




# Think Better

AUTUMN 2019  
CLINICAL UPDATE

Memory Care Tips and Tools from St. Barnabas

## Dedicated Care

Through purposeful engagement in a safe and secure setting, we lessen anxiety, increase joy and provide residents with a sense of dignity and purpose. To learn more about Memory Care at St. Barnabas, visit [StBarnabasMemoryCare.com](http://StBarnabasMemoryCare.com) or contact Anne Nelson, Director of Clinical Admissions by phone at 724-625-4000 or email at [ANelson@StBarnabasHealthSystem.com](mailto:ANelson@StBarnabasHealthSystem.com). 

## St. Barnabas Memory Care Locations

Arbors Gibsonia  
5827 Meridian Rd. · Gibsonia, PA 15044

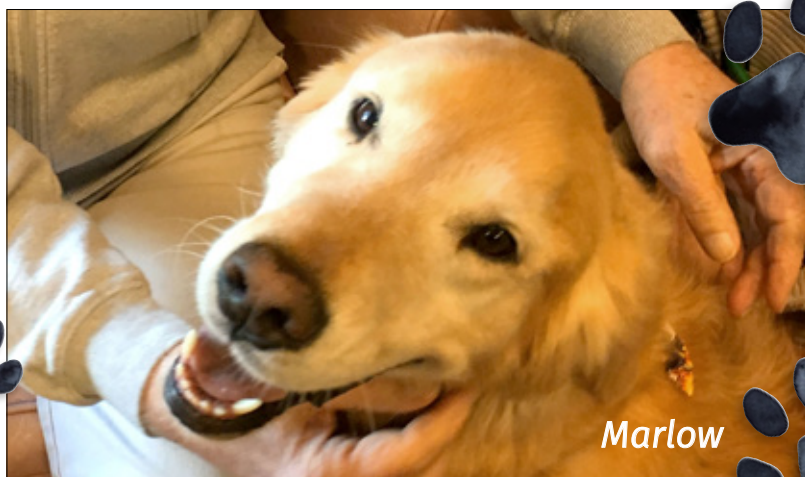
Arbors Valencia  
85 Charity Place · Valencia, PA 16059

Arbors III  
6005 Valencia Rd. · Gibsonia, PA 15044

Beaver Meadows  
5130 Tuscarawas Rd. · Beaver, PA 15009



## Man's Best Friend



Marlow

Humans and animals have always had a special relationship. Animals not only serve as pets—they are also faithful companions. Just imagine what Charlie Brown would do without Snoopy or how Timmy would have survived his many adventures without Lassie.

Research has shown that the companionship of a pet may decrease stress, ease pain and lower cholesterol.

So has medicine gone to the dogs? Yes, it has!

At St. Barnabas we recognize that pets can play a role in our resident's happiness and overall wellness.

We have several pets that visit our campuses. Broccoli the bunny and Milo the dog are just two of these special animals that bring comfort and enjoyment to our residents and staff. You can see the residents' faces light up when they see these special visitors. We are very grateful to the volunteers who share their time and special pets with us.

Along with the furry friends that visit our residents, we have a new visitor affectionately named Jell-O by the

continued on page 2 —>

## Man's Best Friend [cont'd.]

residents of our memory care program at St. Barnabas Arbors Valencia. Jell-O is a robotic dog that is manufactured by Ageless Innovations and was kindly donated in memory of a former resident. They make a variety of breeds of robotic dogs and cats. Ted Fisher, Ageless Innovations founder and CEO stated 'the robotic cats and dogs produce joy and meaningful connections for patients.'

Our Alzheimer's and dementia patients can benefit greatly from the interaction with both our visiting pets and Jell-O.



Jell-O

Spending time with pets can:


- Decrease loneliness and isolation
- Improve motor skills
- Increase verbal communication
- Increase willingness to join in activities
- Lessen depression
- Reduce anxiety and stress with calming effects
- Reduce boredom
- Reduce blood pressure and
- Improve overall cardiac health

## Apart From The Ordinary!

Caring for your loved one is important to us. Our exceptional staff is trained in the Habilitation approach to dementia care using the 'Caring for People with Alzheimer's Disease' program provided by the Alzheimer's Association, Greater PA Chapter.



According to the Alzheimer's Association, this training may help decrease difficult behaviors, reduce the use of medications, help staff gain insight into fall prevention and improve communication between staff and persons living with dementia.

Our experienced and trained staff sets us apart from the ordinary! 

For information on symptoms, diagnosis, resources, support and clinical trials:

[alz.org](http://alz.org) | Alzheimer's Association

[alzimpact.org](http://alzimpact.org) | Alzheimer's Impact Movement [AIM] Advocacy Resource

[StBarnabasHealthSystem.com](http://StBarnabasHealthSystem.com)

Memory Care at St. Barnabas Health System





# Employee Spotlight: Wyeth Jones

Wyeth Jones is a Memory Care Specialist for St. Barnabas Nursing Home. She joined the St. Barnabas family in 2015 as a Hospice volunteer and became part of the Memory Care team in 2016. Wyeth graduated from University of Maryland, Baltimore County with a Bachelor's degree in Psychology. She worked for several years in community-based mental health and aging programs and is passionate about caring and advocating for the long-term care residents living with dementia at St. Barnabas. In her spare time, Wyeth enjoys spending time with her husband, children and dog. 🐕



## Caring Is Our Calling



Thank you, Representative Mike Kelly, for being a part of our Alzheimer's Impact Movement [AIM] Coffee with Congress series held July 30, 2019 at the Crystal Conservatories.



*Representative Kelly addressing his constituents*

Thank you, Representative Conor Lamb, for meeting with St. Barnabas staff and residents of Beaver Meadows on August 19, 2019 to discuss key senior health care issues.



*Representative Lamb talking with a resident and Katie Schneider, St. Barnabas Beaver Meadows Administrator*



4

## Calendar of Events

2

OCT

MEMORY CAFÉ  
St. Barnabas Beaver Meadows  
Wednesday, 10:00 AM to 11:30 AM

7

OCT

MEMORY CAFÉ  
St. Barnabas The Arbors III  
Monday, 2:00 PM to 3:30 PM

4

NOV

ALZHEIMER'S DISEASE AND OTHER  
DEMENTIA SUPPORT GROUP  
St. Barnabas The Arbors III  
Monday, 2:00 PM to 3:30 PM

6

NOV

ALZHEIMER'S DISEASE AND OTHER  
DEMENTIA SUPPORT GROUP  
St. Barnabas Beaver Meadows  
Wednesday, 10:00 AM to 11:30 AM

*Save The Date*

 **ST. BARNABAS CHARITIES**  
EXCLUSIVE EVENT

**Saturday, October 19, 2019**  
**IL PIZZAIOLO**  
701 Warrendale Village Dr  
Warrendale, PA 15086  
**StBarnabasCharities.com**  
**724-625-3770**

Presenting Sponsor **CooksonPeirce**  
WEALTH MANAGEMENT