

CENTENNIAL MENTAL HEALTH CENTER, INC

Our mission is to achieve excellence in the provision of behavioral health services that lead to optimal health and well being.

August 8, 2014



- 1-7 – Simplify Your Life Week
- 3-9 – Single Working Womans' Week
- 10-16 – National Resurrect Romance Week
- 17-23 – Thanks For All The Gifts Week
- 24-30 – National Safe at Home Week – Reduce The Clutter
- 25-31 – Be Kind To Humankind Week

Did you know that the first week of August is National Simplify Your Life week? We're all familiar with the idea of spring cleaning, but some late-summer simplifying is a great way to keep the clutter to a minimum going into fall. But simplifying your life isn't just about removing the physical clutter out of your cabinets; it's meant to make us look a little bit closer at our lifestyle and eliminate the things that keep us from truly enjoying life.



The world of learning is so broad, and the human soul is so limited in power! We reach forth and strain every nerve, but we seize only a bit of the curtain that hides the infinite from us.

Maria Mitchell
(1818-1889) US astronomer, educator. She was the first professional woman astronomer

The CenterLine



Mood Enhancing Music.

Music can be stimulating or soothing. It can conjure a range of emotions from elation and joy to melancholy, irritation and relief. Music can turn a bad mood around, trigger lost memories, connect people to each other and ground them to the present moment.

Tips for Finding the Best Music

Personally Meaningful Songs and Familiar Old Favorites

Listening to old favorites can enhance mood and make potentially troublesome daily living activities such as bathing or dressing go more smoothly for all involved. Kim Warchol, a licensed occupational therapist says that the music should be something familiar to your loved one, "Music can be used in so many ways and for so many purposes in Dementia Therapy. Get creative and get personal. Find the specific songs that were special to your relative and awaken their interest and attention. For ideas about what songs to include, rely on your own recollection of your loved one's tastes in addition to asking your loved one about his or her favorite songs. Older family members may also be able to recall tunes that were special to your loved one in their youth.

Stimulating Music: Pop Songs From Their Salad Days

Stimulating big band, swing and salsa music often inspires dance and movement in dementia sufferers, giving them much needed physical exercise. Ann Napoletan, a writer for the Caregivers.com blog whose mother suffered from Alzheimer's disease says, "My mom enjoyed just about any music," adding that her mother's housemates "loved the oldies station – Frank Sinatra, Dean Martin. There's lots of singing along." Look at the top pop songs from the years when your loved one was a young adult. If your loved one was born in 1930, look at the music charts for the late 1940's and the 1950's. Wikipedia maintains a list of top American pop songs from 1940 onward.

Soothing Music for Agitation Management

Soft classical music, lullabies or non-rhythmic instrumental background music can reduce agitation and anxiety during periods of sundowning. Music therapists also suggest redirecting agitated patients to participate in a rhythmic activity such as singing, tapping or shaking percussion instruments, drumming or clapping.

Connecting and Comforting Music: Sing-Along Classics

To create a sense of comfort and safety as well as engagement, look for classic American folk songs with easy to remember lyrics that most of us learned as children, think "She'll Be Comin' Round the Mountain" and "I've Been Working on the Railroad." Certified musical therapist, Rachel Rambach, wrote [12 Songs Every Music Therapist Should Know](#). Some of the songs she's found most successful in her work include "Over the Rainbow" and "You Are My Sunshine," even "American Pie" by Don McLean.

Best Music for Dementia Patients by Jeff Anderson

www.alzfdn.org/PrivacyStatement/privacystatement.html



Pre-Trip Vehicle Inspection Form



USE THIS CHECK LIST AS A GUIDE FOR INSPECTING THE VEHICLE.
CHECK "REPAIR" IF REPAIR IS NEEDED.

Vehicle Receiving Inspection: _____ License No. _____

Vehicle Number: _____ Office Location: _____

Date	REPAIR	ENGINE OFF
		ENGINE OIL WITHIN ACCEPTABLE LIMITS
		COOLANT LEVEL ACCEPTABLE
		TIRE TREAD AND SIDEWALS SHOW NO DAMAGE
		TIRE INFLATION
		WINDOWS CLEAN INSIDE AND OUTSIDE
		WINDSHIELD WIPERS CLEAN AND NOT STUCK TO WINDSHIELD
		SEAT BELT FUNCTIONS CORRECTLY
		EMERGENCY / INCIDENT REPORTING KITS AVAILABLE
		ENGINE ON
		HEADLIGHTS FUNCTION ON BOTH HI AND LO BEAM
		TURN SIGNALS FUNCTION
		BRAKE LIGHTS FUNCTION INCLUDING THIRD BRAKE LIGHT
		REVERSE LIGHTS / BACK UP ALARM FUNCTIONS
		HORN SOUNDS
		MIRRORS FUNCTION AND ARE CLEAN
		BRAKES FUNCTION CORRECTLY
		ANY NEW DAMAGE NOTED PRIOR TO USING THIS VEHICLE?

NOTES: _____

PLEASE NOTIFY OFFICE COORDINATOR OF ANY REPAIRS NEEDED.