



MemoryLane
CARE SERVICES



DAYBREAK

The Adult Day Center Newsletter

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,

February is full of fun and interesting holidays and activities including Chinese New Year, Valentines Day, Presidents Day, and of course February is African American History Month. We have some great activities planned around this special month and the special days.



In February we would like to take some time to remember and honor African Americans that have done so much to shape our country and the world. On February 11th at 1:00 Mike McMaster, the Education Program Coordinator from the Wood County Historical Center will present a program called "The Underground Railroad in Northwest Ohio". This program focuses on historically documented accounts of Underground Railroad activity including first hand accounts of the local people that helped slaves escape to freedom.

Additionally, in February Janis will lead a discussion group about the courage of slaves on the run in their bid for freedom. Did you know that Henry "Box" Brown packed himself into a small crate that was only 3 feet by 2 feet labeled "dry goods" and was shipped from Richmond to Philadelphia? He was packed in that container for 27 hours on a journey on a wagon, steamboat and a train with only a few biscuits and some water. He became a local celebrity because of his daring escape and went on to become a magician, demonstrating how he fit into that small box on his escape to freedom years before.

Other activities for the month include a discussion Chinese New Year, including superstitions and taboos as well as making Chinese lanterns. Leigh, Holly and our wonderful volunteer Carol will be leading this group on Monday February 4th. We will also celebrate Chinese New Year with some egg rolls and fortune cookies at snack time. Of course we will be celebrating Valentines Day with a Party on the 14th. The week of Valentines Day we are planning a Valentine craft, playing Valentines Day word games as well as doing some trivia and mad libs to continue the theme. Sue, another one of our great volunteers will be coming in on Tuesday February 12th to assist with the Valentine craft project. Sue will also be bringing her cute little dog Petra on Thursday February 21st. She is such a sweet little dog and Sue always has her dressed up in cute doggie dresses...yes I said dresses! Check out and like our facebook page to see pictures of our February activities, Valentine's Day Party and Petra in her outfit.

Additionally, there is a new monthly program at the center called Imagine That!. This program is being led by Rosie Best, the Artistic Director of the Issue Box Theatre. She is a certified facilitator through TimeSlips. TimeSlips is an international, improvisational storytelling group that helps improve well being through creativity and meaningful connection. I was able to sit in on part of our first ImagineThat! program here at the center. Our participants were engaged, laughing and having a great time. Rosie starts the group by giving each participant the same picture to look at and then asks "what do you see?". It was so interesting and fun to hear what each participant saw and how the story developed. The beauty of Imagine That! is that there are no wrong answers...just a great way for all to participate in a fun, creative activity. Research has shown that this program increases quality of engagement. Imagine That! will be a regular monthly program here at the center. Please feel free to come and join on February 19th to see what this new program is all about.

Sincerely,

Gale Begley
Activity Director

Jessica Drouillard
Respite and Operations Director

WE ARE TRYING TO INCREASE OUR PRESENCE ON SOCIAL MEDIA- PLEASE LIKE AND SHARE OUR FACEBOOK PAGE
www.facebook.com/MemoryLaneCare

JUST A REMINDER:

PLEASE COMPLETE AND RETURN THE ANNUAL ADULT DAY CENTER SURVEY, UPDATED HEALTHCARE PROVIDER FORM, AND IF APPLICABLE, THE UPDATED COST SHARE FORM. THIS INFORMATION WILL HELP US TO IMPROVE AND EXPAND OUR CARE.

CAREGIVER TIPS

The following tips were taken from the National Institute on Aging website at: <https://www.nia.nih.gov/health/healthy-eating-and-alzheimers-disease>

HEALTHY EATING AND ALZHEIMER'S DISEASE

Eating healthy foods helps everyone stay well. It's even more important for people with Alzheimer's disease. Here are some tips for healthy eating.

BUYING AND PREPARING FOOD

When the person with Alzheimer's disease lives with you:

- Buy healthy foods such as vegetables, fruits, and whole-grain products. Be sure to buy foods that the person likes and can eat.
- Give the person choices about what to eat- for example, "Would you like green beans or salad?"
- Buy food that is easy to prepare, such as premade salads and single food portions.

