



MAYFAIR ENTERPRISES, INC.

# Mayfair House

ASSISTED LIVING

summer

2001

Mayfair House is managed by Mayfair Management, Inc., 15064 Carrollton Blvd., Carrollton, VA 23314 phone: 757-238-8686

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## Steps to Take to Reduce Caregiver Stress

Too much stress can be damaging to both you and your loved one. Recognizing the signs and learning how to reduce stress can help. The warning signs of caregiver stress are Denial, Anger, Social Withdrawal, Anxiety, Depression, Exhaustion, Sleeplessness, Irritability, Lack of Cooperation, and Health Problems.

Many caregivers don't recognize their needs, fail to do anything about them, or simply don't know where to turn for help. Taking care of yourself will help you be a better caregiver.



Taking care of yourself will help you be a better caregiver.

### WAYS TO REDUCE CAREGIVER STRESS

- ■ Know what resources are available in your community
- ■ Become educated about your loved one's condition and caregiving techniques
- ■ Get help from family, friends and community resources
- ■ Take care of yourself by watching your diet, exercising, and getting plenty of rest
- ■ Manage your level of stress by consulting a physician and using relaxation techniques
- ■ Accept changes as they occur
- ■ Engage in legal and financial planning
- ■ Be realistic about what you can do
- ■ Give yourself credit for what you have accomplished; don't feel guilty, if you lose patience or can't do everything on your own

### ■ ■ LOCATIONS ■ ■

**Mayfair House Portsmouth**  
901 Enterprise Way  
Portsmouth, VA 23704  
Phone: 757-397-3411

**Mayfair House Hampton**  
1030 Topping Lane  
Hampton, VA 23666  
Phone: 757-826-3728

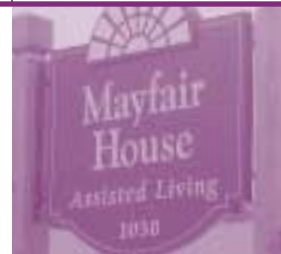
**Mayfair House Petersburg**  
590 Flank Road  
Petersburg, VA 23805  
Phone: 804-861-6977

**Mayfair House Woodstock**  
935 Ox Road  
Woodstock, VA 22664  
Phone: 540-459-2525

**Mayfair House Berryville**  
413 McClellan St.  
Berryville, VA 22661  
Phone: 540-955-4557

**Mayfair House Kilmarnock**  
460 S. Main Street  
Kilmarnock, VA 22482  
Phone: 804-435-9896

**Mayfair House Roanoke**  
3837 Brandon Ave., S.W.  
Roanoke, VA 24018  
Phone: 540-725-8677



### MARK YOUR CALENDARS

National Assisted Living Week  
"Sharing the Wisdom  
of Generations"  
September 9 - 15

Look for upcoming events  
to celebrate the week at  
each of our Mayfair House  
Assisted Living Centers



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## ■ ■ ■ ■ ■ Mayfair House Portsmouth

"We would like to call your attention to the very special staff at Mayfair House Portsmouth ... These are the most caring, attentive girls we have been around. They took care of our mother for years. Even her last days there she got very, very special care with a liberal dose of love. We highly recommend Mayfair House to anyone having such a need."

The "M" family



## Woodstock Resident Laura Alice Keene in the Spotlight

Laura Alice Keene, a resident of Mayfair House Assisted Living in Woodstock, Virginia, recently celebrated her 105th birthday, and this momentous occasion did not go unnoticed. Willard Scott of *The Today Show* on NBC wished her a happy birthday on the air, and her local papers, *Northern Virginia Daily* and the *News-Record*, did wonderful features on this active and vibrant woman. In addition, The President of the United States sent her a birthday card, although it was a bit late, and Mayfair House threw her a big birthday party.

At 105, Keene is quite energetic and active at Mayfair House where she teaches a weightlifting and stretching class and often leads other residents in laps around the dining room. "She amazes me," says Crystal Stokes, Mayfair House activity director. "We never had weights until Mrs. Keene came."

Keene is the oldest resident at Mayfair House, but her age definitely doesn't define her, staffers say. What does are qualities such as energy, alertness, and compassion. And this woman, whose apple pies are legendary, says the harnessing of electricity is the biggest change she has seen over her lifetime. "There are electric stoves, washing machines, electric irons, electric refrigerators," says Keene, smiling. "I'd hate to go back over what we went through."

Keene has been living at Mayfair House for nearly a year, after she broke her foot and fractured her hip. Until then, she lived alone at her house in Rockingham County.

"I enjoy it here," she says. "It's the next best thing to home."

*Portions of this article were reprinted with permission from the Northern Virginia Daily.*



## Oral History

Reminiscing can be a healthy for seniors. Studies have shown that talking about the past promotes emotional well being. Looking back to remember milestone events such as weddings and births can be a fun exercise, and remembering wars, losses and other difficult times can remind seniors of their strength and perseverance. And sometimes more interesting than the milestones can be remembering the little, everyday events in life. Learning the family history is beneficial for all generations. How much do we really know about the lives of our parents, grandparents or great-grandparents? It's not often that we make time to talk with our loved ones and delve into the past. There is often a rich history waiting to be unveiled. Taking an oral history can preserve these memories. All you need is a tape recorder or video camera. Each issue, we will include seasonal questions sure to spark interesting and informative conversations between you and your loved one that will often lead to the unfolding of a bit of your family history.

