

Sherrill House

A Not-for-profit Skilled Nursing & Rehabilitation Center

B Y L I N E S

WINTER 2009/2010, VOL.2, NO.2

135 SOUTH HUNTINGTON AVE., BOSTON, MA 02130 TEL: (617) 731-2400

A Garden Grows at Sherrill House

Work is underway to get The Thompson Family Serenity Garden ready for planting this coming spring. Plans call for demolition of the existing patio structure and the “hard-scaping” of the new garden space. We intend to plant shrubs, flowers and herbs that evoke the feel of a New England cottage garden, such as lilac, lavender, roses, poppies and peonies. Designed for both recreational pursuits and respite, the garden will feature pathways for patients and residents to stroll as they enjoy the fresh air, as well as seating areas for family visits and celebrations, and quiet spots for contemplation. During colder months, the garden can be viewed from throughout the building, enabling patients, residents and staff to enjoy the ever-changing landscape outside.

The garden is named for Bill and Julie Thompson and Don Thompson, former Board members, officers and longtime supporters of Sherrill House. We are honored that they have consented to have the Thompson family name permanently attached to this horticultural haven.



The Thompson Family Serenity Garden, Artist's Rendering

We are grateful to the families and friends who, through their generosity, are helping to bring this garden to life. For information about how you can support this project, please contact Melissa Muccioli at mmuccioli@SherrillHouse.org, or at 617.731.2400, ext. 3017. To see photos of the garden, visit our website at www.SherrillHouse.org.

Lewy Body Dementia Spotlight Support for LBD Caregivers Available at Sherrill House

Are you caring for someone with Lewy Body Dementia? Do you and your family members need support or up-to-date information about this difficult-to-diagnose disease? According to the Lewy Body Dementia Association, LBD is the second leading cause of degenerative dementia in the U.S., affecting 1.3 million individuals and their families in the U.S. alone, yet many medical professionals are unfamiliar with it.

If you would like to meet and share information with other families who are grappling with this complex disease, please join us at Sherrill House for our monthly Lewy Body Dementia Caregiver Support Group. This is the only LBD support group in the Boston area, and all are welcome. The group generally meets on the third Thursday of every month from 6:30 – 8:30 p.m., and is led by Victoria Ruff, the LBDA's 2008 Volunteer of the Year.

If you would like to attend the next meeting or for additional information, please contact Melissa Muccioli by emailing her at mmuccioli@SherrillHouse.org, or by calling 617.731.2400, ext. 3017.

RESOURCES FOR LBD CAREGIVERS

Detailed information about Dementia with Lewy Bodies can be found on the Lewy Body Dementia Association's website: www.lbda.org

National Institute of Neurological Disorders and Stroke: www.ninds.nih.gov

Family Caregiver Alliance: www.caregiver.org



Tai Chi for Better Balance

More than one-third of seniors 65 and older fall each year, according to the Centers for Disease Control, and falls are the leading cause of injury and injury-related deaths among older adults. But in many cases, falls can be prevented, and they are by no means an inevitable part of aging.

One of the most important things you can do to reduce your risk of falls is to stay physically active. Regular exercise, such as walking, swimming or Tai Chi can improve your strength and balance. Sherrill House Recreation Specialist Ruth Schecter, who teaches in the Tai Chi for Aging Bodies program at Brookline Tai Chi, notes that this martial art form with its slow and graceful movements can be easily modified for adults of all ages and abilities. In her classes she focuses on the connection between body and

mind. Tai Chi improves balance, she says, because it “helps you feel into your body, so you're more grounded.” Other benefits of Tai Chi can include improved flexibility and coordination, reductions in stress and increased feelings of well-being. To see if a Tai Chi program might be right for you, check with your doctor.



ADDITIONAL RESOURCES

www.brooklinetaichi.org

Tips for Better Balance: www.AARP.org

Simple Indoor Gardening Activities

During the cold winter months, indoor gardening on a small scale can be rejuvenating and meditative. Consider one of these easy projects:

- With a few pots, potting soil, and some plants you can assemble a charming windowsill garden. Begonias and African violets can thrive indoors throughout the year. Or, if you have good sun, pot up an assortment of fragrant herbs. Mint, lemon balm and chamomile can be harvested for tea.
- An indoor water garden comes together quickly when you place a few stones, leaves, or flowers in a shallow dish. Pour in just enough water to cover. This also helps keep the air humidified.



- Keep dried grasses and flowers on hand to make mini-arrangements.
- Try forcing a few bulbs, e.g., paperwhite narcissus, hyacinth, or amaryllis.



ADDITIONAL RESOURCES

www.gardening4good.org

American Horticultural Therapy Association: www.ahta.org

*Alzheimer's & Dementia
Special Care Program
Wish List*

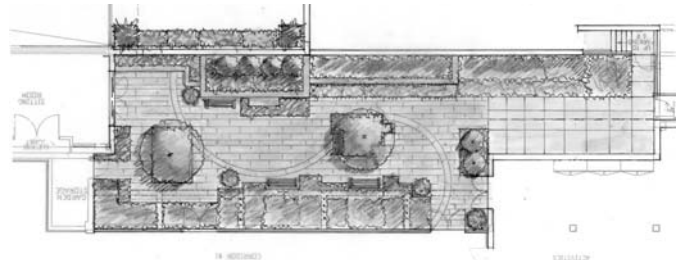
**Large Piece Puzzles
Craft Supplies
(including Fleece Fabric)
Parenting Magazines**

Email mmuccioli@SherrillHouse.org
or call 617.731.2400, ext. 3017
if you can donate
any of these items

BYLINES is an official publication of Sherrill House, a not-for-profit skilled nursing and rehabilitation center dedicated to providing innovative medical and nursing care and support to residents and their families. We welcome your questions and suggestions.

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The Thompson Family Serenity Garden, Artist's Rendering



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