



MemoryLane
CARE SERVICES



DAYBREAK

The Adult Day Center Newsletter

**January
2019**

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 New Year! Our day center and office will be closed the following dates:

Tuesday January 1st New Year's Day

Monday January 21st MLK Jr Day



We hope you all had a wonderful Holiday Season! It is hard to believe 2018 is already over and 2019 is here. Where does the time go? All of us at the center are looking forward to a new and fresh year and wish you all a very Happy New Year!

In December the day center staff and participants joined in a wonderful community project to help feed the homeless. Market Place of the People, a free ministry for the homeless associated with St. Paul's Church in downtown Toledo enlists the help of volunteers to assemble manna bags for the homeless. Here at MemoryLane, a staff member from the center picks up the supplies to fill the manna bags, brings them to the center where the staff and participants prepare the bags so they ready for distribution. Some of the supplies include peanutbutter, crackers, protein bars, vienna sausages, a fruit cup, water and silverware. The filled bags are then taken back to Marketplace for the People where they are distributed to the homeless. Our participants said "we are very glad to be able to help and to give back to the community." This is a very meaningful project for all involved. We plan to continue to incorporate community volunteer projects into the weekly activities of the center and recently signed up to be a RSVP (Retired Senior Volunteer Program) site with the Area Office on Aging of Northwestern Ohio.

We have some other great activities planned for the center in January. Several music programs are scheduled including David Putano on Monday January 7th at 1:15. He is a local music therapist and a favorite at the center for years. David plays guitar and sings a variety of songs that get the participants clapping and toes tapping. Additionally, on January 9th Lee Warren will return to strum his guitar, sing and play the piano. He is a versatile musician that plays a variety of music. Last month he even played an Eric Clapton song! On January 16th the Joe LaConey Band from the Sylvania Senior Center will be entertaining us. They are always a big hit at the center. The participants love music and will dance the afternoon away while the band is here.

Other activities in January include dog visits with Carrisa and Murphy and Sue and her little dog Petra. Pet visits are always welcome. If you have dog, cat, bird, bunny, pot belly pig, chickens or any other pet that you would like to share, please contact Gale at 419-720-4940 to set up a day and time to come and visit. If anyone would like to volunteer in another capacity please contact Gale. Carol, Kathy, Sue and Carrissa are all wonderful volunteers that help in the center on a regular basis. They assist with a variety of activities including team games, arts projects, crafts, reading groups, cleaning, organizing and are willing to change gears as needed depending on the day. Thank you so much, we really appreciate our volunteers!

***We currently have openings in the day center. If you are interested in more days or know of a family in need of our services, please let us know. ***

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

Sincerely,

Gale Begley

Activity Director

Jessica Drouillard

Respite and Operations Director



WE WOULD LIKE TO THANK YARK AUTOMOTIVE GROUP FOR THEIR CONTINUED SUPPORT AND GENEROSITY. DURING THE MONTH OF DECEMBER 2018, YARK GENEROUSLY DONATED A PORTION OF EACH VEHICLE SALE TO MEMORYLANE. YARK HAS BEEN A TREMENDOUS SUPPORT TO US OVER THE YEARS AND WE ARE TRULY THANKFUL!

CAREGIVER TIPS

The following tips were taken from the National Institute on Aging website at: <https://www.nia.nih.gov/health/cold-weather-safety-older-adults>.

COLD WEATHER SAFETY FOR OLDER ADULTS

If you are like most people, you feel cold every now and then during winter. What you may not know is that just being really cold can make you very sick. Older adults can lose body heat fast-faster than when they were young. Changes in your body that come with aging can make it harder for you to be aware of getting cold. A big chill can turn into a dangerous problem before an older person even knows what's happening. Doctors call this serious problem hypothermia.

WHAT IS HYPOTHERMIA?

Hypothermia is what happens when your body temperature gets very low. For an older person, a body temperature of 95°F or lower can cause many health problems, such as a heart attack, kidney problems, liver damage, or worse. Being outside in the cold, or even being in a very cold house, can lead to hypothermia. Try to stay away from cold places, and pay attention to how cold it is where you are. You can take steps to lower your chance of getting hypothermia.

KEEP WARM INSIDE

Living in a cold house, apartment, or other building can cause hypothermia. In fact, hypothermia can happen to someone in a nursing home or group facility if the rooms are not kept warm enough. If someone you know is in a group facility, pay attention to the inside temperature and to whether or not that person is dressed warmly enough.

People who are sick may have special problems keeping warm. Do not let it get too cold inside and dress warmly. Even if you keep your temperature between 60°F and 65°F, your home or apartment may not be warm enough to keep you safe. This is a special problem if you live alone because there is no one else to feel the chilliness of the house or notice if you are having symptoms of hypothermia. Here are some tips for keeping warm while you're inside:

- Set your heat to at least 68-70°F. To save on heating bills, close off rooms you are not using. Close the vents and shut the doors in these rooms, and keep the basement door closed. Place a rolled towel in front of all doors to keep out drafts.
- Dress warmly on cold days even if you are staying in the house. Throw a blanket over your legs. Wear socks and slippers.
- When you go to sleep, wear long underwear under your pajamas, and use extra covers. Wear a cap or hat.
- Make sure you eat enough food to keep up your weight. If you don't eat well, you might have less fat under your skin. Body fat helps you to stay warm.
- Ask family or friends to check on you during cold weather. If a power outage leaves you without heat, try to stay with a relative or friend.

You may be tempted to warm your room with a space heater. But, some space heaters are fire hazards, and others can cause carbon monoxide poisoning. The consumer Product Safety Commission has information on the use of space heaters.

BUNDLE UP ON WINDY, COLD DAYS

A heavy wind can quickly lower our body temperature. Check the weather forecast for windy and cold days. On those days, try to stand inside or in a warm place. If you have to go out, wear warm clothes, and don't stay out in the cold and wind for a long time. Here are some other tips:

- Dress for the weather if you must go out on chilly, cold, or damp days.
- Wear loose layers of clothing. The air between the layers helps to keep you warm.
- Put on a hat and scarf. You lose a lot of body heat when your head and neck are uncovered.
- Wear a waterproof coat or jacket if it's snowy and change your clothes right away if they get damp or wet.

WHAT ARE THE WARNING SIGNS OF HYPOTHERMIA?

Sometimes it is hard to tell if a person has hypothermia. Look for clues. Is the house very cold? Is the person not dressed for the cold weather? Is the person speaking slower than normal and having trouble keep his or her balance? What for the signs in hypothermia for yourself, too. You might become confused if your body temperature gets very low. Talk with your family and friends about the warning signs so they can look out for you.

Early signs of hypothermia:


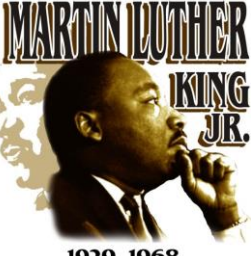
-Cold feet and hands
-Puffy or swollen face
-Pale skin
-Shivering
-Slower than normal speech or slurring words
-Acting sleepy
-Being angry or confused

Later signs of hypothermia:

-Moving slowly, trouble walking, or being clumsy
-Stiff and Jerky arm or leg movements
-Slow heartbeat
-Slow, shallow breathing
-Blacking out or losing consciousness

Call 9-1-1 right away if you think someone has warning signs of hypothermia.

~January Activities – The Center at Reynolds ~

Monday	Tuesday	Wednesday	Thursday	Friday
	1 	2 10:30 Morning Chat and Groove with Janis 11:00 Exercise with Rosie 1:00 Name That Tune with Janis and Kenny 2:00 Team Games/ Debra and Rosie 2:00 Funny New Year's Resolutions with Holly 3:30 Bunco with Holly 4:15 Reading Club "The Classics" with Debra	3 10:30 Morning Chat and Groove with Kenny 11:00 Exercise with Rosie 1:00 Table Games/Janis 1:00 Horse Racing with Kenny 2:00 Tai Chi with Rosie 2:00 Fancy Fingers with Holly and Pat 3:30 Foods That Bring Good Fortune with Holly 4:15 Folding and Sorting with Pat	4 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 Fifty Fabulous Facts About Flora with Leigh 4:15 Dance Party with Pat
7 10:30 Morning Chat and Groove with Janis 11:00 Exercise with Debra 1:00 Music with David Putano 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	8 10:30 Morning Chat and Groove with Kenny 11:00 Exercise with Rosie 1:00 Bunco with Janis 1:00 Table Games/Kenny 2:00 Tai Chi with Debra 2:00 Small Craft Group with Rosie and Holly 3:30 Begin Category Game Holly 4:15 Folding and Sorting with Debra	9 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 Eat, Wear, or Drive with Holly 3:30 Bingo with Holly 4:15 Who Made Us Laugh with Debra	10 10:30 Morning Chat and Groove with Kenny 11:00 Dog Visits with Rosie and Sue 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 January IQ/ Holly 4:15 Red or Black/ Pat	11 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
14 10:30 Morning Chat and Groove with Janis 11:00 Exercise with Debra 1:00 Winter Collage with Kenny 1:00 Table Games/Janis 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	15 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 Crafting with Sue, Holly and Rosie 3:30 Martin Luther King Jr. History/Discussion with Holly 4:15 Chicken Soup Reading with Debra	16 10:30 Morning Chat and Groove with Janis 11:00 Exercise with Rosie 1:00 Music with the Joe LaConey Band 3:30 Things Have Really Changed Since 1920/Holly 4:15 Reading Club "The Classics" with Debra	17 10:30 Morning Chat and Groove with Kenny 11:00 Exercise with Rosie 1:00 Pictionary with Kenny and Janis 2:00 Tai Chi with Rosie 2:00 Fancy Fingers with Holly and Pat 3:30 King Category Game with Holly 4:15 Folding/ Sorting/ Pat	18 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 What Am I? with Leigh 4:15 Dancing with Pat
21 Day Center and Office Closed  1929 1968	22 10:30 Morning Chat and Groove with Kenny 11:00 Exercise with Rosie 1:00 Table Games with Kenny 1:00 Wheel of Fortune Game with Janis 2:00 Tai Chi with Debra 2:00 Small Craft Group Holly and Rosie 3:30 Prune Category Game with Holly 4:15 Sing Along with Debra	23 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 –What Am I? with Holly 3:30 Bingo with Holly 4:15 Never Have I Ever with Debra	24 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 Small Group-Puzzles with Holly and Pat 3:30 Random Trivia with Holly 4:15 Zingo with Pat	25 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
28 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 Volunteer Group Making Manna Bags with Leigh and Holly 2:00 Small Group with Debra and Pat 3:30 Sing Along with Debra 4:15 Dance Party with Pat	29 10:30 Morning Chat and Groove with Kenny 11:00 Exercise with Rosie 1:00 Table Games with Kenny 1:00 Penny Ante Game with Janis 2:00 Tai Chi with Debra 2:00 Small Group with Holly and Rosie 3:30 First Category Game with Holly 4:15 Remembering Campbell Soup with Debra	30 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 –Five Clue What Is It? With Holly 3:30 Bunco with Holly 4:15 Reading Club "The Classics" with Debra	31 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 Fancy Fingers with Holly and Pat 3:30 Urban Myths with Holly 4:15 Folding and Sorting with Pat	