It may be helpful to have someone else make meals or use a service such as Meals on Wheels, which brings meals right to your home. For more information, contact the Meals on Wheels organization at 1-888-998-6325 or www.mealsonwheelsamerica.org or if you would like more information about local home delivered meals programs in our community, contact our social worker, Cheryl Conley who can assist you with arranging this service. When a person with early-stage Alzheimer's disease lives alone, you can buy foods that the person doesn't need to cook. Call to remind him or her to eat.

MAINTAIN FAMILIAR ROUTINES

Change can be difficult for a person with Alzheimer's disease. Maintaining familiar eating routines and serving favorite foods can make mealtimes easier. They can help the person know what to expect and feel more relaxed. If a home health aide or other professional provides care, family members should tell this caregiver about the person's preferences. Try these tips:

- View mealtimes as opportunities for social interaction. A warm and happy tone of voice can set the mood.
- Be patient and give the person enough time to finish the meal.
- Respect personal, cultural, and religious food preferences, such as eating tortillas instead of bread or avoiding pork.
- If the person has always eaten meals at specific times, continue to serve meals at those times.
- Serve meals in a consistent, familiar place and way whenever possible.
- Avoid new routines, such as serving breakfast to a person who has never routinely eaten breakfast.

As Alzheimer's progresses, familiar routines and food choices may need to be adapted to meet the person's changing needs. For example, a family custom of serving appetizers before dinner can be preserved, but higher-calorie items might be offered to help maintain a person's weight.

STAY SAFE

In the early stages of Alzheimer's, people's eating habits usually do not change. When changes do occur, living alone may not be safe anymore. Look for these signs to see if living alone is no longer safe for the person with Alzheimer's:

- The person forgets to eat.
- Food has burned because it was left on the stove.
- The oven isn't turned off.

Other difficulties, such as not sitting down long enough for meals and refusing to eat, can arise in the middle and late stages of the disease. These changes can lead to poor nourishment, dehydration, abnormally low blood pressure, and other problems. Care givers should monitor the person's weight and eating habits to make sure he or she is not eating too little or too much. Other things to look for include appetite changes, the person's level of physical activity, and problems with chewing or swallowing. Talk with the person's doctor about changes in eating habits.

