



MemoryLane
CARE SERVICES



DAYBREAK

The Adult Day Center Newsletter

**December
2018**

2500 North Reynolds Road, Toledo, OH 43615 (419) 720-4940
www.memorylanecareservices.org

Day Center Hours of Operation 7:30 to 5:30 M-F
www.facebook.com/MemoryLaneCare/

Dear Caregivers,

Happy Holidays! It is hard to believe that the holidays are here already! Our day center and office will be closed the following dates:



- Monday December 24th Christmas Eve
- Tuesday December 25th Christmas Day
- Tuesday January 1st New Year's Day

December will be filled with fun holiday activities. We always start our month with a visit from David Putano. He is a music therapist that plays the guitar and sings and always a big hit at the center.



December 10th Cindy Hille, a Mary Kay representative, will be coming to the center to get the ladies all dolled up for holiday pictures. After the ladies are all made up Sandy Haas, a local photographer, will be in the center to take pictures to share with families and caregivers. Of course the men get to join in the fun too. Anybody have a top hat we can borrow for the day? Could be a great prop for our men's holiday pictures!

December 11th, Lee Warren will be coming in to entertain from 1:00 to 2:00. He plays the guitar, piano and has a wonderful voice. This will be his second time at the center and we are really looking forward seeing him again. He plays a variety of music including some old country, newer country, Elvis as well as other well known songs throughout the years. His music has a way of bringing back fond memories for many of our participants.

On Monday December 17th we will be having an old fashion toy and doll reminisce at 2:00. If you have any old toys or dolls that you would be willing to share for an afternoon please call and talk to Gale. Family and friends are encouraged to attend to reminisce with us about toys or dolls that they grew up with. Do you remember Chatty Cathy, pickup sticks, jacks or even the coon skin cap for the boys? What kind of toys did you grow up with? Please feel free to come and share with us.

December 19th family, caregivers and friends are welcome to come and celebrate the season with us. At 1:00 Janis will be having her monthly "Fashion Show". This activity is such a big hit. Janis has a great energy that makes this a really fun group activity. She gets everyone up to do the "Fashion Walk" and by the end of the hour it always turns into a big dance party! At 2:45 we will be having our annual SnowBall Party, complete with appetizers and punch. After the party we will slow things down a bit with an afternoon matinee and a discussion about life lessons from the movie "It's a Wonderful Life".



We wish all of our day center family and friends a Happy Holiday Season and Happy New Year!

Sincerely,
Gale Begley
Activity Director

Jessica Drouillard
Respite and Operations Director

PLEASE BE AWARE THAT WE HAVE HAD SEVERAL ITEMS COME UP MISSING AT THE CENTER LATELY OR END UP ACCIDENTALLY GOING HOME WITH ANOTHER PARTICIPANT. WE ASK THAT YOU BE ALERT AND KEEP YOUR EYE OUT FOR ANYTHING THAT MAY NOT BELONG TO YOUR FAMILY MEMBER. PLEASE CALL US AND LET US KNOW IF YOU COME ACROSS ANYTHING THAT DOES BELONG TO YOUR FAMILY MEMBER AND THEN SEND IT BACK IN WITH HIM/HER WHEN HE/SHE RETURN TO THE CENTER.

CAREGIVER TIPS

The following tips were taken from the National Institute on Aging website at: <https://www.nia.nih.gov/health/holiday-hints-alzheimers-caregivers>.

HOLIDAY HINTS FOR ALZHEIMER'S CAREGIVERS

Holidays can be meaningful, enriching times for both the person with Alzheimer's disease and his or her family. Maintaining or adapting family rituals and traditions helps all family members feel a sense of belonging and family identity. For a person with Alzheimer's this link with a familiar past is reassuring.

However, when celebrations, special events, or holidays include many people, this can cause confusion and anxiety for a person with Alzheimer's. He or she may find some situations easier and more pleasurable than others. The tips below can help you and the person with Alzheimer's visit and reconnect with family, friends, and neighbors during the holidays.

