



## A Visit To Remember



**WRITTEN BY:**  
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**HEALTHCARE ADMINISTRATOR**

**W**e're often lost for how to visit with someone with memory impairment living in a healthcare setting. Rewarding meaningful visits with your loved ones are easier than you think. Think of the visit as a total sensory experience. First of all, unless you're planning to share a meal, visit late morning, in the afternoon, or early evening and ask a staff member to direct you to a private area to visit. The common areas in a healthcare setting are filled with the buzz of nursing home life, friendly greetings, and telephones ringing, nurses speaking among themselves and with other residents. A nice quiet area is usu-

ally available and the best place to maximize the benefits of your visit by reducing distractions.

Make a memory book with photos from the past and bring it with you or leave it in the room for other visitors to use as well. Keep it simple-one or two pictures per page. Create a scrapbook with large colorful photos they will enjoy. If they like animals include kittens and puppies. If they like nature, beautiful mountains or beach scenes are ideal. Make it personal to them. When visiting, go through the book with them-listen for responses, use their words. What is the experience for them? What is their memory?

Writing letters or sending cards with your loved one is a great way for them to remain social and in touch with friends and relatives. This is a big boost to their self esteem and increases their sense of belonging.

A staff member at The Pines recorded her trip into work during a snowstorm on her camera. That day she shared her photos with residents and recounted all the details of the journey. You can do the same by recording a spring gardening project, shoveling the driveway (not so much this year please), preparing a meal. Share these common experiences with

your loved one.

Taking your loved one outdoors is a wonderful idea. Smelling and feeling the fresh air is beneficial and uplifting. Seeing spring green or the colors of fall is rejuvenating. Be sure to bring along an afghan for cool breezes. There is nothing like Vitamin D in the form of natural sunshine. Even a rain shower under a protective awning can be stimulating. A visit outside for just 5 minutes can make a difference for the whole day.

Touch is the most important part of your visit. A gentle hand massage using scented lotions is a soothing, relaxing interaction involving several senses. The use of aromatherapy products using essential oils is not recommended without consulting a physician as these products can interact with medications. With proper instruction however, essential oils can positively impact mood and memory.

Memory impaired individuals are those who are living with diagnosis of Senile Dementia, Alzheimer's Disease, Vascular Dementia, Stroke and the list goes on. Depending on what stage of the disease is in progress,

these residents have different needs and goals for restorative, maintenance or palliative care. Based on the resident's past experiences, interests, hobbies and lifestyles, we along with the resident and family, develop a Plan of Care that addresses their needs. Your visits can be part of that Plan of Care.

**For more information about all The Pines has to offer call, The Pines at Whiting at 732-849-0400.**



Anne Spencer(right) is a resident member of Green Thumbs, a gardening club on Hamilton Place led by Activity Assistant Renee Leli (left) Gardening offers relief from physical and cognitive limitations, reduces stress, gently exercises aging or arthritic joints, and stimulates memory. Caring for plants inspires hope as residents respond positively to green plants and colorful flowers.



Dear Ms. Polchak

*I have had the opportunity to visit my mother-in-law at the Rehabilitation facility at Hamilton Place in recent weeks. I am writing to pass along my feelings about the facility. I found the facility itself to be "state of the art" in design for its intended purpose. The staff that cares for the patients like my mother-in-law are very focused on providing the best care possible and treating everyone with a high level of respect.*

*I have been in many rehabilitation and nursing facilities to visit family and friends and find Hamilton Place at The Pines to be the best of its kind, by far, of any facility I have ever visited. I think the overall nature of what I have described about Hamilton Place provides the best environment to keep the spirits of the patients and their families as high as possible at a time in their lives when it is needed most.*

Sincerely,

Leslie J. Kaunitz



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Come visit The Pines at Whiting and discover a fresh perspective on retirement. Call Paulette or Karen at 732-849-0400 and learn the advantages of coming home to The Pines at Whiting.

Residents of The Pines at Whiting experience restaurant quality meals under the direction of Executive Chef Douglas Riggs.

*"This recipe is a staple in Israel and was taught to me by my Mother-in-Law and is now a staple in my house. I usually serve it with freshly made hummus as well as warm pita and of course espresso."*

Enjoy more of Executive Chef, Doug Riggs recipes on Facebook, search The Pines at Whiting and become a fan.



### (Shakshouka) Eggs Poached in Tomato Sauce CLIP AND SAVE

- 1/4 cup extra-virgin olive oil
- 3 jalapeños, stemmed, seeded, and finely chopped
- 1 small yellow onion, chopped
- 8 cloves garlic, crushed
- 1 tsp. ground cumin
- 1 tbsp. paprika
- 1 28-oz. can diced tomatoes, undrained
- Kosher salt, to taste
- 8 eggs
- 1/2 cup crumbled feta cheese
- 1 tbsp. chopped flat-leaf parsley
- Warm pita, for serving

1. Heat oil in a 12" skillet over medium-high heat. Add jalapenos and onions and cook, stirring occasionally, until soft and golden brown, about 6 minutes. Add garlic, cumin,

and paprika, and cook, stirring frequently, until garlic is soft, about 2 more minutes.

2. Put tomatoes and their liquid into a medium bowl and crush with your hands. Add crushed tomatoes and their liquid to skillet along with 1/2 cup water, reduce heat to medium, and simmer, stirring occasionally, until thickened slightly, about 20 minutes. Season sauce with salt.

3. Crack eggs over sauce so that eggs are evenly distributed across sauce's surface. Cover skillet and cook until yolks are just set, about 5 minutes. Using a spoon, baste the whites of the eggs with tomato mixture, being careful not to disturb the yolk. Sprinkle shakshouka with feta and parsley and serve with pita, for dipping.