

# SAM PROGRAM NEWSLETTER:



## January's Name:

# January 2010

January was named after the Roman god Janus which is derived from the Latin word *janua*, meaning gate. According to Roman mythology, Janus was a god with two faces. One of the faces looked into the future while the other looked to the past.

## January Dates To Remember!

**Jan 1st:** New Years Day!

**Jan 14th:** Makar Sankranti

**Jan 30th:** TuB'Shevat



**Birthstone:** Garnet

**Flowers:** Carnation & Snow Drop

**Colours:** Black & Dark Blue

**Capricorn:** December 22nd to January 19th

**Aquarius:** January 20th to February 18th

**January Birthdays:** If you were born a Capricorn, the Goat you are stable, serious and reliable worker who gets the job done no matter how long it takes. If you were born Aquarius, the Water Bearer you possess strong and attractive personalities, are imaginative and enjoy opportunities for lonesome meditation.

## Nurses Notes:

By Eva, Pam & Sarah



**Respite Services** can be provided in two different forms. One form is in-home respite which includes informal family support and relief, online caregiver communities, online workshops, volunteer or paid companionship and personal care or skilled health assistance. A second form is out of home respite which includes adult day programs, residential respite care and caregiver support groups. Respite helps caregivers because it is a distraction to the everyday care giving routine. It provides a time to take time out and think of other things besides care giving. Respite can help both the patient and the caregiver by allowing a caregiver to get much needed rest and relaxation and it brings a variety of interpersonal relationships into the life of the loved one. Respite care provides short term breaks that can relieve stress, restore energy and promote balance in your life. If you are a caregiver and are interested in respite services, contact the Nurse Coordinator at your SAM site or contact the HNHB CCAC in Hamilton at 905-523-8600 or in Halton at 905-639-5228.

## Caregivers Corner:

By Chantal, Dale & Leighann



Caring for yourself is the most important and often the most forgotten thing you can do as a caregiver. Many caregivers report suffering from sleep deprivation, poor eating habits, lack of self care and lack of preventative healthcare. This months Caregivers Corner will focus on some things you can do as a caregiver in order to keep yourself healthy so that you can provide the best care possible for your loved ones.

- \* It is vital that you eat healthy balanced meals.
- \* Limit the amount of caffeine and alcohol you consume.
- \* Regular exercise is very important as it decreases stress levels and enhances quality of sleep.
- \* Take time for yourself and do something just for you without feeling guilty about it!
- \* Ask for help! You cannot do it alone and most people would be happy to help, you just need to ask.
- \* Speak with your doctor, seek out caregiver support groups or respite programs in your area.
- \* Make your boss and coworkers aware of what is going on so they can be supportive of necessary absences.
- \* Communicate your feelings! Talk to a friend, counsellor or jot them down in a journal. Communicating your feelings can help to sort out bottled up emotions and help you to cope in times of stress.
- \* Most importantly, don't forget to laugh and give yourself credit and encouragement for a job well done!!

## Office Notes:

By Shelley & Trish

905-525-5632 [www.samprogram.ca](http://www.samprogram.ca)



**Happy New Year!!!** Welcome back everyone, we hope that you all had a safe and happy holiday season!

**Client Reminder!** Just a reminder to bring in a pair of proper shoes to wear while you are taking part in the program. Winter boots are not appropriate!

**Travelling Falls Prevention Clinic!** The SAM Program is pleased to announce that the **Travelling Falls Prevention Team** will be offering this free service at our SAM Flamborough Program location beginning January 2010. This free community clinic is for people 65 years of age and older who would like to feel more confident and steady on their feet; stay safe and independent in their home and would like to have peace of mind and not worry about falling. Please call 905-777-3837 extension 12424 for more information or to make an appointment.

