



Family Style Care for Seniors

Country Village 

The Country Village Newsletter

The Country House - The Commons - The Country Club

June 2018

Major Events and Birthdays

- 6/3 Piano at the Commons with Chris @ 2
- 6/4 Kim and Poppy at the House @ 1:30
- 6/6 Music Therapy at the House with Pam @ 1:30
- 6/6 Happy Birthday George!
- 6/8 Happy Birthday Barbra H.!
- 6/9 Happy Birthday Joannie!
- 6/11 Happy Birthday Alice!
- 6/17 Fathers Day BBQ!
- 6/18 Butte Humane Society Visits
- 6/19 Joyful Hosannas at the House @ 3:30
- 6/21 Music with Fernando at the House @ 1:30
- 6/24 Happy Birthday Merry!!
- 6/25 Pumpkin the Mini Horse Visits
- 6/26 Happy Birthday Patty!
- 6/27 Music Therapy with Pam the CMS @ 1:30
- 6/29 Baking with Mel

Activities..



Please join us as we celebrate Fathers!

We will be having a BBQ in the back yard of the Country House at 12 on Sunday June 17th!

For more information or to RSVP please contact Dana dana@countryvillagecare.com or 899-3585 or Christy by calling (530)342-702

Just a friendly reminder to be mindful about opening the gate for people you do not recognize. We have some new members in our day program and new residents coming who may not look as though they need assistance in staying safe. The safety of all of our residents is a top priority here at the Country Village. Thank you for your understanding.

FYI...

Its that time again! The Country Village will be sending out a survey so please be on the look out as that comes your way. We would al really appreciate your fed back!

Adult Day Program

Country Club Adult Day Program
& Respite Care
7 days a week
7:00am to 10:00pm

A Note From The Village

We appreciate that you entrust your loved one into our care. We also know that you may be struggling with many feelings as you travel this journey with them. Grief is a part of this journey. There are three (3) types of grief that many family members experience on this journey.

The first may be "Ambiguous Loss" We want to share a piece of an article titled '3 types of Grief a Care Partner May Encounter.' The article states "Many Dementia care partners have experienced this phenomenon, in which it feels like a family member has fundamentally changed so much that the "person they were" has been lost. In describing this experience, some care partners may say things like, "I know he's still here, but he's no longer the man I married."

In a [live chat on this topic](#) , social worker Susy Favaro from the Banner Alzheimer's Institute explained how ambiguous loss can affect care partners. Ambiguous loss can cause a care partner to feel confused because they still feel love for the person they see before them, even though that person might seem like a stranger. This sort of disconnect between a caregiver's feelings and the reality of the situation can cause personal stress and even affect family relationships.

One strategy Favaro suggests for coping with ambiguous loss, based on the research of family therapist Pauline Boss who pioneered the concept, is to try to engage in "both/and" thinking instead of "either/or" thoughts. This type of paradoxical thinking allows you to acknowledge the truth of two seemingly incompatible ideas. For instance, Favaro said, you can acknowledge to yourself, "Both my mother needs to be cared for, and I need to take care of myself." Engaging in this type of both/and thinking can help a care partner become more comfortable living with the uncertainty that caregiving can bring."

If you would like to read the rest of this article or are interested in more information please visit caregiverstress.com

Team Member Spot Light Conor & Echo



Fun Facts About
Conor & Echo

Conor has lived in Chico off and on since he was 7 years old. He also spent a lot of his childhood on the southern California coast.

He has had Echo since Conor found him here at the Country Village when he was a 6 month old puppy.

Conor and Echo are both important to the Village and we all feel lucky to have them.

- Conor spends his spare time restoring a 1941 Ford 8N Tractor
- Echo is a good boy who loves snuggles
- Echo is 4 years old