FINDING THE RIGHT BALANCE

Many caregivers have mixed feelings about holidays. They may have happy memories of the past, but they also may worry about the extra demands that holidays make on their time and energy. Here are some ways to balance doing many holiday-related activities while taking care of your own needs and those of the person with Alzheimer's disease:

- Celebrate holidays that are important to you. Include the person with Alzheimer's as much as possible.
- Set your own limits, and be clear about them with others. You do not have to live up to the expectations of friends or relatives. Your situation is different now.
- Involve the person with Alzheimer's in simple holiday preparations, or have him or her observe your preparations. Observing you will familiarize him or her with the upcoming festivities. Participating with you may give the person the pleasure of helping and the fun of anticipating and reminiscing.
- Consider simplifying your holidays around the home. For example, rather than cooking an elaborate dinner, invite family and friends for a potluck. Instead of elaborate decorations, consider choosing a few select items.
- Encourage friends and family to visit even if it's difficult. Limit the number of visitors at any one time, or have a few people visit quietly with the person in a separate room. Plan visits when the person usually is at his or her best.
- Prepare quiet distractions to use, such as a family photo album, if the person with Alzheimer's becomes upset or overstimulated.
- Make sure there is a space where the person can rest when he or she goes to larger gatherings.
- Try to avoid situations that may confuse or frustrate the person with Alzheimer's, such as crowds, changes in routines, and strange places. Also try to stay away from noise, loud conversations, loud music, lighting that is too bright or too dark, and having too much rich food or drink (especially alcohol).
- Find time for holiday activities you like to do. If you receive invitations to celebrations that the person with Alzheimer's cannot attend, go yourself. Ask a friend or family member to spend time with the person while you're out.

PREPARING GUESTS

Explain to guests that the person with Alzheimer's disease does not always remember what is expected and acceptable. Give examples of unusual behaviors that may take place such as incontinence, eating food with fingers, wandering, or hallucinations. If this is the first visit since the person with Alzheimer's became severely impaired, tell guests that the visit may be painful. The memory-impaired person may not remember guests' names or relationships but can still enjoy their company.

- Explain that memory loss is the result of the disease and is not intentional.
- Stress that the meaningfulness of the moment together matters more than what the person remembers.

PREPARING THE PERSON WITH ALZHEIMER'S

- Begin showing a photo of the guest to the person a week before arrival. Each day, explain who the visitor is while showing the photo.
- Arrange a phone call for the person with Alzheimer's and the visitor. The call gives the visitor an idea of what to expect and gives the person with Alzheimer's an opportunity to become familiar with the visitor.
- Keep the memory-impaired person's routine as close to normal as possible.
- During the hustle and bustle of the holiday season, guard against fatigue and find time for adequate rest.

