

Sunshine Place at Riverside

Nursing and Rehabilitation Center, LLC

4700 NW Cliff View Drive • Riverside, MO 64150 • (816) 741-5105

Our Leadership Team

Jennifer Jennings	Executive Director
Jennifer Mallonee	Asst. Director of Nursing
Nikki Anderson	Sunshine Coordinator
Layonda Reed	Admissions Coordinator
Tammy McCleary	Social Service Director
Deanna Duncan	Social Service/Admissions
Tonya Mayes	Dietary Manager
Kaylen Roth	Housekeeping/Laundry
Raiph Conklin	Maintenance Director

**Accepting Medicaid, Medicaid
Pending, Long-Term Care Insurance
and Private Pay**



October 2023



Now Open

Riverside hosted the Open House of Sunshine Place, an All-Female Memory Care Neighborhood on Sept. 14th. The Riverside leadership team is pictured the day of the event. Chris Denz, President of Tara Cares, was present to support the team and meet guests. Tara Cares contracts with Riverside Nursing & Rehab to provide administrative support services and consultation services.

Jennifer Jennings, Executive Director, states, "We are so happy to be able to provide such a needed service to the community and surrounding counties. We're very proud of the neighborhood we have created. We would love to give you a tour and tell you all about the special features and how they are beneficial to the person with dementia. Give us a call or drop by, we will give you a tour anytime."

**2023 Walk to End Alzheimer's Northland -
Liberty, MO. Oct. 14 - 8 am**

Tips for a Successful Move to Sunshine Place

The demands of caregiving are increasing. Whether it is for safety, health or financial reasons, the day may come when it is no longer possible to care for a loved one with dementia at home.

You've done everything right, your hard work & discipline have paid off. You chose a memory care you like. You spoke with staff, you made financial arrangements, asked all the right questions and made your choice. *So why does it feel so bad?* The logistics & administrative aspects of transitioning your loved one are important elements. BUT we must not forget the emotional toll that is also involved in the move. Your loved one is unable to understand she needs care or recognize the amount of care needed. That is *your* job as a caregiver, often a solitary one. And you will have to make the decision based not on who she once was, but rather who she is today, after the onset of dementia.

The following tips are meant to help ease the move for people with dementia during this vulnerable transition. Use your own discretion on how to use them and consider your loved one's personality when doing so.

- **Do not announce the move in advance.** Avoid anticipation anxiety by not telling her that she will be

moving next week or next month. Wait until it's closer to the date, maybe even that very moment of the move. Moving anxiety can cause extreme negative feelings that may escalate into extreme behaviors. By not giving her too much notice you will promote a calmer state of mind for the transition. We provide opportunities for socialization by attending a meal or activity. This is a great way of initiating the adaptation process without being too obvious about the move itself. Contact Social Services or Nikki Anderson to schedule the visit. Use little fibs. She does not need to know right away that this will be her new home for the long run. She may be happier in the idea that the stay is just for a short period of time. (Your family is going out of town, or are painting the house this week.) In the meantime, she can stay in this nice hotel. You can repeat the same information when asked again. Collaborate with other visitors, staff and family so everybody provides her with the same message & work together as a team to ensure a successful move. Bring familiar items to her new room. Decorate the room with some of her own mementos—family pictures, favorite throw pillow/blanket. Items, including clothes, should be packed and moved outside of her view, to avoid anxiety.

- **Avoid visiting for a few days.** Yes, I know it's hard.

But those very first days can be crucial when it comes to developing new relationships with staff members and other residents. Keep open communication channels with staff & work with them to build up their relationship with your loved one.

- **Take Care of Yourself.** This is a very tender time for you, too. Get some extra rest & relaxation. Visit friends & do something nice for yourself. You need to be cared for, too, because the journey isn't over yet. You are your loved one's voice & guardian, only now you have a qualified team to do the hands-on-care while you take a more managerial role.
- **Remember that it, too, will pass.** As difficult as the transition has been for her, it has also been hard on you. In time she will make new friends, bond with staff & enjoy activities. Later, she may still sometimes ask you to take her home, she may still feel lonely once in awhile. But ultimately, she will adjust. You took the time to prepare & find the right kind of care for her. And because of your efforts, she will have a better quality of life, safe, comfortable & content during her remaining years.