**Next SAM Closure!** The SAM Program will be closed on **Monday February 15, 2010** in celebration of **Family Day!**

## Foot Care Dates:

**Central:** January 26th ~ Call First Place Hamilton 905-525-9800.

**East:** January 15th ~ Call Step Ahead 905-385-4654.

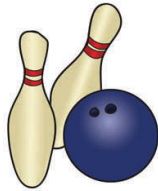
**Flam:** January 8th & January 12th ~ Call Debbie 905-336-5230 or Marilyn 905-975-2883.



### *Extra Extra.....*

#### **SAM Central: 905-525-1181**

- \* On Tuesday January 8th the Legend lives on! Ladies and Gentlemen... **Elvis** is in the building.
- \* Soups on....mmmmmm good! Join us on Wednesday January 13th to take the **Soup Personality Challenge**.
- \* Back by popular demand....**Plaid Day!!** Wear your favourite attire and celebrate **Robbie Burns Day** on Friday January 22nd.
- \* It's going to be a humming kinda day on Thursday January 28th as we learn the fine art of playing the **Kazoo!**



### *Highlight Of The Month!*

#### **Tournament Days!**

- \* Euchre
- \* Round Robbins
- \* Name That Tune



#### **SAM East: 905-544-4550**

- \* We would like to welcome **Eva Rocha**, the new Nurse Coordinator at SAM East!! **Welcome to the SAM East team Eva!!**
- \* **Happy New Year!!** This month we will celebrate the **New Year** with a variety of fun activities! Reminiscing of the year past and resolutions for the year ahead!
- \* Let's kick start the year with **Ralph and the Sunshine Band** on Thursday January 21st.
- \* Touch down!! **Fantasy Football Races** will take place this month!
- \* Strike....get ready to knock 'em down at our **Bowling Tournament** this month.

#### **SAM Flam: 905-689-5244**

- \* **Happy 2010!!** We will ring in the **New Year** in style on Tuesday January 5th & Wednesday 6th.
- \* On Thursday January 28th and Friday January 29th we will host a **SAM Flam Olympic Tournament**. Each client will be assigned to a team. Come and join in some fun and a little friendly competition.

## Leisure Tidbits:

By Bev, Nicole & Shannon



### **Relaxation Strategies!**

With all the stress and worry of the holiday season over, why not start the New Year off with a resolution on strategies to help you relax in 2010! Take fifteen minutes each day for YOU and only YOU. Take a stroll either outdoors in the fresh air or at a mall and have a walk. Pick up the paper, put your nose in a book and read. Enjoy some music, listen to the radio and put your feet up, pursue that hobby you have been wanting to do, write a letter to someone you have been meaning to! In all this rush, rush, rush in our society, we often fail to realize to stop and take a moment. It is alright to give yourself permission to do just that. In those fifteen minutes of ME time, you will be surprised just how revived and ready you are to tackle life's next task!

### **SAM Smiles:**



My neighbours young son swallowed a quarter, a dime and a nickel. He was rushed to the hospital. The next day I asked my neighbour how his son was doing and he replied, "no change yet."

Worrying is like a rocking chair! It gives you something to do but it doesn't get you anywhere!

When someone asks you, "a penny for your thoughts" and you put your two cents in, what happens to the other penny?

Cleaning your house while your kids are still growing up is like shovelling the walkway before it stops snowing!

Learn from the mistakes of others. You can't live long enough to make them all yourself!

If your parents didn't have any kids, chances are you won't either!

A mother may hope that her daughter will get a better husband that she did, but she knows that her son will never get as good a wife as his father did!

## Did You Know?



That...

**On January 3rd you can sleep in without feeling guilty? January 3rd is Festival Sleep Day! The holidays are over and everyone is completely exhausted. What better time to catch up on some napping. Sleep has been proven to boost your immune system, repair your body's cells, trigger the release of important hormones, and improve learning, memory and concentration! While a cat sleeps twelve hours a day, a dog ten, a bat twenty, and a giraffe only two, adult humans need seven to ten hours of sleep each night. In fact, sleep is more vital than food. A person will die sooner from a lack of sleep than from starvation! Sleep is very serious business! So make your New Year's resolution now.....and sleep on it!!**