~December Activities – The Center at Reynolds ~

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
10:30 Morning Chat and Groove with Janis 11:00 Exercise with Debra 1:00 Music with David Putano 2:00 Crafting with Leigh and Holly 2:00 Team Games with Pat and Debra 3:30 Sing Along with Debra 4:15 Dance Party with Pat	10:30 Morning Chat and Groove with Kenny 11:00 Exercise with Rosie 1:00 Wheel of Fortune with Janis 1:00 Table Games/Kenny 2:00 Tai Chi with Debra 2:00 Winter Craft with Holly and Rosie 3:30 Would You Rather? With Holly 4:15 Sing Along with Debra	10:30 Morning Chat and Groove with Janis 11:00 Exercise with Rosie 1:00 Table Games with Janis and Kenny 2:00 Dog Visits with Carrisa, Murphy and Team Games/ Debra and Rosie 2:00 December IQ/Holly 3:30 Cookie Personality Quiz/Mixed up Cookie Hangman/Holly 4:15 Reading Club with Debra/ Stewart Little	10:30 Morning Chat and Groove with Kenny 11:00 Exercise with Rosie 1:00 Table Games/Janis 1:00 Men’s Group with Kenny/Garden Room 2:00 Tai Chi with Rosie 2:00 Fancy Fingers with Holly and Pat 3:30 “Home is Where the Heart Is” with Holly 4:15 Folding and Sorting with Pat	10:30 Morning Chat and Groove with Rosie 11:00 Exercise with Holly 1:00 Friday Matinee 2:00 Josina Lott Visits/ Holiday Jewelry Bingo with Holly 3:30 Reminisce/A Day in the Snow with Leigh 4:15 Dance Party with Pat
10	11	12	13	14
10:30 Morning Chat and Groove with Janis 11:00 Exercise with Debra 1:00 Glamor Girls with Cindy Hille and Holiday Photo Booth with Sandy 3:30 What Am I? with Debra 4:15 Dance Party with Pat	10:30 Morning Chat and Groove with Kenny 11:00 Exercise with Rosie 1:00 Music with Lee Warren 2:00 Tai Chi with Debra 2:00 Winter Craft with Holly, Rosie and Sue 3:30 Cards Category Game with Holly 4:15 Folding and Sorting with Debra	10:30 Morning Chat and Groove with Janis 11:00 Exercise with Rosie 1:00 Table Games with Kenny and Janis 2:00 Team Games with Debra/Rosie 2:00 Small Group with Holly/Garden Room 3:30 Bunco with Holly 4:15 Balloon Volley with Debra	10:30 Morning Chat and Groove with Kenny 11:00 Exercise with Rosie 1:00 Table Games with Janis 1:00 Men’s Group/ You Tube Sports with Kenny 2:00 Tai Chi with Rosie 2:00 Puzzles with Holly and Pat 3:30 Sugar Category Game with Holly 4:15 Red or Black/ Pat	10:30 Morning Chat and Groove with Rosie 11:00 Exercise with Holly 1:00 Friday Afternoon Matinee 2:00 Card Making with Leigh and Holly 3:30 Candy Bingo/Pat 4:15 Sing Along with Leigh
17	18	19	20	21
10:30 Morning Chat and Groove with Janis 11:00 Exercise with Debra 1:00 Poker Dice/Kenny 2:00 Old Fashion Toy and Doll Reminisce 3:30 Sing Along with Debra 4:15 Dance Party with Pat	10:30 Morning Chat and Groove with Kenny 11:00 Exercise with Rosie 1:00 Table Games with Kenny 1:00 Family Feud Game with Janis 2:00 Tai Chi with Debra 2:00 “Hugs Matter” with Holly and Rosie 3:30 Would You Rather? with Holly 4:15 Chicken Soup Reading with Debra	10:30 Morning Chat and Groove with Janis 11:00 Exercise with Rosie 1:00 Holiday Fashion Show with Kenny and Janis 2:00 Sing Along with Holly and Rosie 2:00 Party Set Up with Rosie and Debra 2:45 “Snow Ball” Party 3:30 Movie and Life Lessons from “It’s a Wonderful Life”	10:30 Morning Chat and Groove with Kenny 11:00 Dog Visits with Petra, Sue and Rosie 1:00 Candy Cane Game/Janis 1:00 Men’s Group Who Am I? Kenny/Garden Room 2:00 Tai Chi with Rosie 2:00 Fancy Fingers with Holly and Pat 3:30 Holiday Humor/ Holly 4:15 Folding/ Sorting/ Pat	10:30 Morning Chat and Groove with Rosie 11:00 Exercise with Holly 1:00 Friday Afternoon Matinee 2:00 Josina Lott Visits/Crafting and Cookie Decorating 2:45 Cookie Party 3:30 Winter Water Colors with Leigh 4:15 Dancing with Pat
24	25	26	27	28
<p>Have a Safe and Happy Holiday!</p> 	<p>Have a Safe and Happy Holiday!</p> 	10:30 Morning Chat and Groove with Janis 11:00 Exercise with Rosie 1:00 Group with Kenny and Janis 2:00 Team Games with Debra/Rosie and Carrisa 2:00 Small Group with Holly/Garden Room 3:30 Penny Ante with Holly 4:15 Reading Club with Debra	10:30 Morning Chat and Groove with Kenny 11:00 Exercise with Rosie 1:00 Table Games with Janis 1:00 Men’s Group with Kenny 2:00 Tai Chi with Rosie 2:00 Puzzles with Holly and Pat 3:30 What Am I? with Holly 4:15 Zingo with Pat	10:30 Morning Chat and Groove with Rosie 11:00 Exercise with Holly 1:00 Friday Afternoon Matinee 1:00-2:45 Card Making and Crafting with Holly and Leigh 3:30 Candy Bingo with Pat 4:15 Funny New Year’s Resolutions with Leigh
31				
10:30 Morning Chat and Groove with Janis 11:00 Exercise with Debra 1:00 Group with /Kenny 2:00 Crafting with Leigh and Holly 2:00 Party Set Up/Pat and Debra 2:45 New Year’s Party 3:30 What Am I? with Debra 4:15 Dance Party with Pat				