### AH...SUMMER!

- ■ Do you remember the last day of school before summer vacation?
- ■ What was your favorite summer vacation as a child?
- ■ Who was with you? What did you do?
- ■ Do you know how to swim?
- ■ If not, why?
- ■ If yes, How did you learn? Who taught you?
- ■ Where did you go to swim? Or sunbathe?
- ■ Did you ever have a vacation romance as a teen?
- ■ Did you keep in touch?
- ■ Did you ever have a summer job? What was your worst summer job? Your favorite?
- ■ What sort of summer pastimes do you remember? Did you ever catch bugs in a jar? Did you go fishing? What did you do to fill your days as a child in the summer?
- ■ What was the best gift you ever gave or received for Mother's Day? Father's Day?
- ■ When you were growing up, what did they do in your town to celebrate the Fourth of July?

Laura Alice Keene





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## A Recent Letter...

Mrs. Barbara Overstreet  
Mayfair House, 413 McClellan Street, Berryville, VA 22611

Dear Barbara,

My entire family would like to thank you for the wonderful care that you and your staff provided my mother-in-law Waneta Duffy during her recent illness and death. The professionalism displayed by your team was admirable and the sensitivity with which Waneta was treated was truly heartwarming.

There was never a moment when Waneta was dealt with in a less than loving manner. She was gently turned, gently cleansed, gently medicated, and I know there were times when taking care of her was very hard on the spirit of those involved. Never did that appear obvious to any of us, though, and we could not have wished for better care of Waneta if we had provided it all ourselves. She was not only taken care of medically, she was also taken care of personally. Your staff combed her hair, rubbed her with lotions, related news of Mayfair House to her and laughed and cried with her family. All of these things helped to provide an environment that made our last days with her peaceful, tender and so loving. It was an environment that made all of us feel safe and secure that Waneta was receiving the best care that could be provided her. That feeling of being "at home" made dealing with such a tragic situation bearable.

Waneta was not the only one cared for. Mayfair House employees took great pains to see that our family was included in their nursing. They made sure that we were comfortable, made sure that we ate and made themselves available for any and all questions that we had. Those questions were always answered honestly and forthrightly but were also answered with a gentle touch. We were engulfed in a circle of support that provided us the opportunity to take the most advantage of those last moments with Waneta. We were able to say all those things that needed to be said, cry all the necessary tears and enjoy every second of a lovely lady's life. There were times when we were surely underfoot of your staff but never did they make us feel unwelcome.

The depths of compassion exhibited by everyone is something that we will never forget. Such generosity of spirit is almost unheard of nowadays. But Mayfair House provided such sanctuary for all of us, and we will never be able to express our gratitude. We will be indebted to all of you forever.

Mayfair House is truly a home for all its residents. That personal feeling is played up by its cozy living rooms, paintings and "non-hospital" feel, but it is backed up by a secure, knowledgeable health-care staff that is only a button away at any time. It makes us feel very proud of our decision to have Waneta and her husband Ed in your care, and we know that Ed continues to receive everything he needs to make his life as interesting and comfortable as possible. His medications are still given with a smile, his meals carefully prepared, his jokes are returned in kind, and he is surrounded by people who share a genuine affection with him. What more could a family ask for...?

Sincerely,  
PD  
Winchester, VA

April 19, 2001

■ ■ Mayfair House Petersburg

"I am writing this to express my appreciation for the care my mother received during her stay at the Mayfair House facility in Petersburg. While a resident there the services she was provided were excellent. The staff is to be commended for the professional yet caring manner in which they handled all matters concerning us all. Again, I offer my sincere gratitude."

Irving S.



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Corporate Headquarters 15064 Carrollton Blvd. Carrollton, Virginia 23314

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### ■ ■ Mayfair House Hampton

"Our family wishes to thank the staff of the Mayfair House Assisted Living facility, Hampton, for their extraordinary love and care for our mother during her stay."

The "Y" Family



## Caregivers Need and Deserve a Break

### *Our Respite Care Program Can Help*

In addition to residential assisted living, Mayfair House offers Respite Care for families who need a well-deserved break. Caring for an aging loved one who is memory impaired is often stressful. Caregivers need a break from the responsibility, relief from the stress of constant caregiving, and a little time to recharge their batteries. Whether it's for a week or more, we're close by and your loved one will be cared for in a clean, beautiful facility with regular nutritious meals. And families will have peace of mind, knowing their loved one is receiving the best possible care. Our respite program is on a space available basis, but we invite caregivers to call us at 1-877-799-8686 or to call any of our facilities for more information.

## Mayfair Management opens combo Independent/Assisted Living Facility

This year, Mayfair Management will open a new facility, Mayfair Strasburg, in Strasburg, Virginia. Mayfair Strasburg will offer independent living, assisted living and intensive assisted living. This will provide residents peace of mind knowing they will be cared for in the same home even as their health needs increase. "We are seeing a need to offer this type of facility to seniors, and we are responding to that need," said Larry Goldman, president of Mayfair Management.

Moving can be stressful for anyone, but for seniors, moving really takes its toll. And multiple moves only add more stress for seniors and should be avoided if possible. Mayfair Strasburg allows seniors to "age in place." Goldman says, "By that we mean once a senior moves into Mayfair Strasburg, they can stay here, even as they find they need more care."