Tips for Visiting a Loved One

You know moving your loved one into Sunshine Place was the right move. It was good for your Mom/Grandma, it's good for your family. You trust the staff to care for her well & you feel comfortable about your decision. So, why do visits make you feel uncomfortable? Truthfully, it's hard to know what to expect from the "new" and the progression of the dementia makes things unpredictable & sometimes uncomfortable. Here's some tips to make the most of your visits.

If she is saying things that are not true, remember, it's true to them.

- **Meaningful activities to do together.** We have specialized programming, so consider timing your visits where you both can attend a scheduled activity. If that doesn't work for you, then utilize our many areas of engagement or tools—write a note to a family member at our desk, enjoy music with our albums/record player, fold clothes from the clothesline or ask our staff for ideas.

- **Bring favorite & familiar objects.** Bringing objects you know they will appreciate can help alleviate tension. This could be a family photo album, familiar CD, favorite book or even a grandchild or pet. This can give your loved one a sense of belonging & home in a new environment.
- **Don't argue - Divert.** It does no good to argue with someone who has dementia. Enter her reality & understand that it's okay to tell little white lies. Divert the conversation, but do not enter into an argument.

- Bring a book & read together, watch a favorite movie or sing favorite songs.
- **Be okay with quiet.** Some days you and your loved one may not have much to say. That's okay. This can be a difficult time for you & her. It's okay to sit in silence & just be together. Hold hands, touch brings such comfort to those with dementia.
- **Change the scenery if possible.** If possible, go for a walk in the courtyard or neighborhood. Get fresh air & enjoy being together without the background noise of day-to-day activity.

Visits Continued

- **Don't overstay your welcome.** As with most things, short & sweet is better than long & empty. Know your loved one is getting used to a new lifestyle, new environment, new people, sometimes even a new medication. All of these things can make them more tired than normal. Spend quality time together. Visits between half-hour & an hour is a good time frame.
- **Consider the timing of your visit.** Talk with staff, look at the activity calendar, note when your loved one can rest. Generally speaking, morning visits are usually better than evening.
- **Keep visiting even as the disease progresses.** Even as the dementia progresses & your loved one may be unable to recognize you, studies show that *emotional memory is retained*. This means that although they may not know you, they recognize their emotion & can recall that emotion, even after forgetting your name & relationship.



Family Tips for Making the Decision



Is It Time For Memory Care? If you answered YES to at least five of the questions, there is strong evidence that your loved one would benefit from the kind of professional 24/7 care that we can provide.

Does Your Loved One:

- Fall frequently? (more than twice in the past year)
- Have a significant weight change? (lost or gained more than 10 lbs. in the last year)
- Require hands-on assistance with bathing, brushing teeth, personal hygiene & getting into their clothes?
- Require assistance with toileting & have frequent accidents?
- Show little awareness of recent experiences & events as well as their surroundings?
- Have difficulty distinguishing familiar/unfamiliar faces?
- Have major changes in sleep patterns? (sleeping during the day/restless at night)
- Have the tendency to wander & get lost/disorientated, even in their own home?
- Behave in compulsive/repetitive ways, hand wringing or tissue shredding?

“Fibbing” Or “White Lies” With the Dementia Person



Mom just asked where Dad was. Do I hurt her all over again or say Dad's at work?

Growing up, we're always told to never lie—but honesty is not always the best policy when it comes to a loved one with dementia. This condition negatively affects how their brain understands & processes information, creating a different version of reality. Forcing your loved one with dementia to choose your reality over their own can cause fear, confusion, sadness and anger. That's where **“therapeutic fibbing”** comes in. Essentially, these are white lies that loved ones, staff and others can use to help support and care for someone with dementia. Instead of lying to hurt or manipulate a person, which is bad, these fibs are used to validate, reassure and comfort someone with memory loss. Stepping into someone's reality isn't the same as lying. Forcing them to abandon their reality & join your “real world” can cause negative feelings. Is it necessary to cause them so much distress, especially when the truth you tell them is likely to be misunderstood or quickly forgotten?