

the Best Care for Mom & Dad

WHAT are THE BENEFITS OF exercise?

Residents enjoy a few laughs while exercising with the Physical Therapy Department.

Benefits of regular exercise include:

- improves strength and flexibility
- keeps the mind active, reducing memory loss
- boosts energy level
- improves quality of life
- reduces symptoms of depression
- strengthens core muscles which in the long run helps to prevent falls



Physical Therapy leads group exercise on a regular basis and is available for individual needs by appointment. These residents have developed friendships while exercising.

May 14-20 is National Nursing Home Week. See what fun things are planned to celebrate our residents and staff!

Dementia & Television

Watching TV can prove to be a frustrating experience for a person living with dementia. As the disease progresses it may become necessary to monitor what your loved one is exposed to on television.

A person with dementia has an attention span of about 15 minutes; therefore understanding the plot of an entire program will be difficult. Many shows can be disturbing and scare a person with dementia. It becomes hard for them to determine what is reality and what is fiction. This may lead them to believe what they see on TV is happening outside their door or in their neighborhood. These beliefs can lead to increased agitation, anxiety, aggression, or even depression. Depending on the time of day, these feelings can disrupt the sleeping routine. If a change in mood is noticed, try soft music or quiet time.

DEMENTIA SERIES: 2 OF 3

SAUNDERS
MEDICAL CENTER

Long Term Care



Making The Difference!

♥ RICH BOHATY

HOMETOWN

Born in Van Nuys, CA, moved to Wahoo in 1970.

WORK HISTORY

Rich has been in the Maintenance Department at SMC for 8 years.

THE BEST PART OF MY JOB

Coming in to work and seeing the residents happy. I also really enjoy hanging pictures up in their rooms to make it feel like their own home.

MY FAMILY & INTERESTS

I have a wife of 29 years, 4 children, and twin granddaughters. I enjoy spending time with them and watching all of their activities.

SOMETHING NOT everyone KNOWS

When I was young, I entered a contest to be on T.V. My parents did not know I entered the contest until I had won. I went on the show "Jack in the Box" where I won all kinds of prizes, including a real life black lab puppy!