-DECEMBER MENU-

<p>3</p> <p>A: BBQ Pork Rib Patty B: Baked Chicken Wheat Hamburger Bun Baked Beans Whole Kernel Corn Applesauce</p>	<p>4</p> <p>A: Paprika Chicken B: Roast Beef Whipped Potatoes Green Peas Wheat Roll Fresh Banana</p>	<p>5</p> <p>A: Chicken Stir Fry B: Asian Meatballs Brown Rice Ginger Carrots Wheat Bread Peanut Butter Cookie / Alt: Diet Cookie</p>	<p>6</p> <p>A: Turkey w/ Supreme Sauce Pork Roast w/ Gravy Buttermilk Potatoes Spring Vegetable Blend Wheat Roll Mandarin Oranges</p>	<p>7</p> <p>A: Meatloaf w/ Tomato Gravy B: Broccoli Spinach Egg Bake Oven Roasted Potatoes Italian Vegetable Blend Wheat Roll Fresh Fruit</p>
<p>10</p> <p>A: Country Fried Steak w/ Gravy B: Pineapple Chicken Whipped Potatoes Lima Beans Wheat Roll Fresh Fruit</p>	<p>11</p> <p>A: Macaroni & Cheese B: Beef Fiesta Mac Stewed Tomatoes Green Beans Cornbread Chocolate Chip Cookie / Alt: Diet Cookie</p>	<p>12</p> <p>A: Sliced Turkey w/ Gravy B: Creole Beef Patty Oven Roasted Potatoes Broccoli w/ Red Peppers Multi Grain Bread Fresh Fruit</p>	<p>13</p> <p>A: Taco Beef B: Taco Chicken On a Flour Tortilla with Lettuce and Tomato Mixed Beans Peach Crisp / Alt: Diet Peaches</p>	<p>14</p> <p>A: Chicken Noodle Casserole B: Mushroom Beef Patty Spinach Carrots Wheat Roll Mandarin Oranges</p>
<p>17</p> <p>A: Lemon Pepper Chicken B: Savory Beef Patty Oven Roasted Potatoes Okra and Tomatoes Multi Grain Bread Fresh Fruit</p>	<p>18</p> <p>A: Hamburger Patty B: BBQ Rib Patty Wheat Hamburger Bun Scalloped Potatoes Green Beans w/ Red Peppers Pineapple Tidbits</p>	<p>19</p> <p>A: Pork Roast with Pork Sauce B: Mushroom Chicken Brown Rice Brussels Sprouts Dinner Roll Fresh Fruit</p>	<p>20</p> <p>A: Ham and White Beans B: Chilaquiles Casserole Scalloped Potatoes Green Beans Cornbread Fruit Cocktail</p>	<p>21</p> <p>CHRISTMAS MEAL A: Sliced Ham B: Chicken with Gravy Sweet Potato Casserole California Vegetable Blend Wheat Roll Gingerbread Cake / Alt: Diet Cake</p>
<p>24</p> <p style="font-size: 2em; font-weight: bold;">CLOSED</p>	<p>25</p> <p style="font-size: 2em; font-weight: bold;">CLOSED</p>	<p>26</p> <p>A: Swiss Steak B: Garlic Rosemary Chicken Whipped Potatoes Glazed Carrots Wheat Roll Tropical Fruit</p>	<p>27</p> <p>A: Beef Chili B: Creole Chicken Baked Potato Broccoli Dinner Roll Oatmeal Cookie / Alt: Diet Cookie</p>	<p>28</p> <p>A: Meatball Stroganoff B: Chicken A La King Brown Rice Green Peas w/ Red Peppers Biscuit Birthday Cake / Alt: Diet Cake</p>
<p>31</p> <p>TO BE ANNOUNCED DAY CENTER WILL BE OPEN</p>			<p>All meals are served with milk. "Option A" meals will be ordered unless families request the alternate "Option B"</p>	<p>Food Allergy and Ingredient List Available from Valley Services at 419-382-5791</p>

TWO EASY WAYS TO SUPPORT THE ADULT DAY CENTER

1) If you shop on-line through amazon, use smile.amazon.com/ch/81-2432321 and Amazon donates a portion from each purchase to MemoryLane Care Services (formerly Alzheimer's and Dementia Care Services of Northwestern Ohio.)



2) SIGN UP FOR KROGER COMMUNITY REWARDS AND A PERCENTAGE OF YOUR EVERYDAY PURCHASES WILL HELP SUPPORT OUR ORGANIZATION. FOR THOSE OF YOU WHO HAVE NOT ALREADY SIGNED UP, SEARCH FOR: ALZHEIMER'S AND DEMENTIA CARE SERVICES NW OHIO OR SEARCH BY OUR ACCOUNT # EA388

100% OF ALL FUNDS RAISED REMAIN IN OUR LOCAL COMMUNITY!!!

MemoryLane Care Services partially supported by:

