

[RSS](#) | [Free Trial](#)

[Home](#) | [Advertise](#) | [About](#) | [Contact](#)

[Subscribe](#) [Sign In](#)

Heritage Florida Jewish News - Central Florida's Independent Jewish Voice



[Reader Comments \(0\)](#) [Print](#)

[+](#) Share / Save [f](#) [t](#) [r](#)

- [Home](#)
- [News](#)
 - [Local](#)
 - [National](#)
 - [World](#)
- [Opinions](#)
- [Features](#)
 - [Scene Around](#)
- [Life Cycles](#)
 - [B'nai mitzvah](#)
 - [B'not Mitzvah](#)
 - [Bar Mitzvah](#)
 - [Bat Mitzvah](#)
 - [Birth](#)
 - [Engagements](#)
 - [Obituarries](#)
 - [Wedding](#)
- [Calendar](#)
- [Special Sections](#)
 - [Back to School](#)
 - [Celebration](#)
 - [Chanukah](#)
 - [Financial](#)
 - [Health & Fitness](#)
 - [Lifestyles](#)
 - [Passover](#)

- [Rosh Hashanah](#)
- [Savvy Seniors](#)
- [Legal Notices](#)

- [Advertise](#)
- [Directory](#)



By [Pamela Ruben](#)

Tidbits from the
Sandwich
Generation

Experiencing a 'virtual tidbit' of dementia or walking a mile in ill-fitting shoes...

[Like](#) Be the first of your friends to like this.

[February 10, 2017 | Year 41, No. 23](#)



Shown here (l-r): Brittney Winston of Senior Helpers, Pam Ruben from The Jewish Pavilion, and Ann SanCartier from Watercrest Senior Living at a debriefing following a 'Virtual Dementia Tour.'

My feet are absolutely killing me, and it's not from the 10,000 steps I have been walking daily to kick the New Year off on the right foot. The spring in my step has been hampered by the plastic-spiked gel inserts that have been stuffed into my shoes (voluntarily) during a "Virtual Dementia Tour" hosted by Watercrest Senior Living

Community. Our tour was designed to enhance empathy and understanding for those who are suffering from memory loss or a dementia-related illness. I literally learned how "out of step" one can feel when the mind and body are out of sync.

Ann SanCartier, community relations director at the Lake Nona campus, which specializes in both Assisted Living and Memory Care, suggested I walk 1/10 of mile in the shoes of the aged, and help expand the program's reach by sharing it with readers. Following a warm welcome and a tour of the state-of-the-art facility, she stressed, the "resident-specific care" of each Watercrest resident as the community's primary focus, with every caregiver a Certified Dementia Practitioner.

As the tour began, Brittney Winston of Senior Helpers, sponsor of the event along with Compass Research, loaded me (and the participants) with age-simulation gear. We were given special glasses, mimicking blurred eyesight and a limited field of vision from cataracts/glaucoma/degeneration. Bulky gloves modeled neuropathy, arthritis, and movement related ailments. After passing out thick headphones, creating hearing impairment and sound distortion, we were given a list of tasks to complete inside a model apartment.

I entered a room, which had just a small amount of ambient lighting, trying to concentrate on the two tasks I was able to understand. Unfortunately, the other tasks I had been assigned had been absorbed into my clunky headset, which every so often made me spasm from ear-splitting sounds. Sheena Jeffries, Watercrest's Memory Care director, sat at an out of the way table to make sure we remained safe. She appeared merely as an outline of a person through the distortion of my lens (Later, I was introduced to her warm presence and explosive smile). Still, it was comforting to know that we were not in this all alone.

I completed my two tasks, badly. I asked the attendant if she could help with the rest. Of course I couldn't hear her reply, but she handed me a list, which appeared to be a random array of letters (mimicking word processing challenges). As I ambled to the window to get more reading light, seemingly out of nowhere, an ambulance siren whipped through my ears. I regained my composure and decoded a job or two. Alas time was up, and the mystery tasks went uncompleted.

Following the virtual tour (created by Second Wind Dreams), Winston debriefed us. She is quite the "senior helper" and brought us comfort as she broke down our encounter in the "Land of the Lost." We shared our collective experiences. Words like "confused" and "overwhelmed" abounded. Simple, everyday tasks became nearly impossible with limited vision, hampered movement and interrupted thoughts.

Just like residents with memory care issues, each participant experienced a challenge (or symptom) more than the others. For me, it was the chronic foot pain. The gel inserts felt almost like tacks stabbing at my feet (simulating neuropathy, bunions, and chronic pain). SanCartier hardly noticed the foot discomfort. For her, the greatest challenge was the noise that rang out at random times (representing impaired sensory processing).

Sheena Jeffries positively concluded that it was the goal of the exercise to allow family members to better understand what this "new version of mom or dad" was going through. Perhaps, by stepping into their shoes we could "learn to listen between the lines, and appreciate the moment."