~February Activities – The Center at Reynolds ~

Monday	Tuesday	Wednesday	Thursday	Friday
				1 10:30 Morning Chat and Groove with Rosie 11:00 Exercise with Holly 1:00 Friday Matinee 2:00 Josina Lott Visits/ Bingo with Holly 3:30 Reminisce with Leigh 4:15 Dance Party with Pat
4 10:30 Morning Chat and Groove with Janis 11:00 Exercise with Debra 1:00 Music with David Putano 2:00 Chinese New Year Crafts and Discussion 2:45 Egg Rolls and Fortune Cookies 3:30 Sing Along with Debra 4:15 Dance Party with Pat	5 10:30 Morning Chat and Groove with Kenny 11:00 Exercise with Rosie 1:00 Family Feud with Janis 1:00 Table Games/Kenny 2:00 Tai Chi with Debra 2:00 Small Craft Group with Rosie and Holly 3:30 Never Have I Ever with Holly 4:15 Folding and Sorting with Debra	6 10:30 Morning Chat and Groove with Janis 11:00 Exercise with Rosie 1:00 Music with Lee Warren 2:00 Team Games with Debra/Rosie and Carrisa 2:00 Mixed Up Valentine Word Unscramble with Holly 3:30 Bunco with Holly 4:15 Reading Club with Debra	7 10:30 Morning Chat and Groove with Kenny 11:00 Dog Visits with Rosie and Sue 1:00 Table Games/ Janis 1:00 Men's Group/Matching Quarterback Word Game with Kenny 2:00 Tai Chi with Rosie 3:00 Fancy Fingers with Holly and Pat 3:30 Sweetheart Mining with Holly 4:15 Folding and Sorting/ Pat	8 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 Zingo/Pat 4:15 Sing Along with Instruments/Leigh
11 10:30 Morning Chat and Groove with Janis 11:00 Exercise with Debra 1:00 Wood County Historical Society Presentation/ Underground Railroad 2:00 Crafting with Leigh and Holly 2:00 Small Group with Debra and Pat 3:30 Balloon Volley with Debra 4:15 Dancing with Pat	12 10:30 Morning Chat and Groove with Kenny 11:00 Exercise with Rosie 1:00 Table Games with Kenny 1:00 Bunco with Janis 2:00 Tai Chi with Debra 2:00 Valentine Crafting with Sue, Holly and Rosie 3:30 Presidential Pets and Trivia with Holly 4:15 Chicken Soup Reading with Debra	13 10:30 Morning Chat and Groove with Janis 11:00 Exercise with Rosie 1:00 Group Games with Kenny and Janis 2:00 Team Games with Rosie and Debra 2:00 Heart Category Game with Holly 3:30 Bingo with Holly 4:15 Reading Club with Debra	14 10:30 Morning Chat and Groove with Kenny 11:00 Exercise with Rosie 1:00 Valentines Fashion Show with Kenny and Janis 2:00 Tai Chi with Rosie 2:00 Puzzles with Holly and Pat 3:30 Love is in the Air Trivia and Mad Libs with Holly 4:15 Red or Black/ Pat	15 10:30 Morning Chat and Groove with Rosie 11:00 Exercise with Holly 1:00 Friday Afternoon Matinee 2:00 Josina Lott Visits/Crafting with Holly and Leigh 3:30 Pie in the Sky Discussion/Trivia with Leigh 4:15 Dancing with Pat
18 10:30 Morning Chat and Groove with Janis 11:00 Exercise with Debra 1:00 Group with Kenny 2:00 Volunteer Group Making Manna Bags 2:00 Small Group with Pat and Debra 3:30 Sing Along with Debra 4:15 Dance Party with Pat	19 10:30 Morning Chat and Groove with Kenny 11:00 Exercise with Rosie 1:00 Table Games with Kenny 1:00 Imagine That! with Rosie Best 2:00 Tai Chi with Debra 2:00 Small Craft Group Holly and Rosie 3:30 Mixed Up Presidents Word Game with Holly 4:15 Sing Along with Debra	20 10:30 Morning Chat and Groove with Janis 11:00 Exercise with Rosie 1:00 Winter Fashion Show with Kenny and Janis 2:00 Dog Visits with Murphy, Carrisa and You Tube Funny Dog Videos Rosie and Debra 2:00 Small Group /Urban Myths with Holly 3:30 Bunco with Holly 4:15 Reading Club with Debra	21 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 Fancy Fingers with Holly and Pat 3:30 Penny Ante with Holly 4:15 Zingo with Pat	22 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 Sing Along with Instruments with Leigh
25 10:30 Morning Chat and Groove with Janis 11:00 Exercise with Debra 1:00 Horse Racing with Kenny 1:00 Table Games with Janis 2:00 Crafting with Leigh and Holly 2:00 Small Group with Debra and Pat 3:30 Sing Along with Debra 4:15 Dance Party with Pat	26 10:30 Morning Chat and Groove with Kenny 11:00 Exercise with Rosie 1:00 Table Games with Kenny 1:00 Traveling the Underground Railroad with Janis 2:00 Tai Chi with Debra 2:00 Small Group with Holly and Rosie 3:30 Table Games with Holly 4:15 Folding and Sorting with Debra	27 10:30 Morning Chat and Groove with Janis 11:00 Exercise with Rosie 1:00 Games with Kenny and Janis 2:00 Team Games with Debra and Rosie 2:00 Small Group with Holly 3:30 Games with Holly 4:15 Folding and Sorting with Debra	28 10:30 Morning Chat and Groove with Kenny 11:00 Exercise with Rosie 1:00 Table Games with Janis 1:00 Dominos with Kenny 2:00 Tai Chi with Rosie 2:00 Puzzles with Holly and Pat 3:30 Awesome Animals and Searching for Penguins Hangman with Holly 4:15 Red or Black/ Pat	

