But my dear, to me and you
We are making a breakthrough
For since I brought you to this room
You are free of all your gloom
And suddenly you seem so free
My heart can feel, my eyes can see
For the wonder if a loving touch
Can sometimes mean so much
So . Namaste .. To honour the spirit within
Is a very good place to begin
To help those who need it most
And I am honoured to be your host*

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 to care that reaches more people in more countries and more ways. I'm waiting to hear from you! joycesimard@earthlink.net . I am blessed to have you in my life through this newsletter.

Namaste, Joyce