When I was back in my comfortable shoes, I thought back to a chat I had earlier that day with a resident in his late 80s. I mentioned my new walking routine to "Bob," my seat mate in the waiting area. He commented his wife walked 15-to-20,000 steps a day and was sharp as a tack. Tomorrow, I plan on appreciating the moment, renewing that spring in my step, and upping my step count.

If you are interested in a "Virtual Dementia Tour," contact Watercrest Living at 407-226-3113 or visit <http://www.watercrestseniorliving.com>. To find out more about Senior Helpers, <http://www.seniorhelpers.com/orlando>.

Tidbits from the Sandwich Generation is a series of blogs by Pamela Ruben, Jewish Pavilion Marketing and Communications Director, about managing the multi-generations. If you are sandwiched in between raising a family of children or young adults, and caring for aging parents, take a bite out of life with this new blog! Just a

'tidbit' is recommended for anyone who spends time with older adults, or is preparing for life's next stages. Laugh, cry, and relate as our blogger is pulled from all sides by family members young and old. Check out additional posts at <http://www.jewishpavilion.org/blog>. For no cost help for issues pertaining to older adults contact the Orlando Senior Help Desk, a 501(c)3 nonprofit, at 407-678-9363 or visit <http://www.orlandoseniorhelpdesk.org>.

MOST POPULAR:

[Comments](#)

[Viewed](#)

1. [COS Gala to honor Amy G...](#)
2. [Celebrating Tu B'Shevat...](#)
3. [Trump Jewish aide, Bori...](#)
4. [Third wave of bomb threats](#)
5. [Scene Around](#)

COMMERCIAL LITIGATION | PERSONAL INJURY | FAMILY LAW



intrepid

MARK LANG & ASSOCIATES 407.599.4433
A WINTER PARK LAW FIRM info@langlaw.net

Visit us online at LANGLAW.NET

Powered By **LIONS LIGHT**

MEDICAL ALERT

Have you experienced

Heart and Lung Damage

from IVC Filters used to prevent blood from traveling to your heart or lungs?

You may be entitled to Compensation.

COMPLICATIONS MAY INCLUDE HEART AND LUNG DAMAGE, INTERNAL BLEEDING, HOSPITALIZATION OR DEATH.



Call Now IVC Fone **321-274-1849**

Legal help is available NOW! LegalHelpAdvocates.com

MEDICAL ALERT

Have you experienced

Kidney or Heart Issues

from side effects such as Ketoacidosis caused by the Type 2 Diabetes medication Invokana?

You may be entitled to Compensation.

SIDE EFFECTS MAY INCLUDE KETOACIDOSIS, KIDNEY FAILURE, HEART ATTACK, STROKE, COMA OR DEATH.



For Immediate Assistance CALL: **321-274-1822**

Legal help is available NOW! LegalHelpAdvocates.com



DeGusipe
FUNERAL HOME & CREMATORY

Jewish Graveside Package:

- Service of Funeral Director and Staff
- Sacred Burial Shroud
- Filing all Necessary Paperwork
- \$200.00 to Chevra Kaddish Society donation for washing
- Traditional Jewish Flat Top Pine Casket
- Staff Supervision of Service at Graveside
- Transportation to Cemetery

\$4595.00

Call us to receive your free *Final Wishes Organizer!*

407-695-CARE (2273)
www.DeGusipeFuneralHome.com

Maitland	Sanford	West Orange
9001 N. Orlando Avenue	905 Laurel Avenue	1400 Matthew Paris Blvd
Maitland, FL 32751	Sanford, FL 32771	Ocoee, FL 34761

You might be interested in:

- [At Auschwitz, a Jewish journalist confronts his anti-Polish bias](#)
- [Mary Tyler Moore turned the world on to fully imagined Jewish characters](#)
- [Genealogy Success Story: Hurt-filled, but important revelations](#)
- [The Orlando Cat Café is the \(adoptable\) cat's meow](#)
- [Business Update: Home-style good eats in Casselberry](#)

Reader Comments

(0)

[Add your comment](#)



Your donation to Jewish National Fund helps build Israel for the next generation to call home.

JEWISH NATIONAL FUND
Your Voice in Israel

Heritage Florida Jewish News | PO Box 300742, Fern Park, FL 32730
Ph: (407) 834-8787 | info@heritagefl.com | www.heritagefl.com
Content and information copyright 2017 Heritage Florida Jewish News

[Powered by ROAR Online Publication Software](#)

© Copyright 2017 [Lions Light Corp.](#)

— Software for newspapers & magazines

[Sitemap](#) | [Privacy](#) | [Terms of Use](#) | [Submit Content](#) | [Mobile Browser](#)

Rendered 02/10/2017 07:39