-FEBRUARY MENU-

<p>All meals are served with milk.</p> <p>“Option A” meals will be ordered unless families request the alternate “Option B”</p>	<p style="text-align: center;">Food Allergy and Ingredient List Available from Valley Services at 419-382-5791</p>	<p>A: Baked Chicken w/ Gravy B: Savory Beef Patty Country Corn Peas and Carrots Multi Grain Bread Fresh Fruit</p>	<p>A: Veal Italiano B: Chicken Marsala Rotini Noodles Spinach Multi Grain Bread Peaches</p>	<p style="text-align: center;">1</p> <p>A: Mushroom Chicken B: Macaroni & Cheese Stewed Tomatoes Mixed Vegetables Wheat Bread Fresh Fruit</p>
<p style="text-align: center;">4</p> <p>A: Meatloaf with Gravy B: Pineapple Glazed Chicken Cheesy Whipped Potatoes Green Beans Dinner Roll Fresh Fruit</p>	<p style="text-align: center;">5</p> <p>A: Chicken Rice Casserole B: Creole Beef Patty Carrots Amandine Broccoli Multi Grain Bread Fresh Fruit</p>	<p style="text-align: center;">6</p> <p>A: Pork with Supreme Sauce B: Turkey with Supreme Sauce Garden Rotini Green & Red Cabbage Wheat Roll Pineapple Tidbits</p>	<p style="text-align: center;">7</p> <p>A: Oven Fried Chicken B: Ham & White Beans Whipped Sweet Potatoes Mixed Vegetables Multi Grain Bread Mandarin Oranges</p>	<p style="text-align: center;">8</p> <p>A: Beef Fiesta Macaroni B: Chilaquiles Casserole Spinach Stewed Tomatoes Wheat Roll Apple Crisp / Alt: Hot Apples</p>
<p style="text-align: center;">11</p> <p>A: Lemon Pepper Chicken B: Teriyaki Meatballs Parslied Potatoes Brussels Sprouts Wheat Bread Fresh Fruit</p>	<p style="text-align: center;">12</p> <p>A: Cranberry Dijon Chicken B: Calypso Pork Au Gratin Rotini Mixed Vegetables Wheat Bread Fruit Cocktail</p>	<p style="text-align: center;">13</p> <p>A: Beef Chili B: BBQ Chicken Breast Baked Potato Green Peas Breadstick Pears</p>	<p style="text-align: center;">14</p> <p style="text-align: center;"><u>VALENTINE'S DAY MEAL</u></p> <p>A: Meatloaf B: Garlic Rosemary Chicken Rosemary Potatoes Broccoli & Carrots Garlic Breadstick Black Forest Cake /Alt: Diet Cake</p>	<p style="text-align: center;">15</p> <p>A: Beef & Bowtie Casserole B: Pasta Primavera Green Beans & Red Peppers Sliced Carrots Garlic Texas Toast Oatmeal Cookie /Alt: Diet Cookie</p>
<p style="text-align: center;">18</p> <p style="text-align: center;">TO BE ANNOUNCED</p>	<p style="text-align: center;">19</p> <p>A: Beef Taco B: Chicken Taco On a Flour Tortilla with: Lettuce, Tomato, Cheese Mexican Rice Refried Beans Fresh Fruit</p>	<p style="text-align: center;">20</p> <p>A: Sliced Turkey w/ Gravy B: Beef Patty w/ Pepper Gravy Whipped Potatoes Brussels Sprouts Wheat Roll Fresh Fruit</p>	<p style="text-align: center;">21</p> <p>A: Garlic Rosemary Chicken B: Roast Beef w/ Gravy Oven Roasted Potatoes Glazed Carrots Multi Grain Bread Sugar Cookie/ Alt: Diet Cookie</p>	<p style="text-align: center;">22</p> <p>A: Ham & White Beans B: Vegetable Bean Stew Tomato Spoon Relish Garden Vegetables Dinner Roll Birthday Cake /Alt: Diet Cake</p>
<p style="text-align: center;">25</p> <p>A: Swiss Beef Patty B: Chicken w/ Mushroom Gravy Buttermilk Potatoes Green Beans Wheat Roll Fresh Banana</p>	<p style="text-align: center;">26</p> <p>A: Ham Broccoli Rice Casserole B: Savory Beef Patty Cabbage Zucchini & Tomatoes Multi Grain Bread Pineapple Tidbits</p>	<p style="text-align: center;">27</p> <p>A: Creole Chicken B: Sliced Turkey w/ Gravy Macaroni & Cheese Italian Vegetables Wheat Bread Fruit Cocktail</p>	<p style="text-align: center;">28</p> <p>A: Glazed Ham B: Chicken w/ Chicken Gravy Succotash Glazed Carrots Cornbread Fresh Fruit</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:

