

# soul friends

brought to you by your friends at Anam Campus

Spring  
2021



## Spring Birthdays...

### April

9th Charles  
26th Ray

### May

7th Ralph  
10th Armer  
12th Jim  
13th Jennifer  
13th Penny  
15th John

### June

5th Connie  
28th Ken  
29th Margaret



## Dorothy Mae (Jones) Moorehead

Born on July 15, 1931, Dorothy is a farmer's daughter. She left the farm April of 1950 to marry Roger Moorehead. Together, they purchased a lean-to (chicken coop) and a piece of land in Paw Paw, Illinois. They turned this building into a one-room plus kitchen and bathroom home in which to begin raising their family – three sons and a daughter by January, 1953! (Dorothy has often reminisced about scrubbing all of the flooring with lye to make it suitable for living.)



As was common in those days, Dorothy was a stay-at-home mom who was also very involved in church and the children's school activities. Roger worked full time by day, adding to the "house" nights and weekends (they had two additional sons by 1968) until it became a beautiful 5-bedroom, 2-bathroom home on three acres. Over the years, this home (as well as her husband and children) became Dorothy's pride and joy. It fulfilled her many interests of cooking and baking for her family, gardening, crafting, and bird watching. She knew names of practically every bird on her property;

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and, much to his dismay, Roger often commented that she bought as much as bird seed as she bought for the family. Dorothy and Roger remained in this home until his death in 2012, and her subsequent move to Anam Care in 2013.

As seen in the photo, she has always been known her for sparkling blue eyes, warm smile, and beautiful (in future years) white hair.

## Keep on Dancing!

Dance is seen as viable therapy for dementia because it simultaneously combines physical and cognitive stimulation, which could maximize its impact on neuroplasticity and cognition. So far, studies have examined the effects of dance in elderly individuals with dementia, including subjects with Alzheimer's disease and those with confusion, disorientation, and memory loss.



Research published in the New England Journal of Medicine found that dancing can reduce the onset of dementia. The 21-year study of senior citizens, aged 75 and older, was led by the Albert Einstein College of Medicine in New York City, funded by the National Institute on Aging. They measured each participant's mental alertness as a means of monitoring the rates of dementia, including Alzheimer's disease.

The researchers studied a range of cognitive and physical activities, such as reading; writing; doing crossword puzzles; playing cards; playing musical instruments; dancing; walking; tennis; swimming and golf. Surprisingly, dance was the one activity that was good for the mind, significantly reducing dementia risk. Regular dancing reduced the risk of dementia by 76%, twice as much as reading. Doing crossword puzzles at least four days a week reduced the risk by 47%, while cycling and swimming offered no benefit at all.

## From our Executive Director

Goodbye beautiful snowy days of winter. Spring is upon us, and sunny days are around the corner. The sweet sound of birds chirping is in the air. We have made it to 2021 and we are almost ready to gather. Anam



Campus misses our friendly families graciously smiling throughout our facility. We miss hugs and kisses around every corner and Family Pasta Night! It is my Easter wish to see all of you soon. Later this month we will announce our Re-Opening Program. All of you have been wonderful, kind, and patient as we all struggle through this together. We thank you for your continued support.

We have many new additions to our Anam team -caregivers, kitchen staff, activities, and nurses. Natalie Moberg, LaGuanda Doby, and Rhoda Diaz are just to name a few of our amazing nurses. Thank you for joining our family.

## “Spring is upon us and sunny days are around the corner.”

We would like to wish Rhonda Michelle Skridla a farewell and thank you for your lovely service as an RN. Rhonda will be moving to the great state of Tennessee this spring. We wish you the best of luck. Tennessee is gaining a hero.

A huge thank you to all of our team, as they continue to care for those we love with dignity and pride, serving our residents, as they have served their communities.

Happy Easter and Best Wishes,

Erin

## Emotional Support Animals - Do They Help?

Even though not everyone is a lover of animals, the answer in one word is: Yes. Overwhelmingly, research supports the benefits of animals with people who have dementia.

**Improved Mood** Multiple studies have cited benefits such as improved mood and more social interaction— notable benefits since people with dementia are at risk for developing depression, which can further compromise their functioning and quality of life.



**Jennifer & Rico**

**One such study** evaluated animal-assisted therapy at an adult daycare center for older adults with dementia. The results indicated that involving the people in activities with dogs decreased their feelings of anxiety and sadness and increased physical activity and positive emotions.

**Calming Effect** In a study published as far back as 2008, psychologists observed a calming effect following pet therapy in a small sample of nursing home residents. Other studies have shown that animal-assisted therapy yields significantly lower blood pressure levels.

**Decreased Behavioral Problems** Another study measured the effects of a resident dog, as opposed to a visiting dog, in a nursing home. The researchers found that after the addition of the dog to the Alzheimer's unit, the residents' challenging behaviors significantly decreased during the day.

Other research found that agitation and aggression were significantly reduced in people with Alzheimer's disease who were exposed to pet therapy.

**Improved Nutrition** One study placed aquariums in a facility and found that residents' food intake and weight increased. This decreased the need for nutritional supplements, which lowered costs for the facility.

**Increased Social Interaction** Other research found that animal-assisted therapy was correlated with an increase in social interaction with others in those with dementia.

**Increased Physical Activity** Pet therapy has also been associated with increased physical activity.

While pet therapy may take some additional effort to provide, its benefits can be significant. An animal's unconditional love and acceptance, as well as the therapeutic physical touch from pet contact, can improve quality of life, with or without dementia.

-Very Well Health





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## Natalie Moberg



Hello! My name is Natalie Moberg and I am the new Assistant Director of Nursing here at Anam! I would like to share with you a little bit about myself. I have lived here in the Rockford area my entire life. I am married and a mother of three beautiful children. I went to Rock Valley College for my associates degree and continued to get my bachelor's degree in nursing at Olivet Nazarene University. Once I graduated, I began working in the hospital. I have had both general and intensive care experience through out my nursing career.

Some fun facts about me are that I love the outdoors, sports, and singing (even though I am not the best)! My favorite foods are tacos and hot wings! My favorite color is green. I am extremely excited to begin my journey here at Anam with our wonderful residents and all their beautiful families!

Please when you see me around do not hesitate to say hello!

## "SENDING OUR LOVE"

