

# Mission Moments



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***You have a life. Your loved one has a life. We have a solution for both of you.***

## Update on New Programs

In 2010 Mission Center put together a plan to roll out 3 new programs: the restorative therapy program, which we termed “**Maintain the Main Frame**” designed to assist clients to increase strength, improve balance, and combat debility; a second activity calendar of events call **Cognitive Connection** specifically for individuals who have some type of brain disorder; and a **Caregiver Library** which will be an additional resource for clients, families, and staff to increase their knowledge about care giving, disease progression and management, stress reduction, and a variety of other topics.

The Restorative Therapy Program has been up and running for several months, and we are already seeing the results. Almost half of the clients in the program have seen improvement in mobility and all are maintaining their current level of functioning. Many of our clients that receive home health services are able to utilize the equipment with the guidance of their physical therapist. This makes it convenient for the client and the therapist and provides the client with the opportunity to use equipment that would not otherwise be available.

The Cognitive Connection program has been available since the end of last year and allows individuals with diagnoses such as traumatic brain injury, moderate to severe memory loss, or a developmental disability such as autism or mental retardation to pursue interests on a level that they can enjoy. Groups are typically smaller allowing for more time and attention to be spent with each individual.

The Caregiver Library offers pamphlets, brochures, and books that are available to keep or check out. Families are sent an updated list on a quarterly basis and can come to Mission Center to select the information of interest or have the literature sent home with their loved one that attends the program. All programs have been implemented with the intention to increase proactive behavior, self-sufficiency, and the tools to make educated decisions about various health conditions.

Mission Center believes that there is comfort and the ability to cope better with greater understanding.



**Restorative Therapy Program in action**



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## August is Cataract Awareness Month

August is National Cataract Month and in order to promote awareness, it is important to understand the cause, effect, and treatment of a visual impairment that affects almost 22 million people. Cataracts are a visual disorder and are the leading cause of blindness among individuals 55 and older.

Cataracts are caused by the death of cells in the lens of the eye. These cells accumulate causing a clouding effect that causes blurred vision. Other types of cataracts can develop from glaucoma and eye injuries.

Cataracts can also be caused by health and environmental factors. Diabetes is a common health disorder that contributes to cataracts. Habitual drinking of alcohol and smoking can increase the risk. Overexposure to the sun

can damage the eyes and lead to cataracts.

In the early stages of the diagnosis people can adjust by using prescription glasses and stronger lighting. As the cataracts progress surgery may become the only option. The good news is that the surgery is typically an outpatient procedure and more than 90% of those who undergo the procedure regain vision.

It may be inevitable that a person gets cataracts, but prevention can reduce the risks. There are several simple ways to protect your eyes from the deterioration that causes damage to the lens.

- Always wear sunglasses when out doors or driving in the car.
- Eat your veggies! Leafy dark

green vegetables such as spinach and kale protect the cells in your eyes.

- There are other foods that contain antioxidants that are important nutrients for your eyes: carrots, avocados, tomatoes, broccoli, eggs, salmon, and sunflower seeds.
- Take your vitamins. Supplements that contain lutein and zeaxanthin protect eyes from UV damage from the sun.

Regardless of lifestyle eye exams should be an integrated part of every individual's health care plan particularly as you reach the age of 40. Individuals age 40-50 should typically have an eye exam every 2 years, and people over 50 should have an eye exam every year.

## Finding Value Vacations For Seniors

August can be a good time to take a vacation. Most families with school-age children have taken vacations during the height of the Summer and many places will be less crowded. With the skyrocketing price of gasoline and the unstable economy, it may be difficult to plan a trip that fits into your budget.

The good news is that there are several ways to find discounted travel and many times those discounts target seniors. The following are common ways to get travel discounts:

- Join AARP for discounts on hotels, flights, and car rental for individuals 55 years of age and older.

- Amtrak offers a 15% discount for rail travel.
- Travel to senior-friendly places such as Ft. Myers Florida and Myrtle Beach, South Carolina
- Last minute travel deals.
- Group rates
- All-inclusive Cruises

Once you have decided on your destination, you now have the task of finding reasonable accommodations. Many times Bed and Breakfast Inns are cheaper than large hotel chains. Early bird meals are less expensive than those served during peak dinner times, typically from 5:00-7:00 pm. For those who don't care to

venture too far from home, inquire if there are community activities in a neighboring town or city. Their community calendar should have a list of upcoming events for the month. These may include art exhibits, festivals, fairs, and sporting events. A day trip can be a leisurely inexpensive getaway that doesn't require the time that it takes to make arrangements for a far off destination.

Many times there are exciting events right in your own backyard. The clients at Mission Center recommend the local duck pond, the sensory garden at the Ellen Noel Museum, and the annual air show as a few of their favorite outings.

## Benefactors 2010 - June 2011

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## Reminiscing: A Significant Part Of Aging

As we get older it is important that we can look back at our lives with a sense of pride. Escaping to a previous time or place can combat feelings of loss and isolation. Thinking back to the times when we were out and about, raising our families, or at the peak of our careers, can elicit happy thoughts.

An important part of reminiscing is story telling. This is a magical way to share events with children and grandchildren. It keeps memories and traditions alive in the minds of those dear to us. It gives younger generations a sense of history and cultivates intergenerational relationships. Stories are the ties that bind the past to the present. They provide continuity to life.

There are many ways to promote reminiscing. Along with encouraging your loved one to share stories, you can look at photo albums or old magazines, watch old movies, and listen to music from a particular era. Other more active ways to reminisce include cooking old recipes, visit old neighborhoods, These are just a few ways that people can enjoy the past.

## Reminiscing-Cont'd

Mission Center incorporates reminiscing into many of the activities that we provide. For individuals with cognitive impairments, the long-term memory remains intact, so remembering the past is a great way to socialize and remain involved. We believe that people spend a lifetime making memories, we should take time to reflect on them.



Elvis serenades a captivated client

## Memorials and Honoriams

Let us help you memorialize or honor a special person.

Please call us for more details.

432-522-1221