

THE FRONT PORCH

All the happy happenings at Cotton Grove Estate



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How To Help Your Older Adult Adjust To Life In A Senior Home

Moving to an assisted living facility or personal care home is a major change for an older adult.

Many aging seniors aren't open to this change at first - even if their ongoing care requires a facility with dedicated staff - as they fear isolation and are unsure of what the new environment will bring.

However, there are several great ways to support your senior parent as they adjust to life in their new community.

The first few days, weeks, and even months in a new community can be challenging, so it's helpful to offer much-needed encouragement and positive reassurance as they adjust to the new lifestyle.

Read on for some effective tips that will help you ease the transition for your older adult.

Stay In Touch

Fear of isolation is a major reason seniors are reluctant to move to a personal care home, but regular visits can assure them of your love and support.

If you live in the same city, visit as frequently as possible. Introduce predictability in your visits. For instance, block your calendar for Saturday each week to spend the day with your loved one.

If you have a hectic work schedule, use technology to your advantage! Applications like FaceTime, Skype, and WhatsApp are effective tools to keep the lines of communication flowing, regardless of distance.



Add A Personal Touch To The New Living Space

One sure way to help your aging parent adjust to their new environment is to place familiar items and keepsakes in their personal suite.

For instance, if your parent is accustomed to having a Bible or family photo at their bedside, place these items in their usual spot in the new living space.

Encourage your loved one to share their layout preferences and allow them to make decisions pertaining to the decor.

Get their input on the furniture arrangement and the choice of pictures and keepsakes.

Involve them in setting up the room while making sure that it's functional and safe.

Recreating their usual space will help them feel at home in the new environment.



Avoid The Urge To Over-Protect

Maintaining independence is critical, as it promotes a sense of purpose and achievement, boosting your senior's self-worth and emotional well-being.

This is exactly the lifestyle that senior living facilities like Cotton Grove Estate promote; they offer customized care services while maintaining your loved one's independence and privacy as much as possible.

Though you may be concerned about your parent's ability to adjust, avoid being overprotective of them. Offer necessary and reasonable attention and care, but refrain from hand-holding. Doing so will only increase your senior's dependence on you, preventing them from adapting to the new environment.



Connect With The Staff

The staff at reputed senior living facilities take a lot of care to make their residents feel involved; they often go out of their way to attend to their specific health and entertainment needs.

However, since your older adult is still adjusting to their new home, it's wise to meet the staff and discuss their care needs. This will ensure the little things that make your parent's life comfortable are taken care of.

When you visit the facility, meet the staff to understand how your parent is adjusting. This will allow you work with them toward making your senior's life more comfortable in their new home.

Read more at [DailyCaring.com](https://www.dailycaring.com).

Meet The Newest Members Of Our Caregiving Team

Amy Leiner

Amy is married and the proud mother of six children - four boys and two girls - who keep her very busy when she's not caring for our sweet residents! She is also blessed with 13 grandchildren. Her favorite hobby is reading, and when she's not working hard at Cotton Grove, she loves to spend as much time with her large family as possible.



Makayla Westberry

First and foremost, Makayla is a loving wife and the mother of an adorable little boy. She is incredibly humble and a very hard worker. A country girl at heart, Makayla loves fishing and mudding. Her favorite foods are tacos and pasta. Our residents sure are lucky to have her cooking up a storm in the kitchen!

Grace Anderson

Gracie Anderson is a senior in high school, making her the youngest member of our caregiving team. When she graduates this May, Gracie plans to pursue a nursing degree. A varsity cheerleader, Gracie is also a high achiever, having recently received a leadership award.

"From a young age, I've always enjoyed helping others and I love making a difference in everyone's day," she said. "Growing up, I was inspired by my late cousin, Amy, who was a nurse and inspiration to everyone she met."



Chair Yoga For Seniors: Reduce Pain And Improve Overall Health

Chair yoga is an excellent way for older adults to receive the wonderful health benefits of traditional yoga, as staying seated means that even frail seniors or those who aren't very flexible can safely complete the exercises.

The benefits of chair yoga for older adults include: loosening and stretching painful muscles, reducing chronic pain, decreasing stress, and improving circulation. Chair yoga also alleviates anxiety, helps lower blood pressure, protects joints, and builds strength and balance.

The top priorities when practicing chair yoga with older adults are their safety and comfort - none of the movements should hurt. Seniors should follow the instructor's movements only as far as is comfortable.

Even if they have to skip some movements or don't have much range of motion, they'll benefit from the exercises. And, over time, their flexibility and strength will improve.

Check out some of our sweet residents (pictured right) performing chair yoga exercises with Miss Jasmin!









A Message From Anna

Dear family and friends,

Remember the old adage, "April showers bring May flowers?" Well, I think we got all of our rain in March this year!

Even though we saw a very wet month, we still made the most of it out at Cotton Grove Estate! We played indoor games, ate lots of tasty food, and welcomed a few lovely new members to our caregiving team.

So, although our outdoor time was more limited than usual, I think we still came out alright in the end.

And now that spring has officially sprung, we have so much to look forward to! Easter is on the horizon, which is such a special time of year; one to reflect upon the sacrifice which was made so that we might have hope and, someday, enjoy eternal life.

This time of year, I also find myself reflecting on the many sacrifices our caregiving team makes each and every day to ensure the health, comfort, and safety of our residents. They are such special, selfless women - I am amazed that they exist in the world we live in today!

If you know a caregiver, or have been one yourself, you know what a thankless task it can be at times. So I am incredibly grateful for the dedication our team shows. They love our residents something fierce! And they embody the Cotton Grove mission statement with every action: *The driving force behind everything we do is to treat each resident the way the person who loves them the most would.*

If you happen to see one of our amazing caregivers out at the estate, or somewhere in town, would you do me a favor? Would you take a moment to thank them for all they do for the elderly members of our community? So often they go without recognition that I just know a little bit of unexpected praise would mean the world to them.

A Message From Anna, Cont.

Of course, if you don't have this opportunity to express your thanks, that's quite alright - they will continue doing a fabulous job caring for our precious residents, because that's just who they are. They always put others first without ever giving a second thought to their own needs. They're a rare bunch, indeed, and our community is a better place for it!

Before I go, let me wish you a very happy Easter season! I hope you are blessed with health and happiness, and that you have the chance to stop and enjoy the many reminders of God's goodness that are all around us in this beautiful place we call home.

Warmly,

Anna Pittard
Owner, Cotton Grove Estate
(912) 424-6422

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