-JANUARY MENU-

All meals are served with milk. "Option A" meals will be ordered unless families request the alternate "Option B"	1 CLOSED FOR NEW YEARS DAY	2 A: Baked Chicken w/ Gravy B: Savory Beef Patty Country Corn Peas and Carrots Multi Grain Bread Fresh Fruit	3 A: Veal Italiano B: Chicken Marsala Rotini Noodles Spinach Multi Grain Bread Peaches	4 A: Chicken Chili B: Vegetarian Chili Rosemary Potatoes Carrots Saltine Crackers Strawberry Swirl Pudding / Alt: Diet Pudding
7 A: Meatballs w/ Spaghetti Sauce B: Chicken Parmesan Spaghetti Noodles Summer Vegetables Wheat Roll Pears	8 A: Taco Beef B: Taco Chicken On a Flour Tortilla w/ Lettuce, Tomato, Cheese, & Sour Cream Mexican Rice Refried Beans Fresh Fruit	9 A: Sliced Turkey w/ Gravy B: Beef Patty w/ Pepper Gravy Whipped Potatoes Brussels Sprouts Wheat Roll Fresh Fruit	10 A: Garlic Rosemary Chicken B: Roast Beef w/ Gravy Oven Roasted Potatoes Glazed Carrots Multi Grain Bread Sugar Cookie/ Alt: Diet Cookies	11 A: Ham & White Beans B: Vegetable Bean Stew Tomato Spoon Relish Garden Vegetables Dinner Roll Cranapple Crisp / Alt: Diet Hot Apple Slices
14 A: Swiss Beef Patty B: Chicken w/ Mushroom Gravy Buttermilk Potatoes Green Beans Wheat Roll Fresh Banana	15 A: Ham & Broccoli Rice Casserole B: Savory Beef Patty Cabbage Zucchini & Tomatoes Multi Grain Bread Pineapple Tidbits	16 A: Creole Chicken B: Sliced Turkey w/ Gravy Macaroni & Cheese Italian Vegetables Wheat Bread Fruit Cocktail	17 A: Glazed Ham B: Chicken w/ Chicken Gravy Succotash Glazed Carrots Cornbread Fresh Fruit	18 A: Beef Spaghetti Casserole B: Spinach Lasagna Green Peas Texas Bread Peach Crisp / Alt: Hot Peaches
21 CLOSED FOR MLK JR. DAY	22 A: Cranberry Dijon Chicken B: Creole Beef Patty Baked Sweet Potato Broccoli Wheat Bread Pears	23 A: Creamy Paprika Chicken B: Roast Beef w/ Gravy Whipped Potatoes Orange Carrots Wheat Bread Fresh Fruit	24 A: Chicken Noodle Casserole B: Beef & Bow Tie Casserole Whole Kernel Corn Green Beans Dinner Roll Fresh Fruit	25 A: Sausage Patty B: Broccoli Spinach Egg Bake Oven Roasted Potatoes Orange Juice Biscuit w/ Jelly Birthday Cake/ Alt: Diet Cake
28 A: Veal Marsala B: Honey Mustard Chicken Whipped Potatoes Green Peas & Red Peppers Multi Grain Bread Applesauce	29 A: BBQ Chicken B: Beef Patty Both on a Hamburger Bun Crispy Cubed Potatoes Green Beans Fresh Fruit	30 A: Beef Stroganoff B: Lemon Pepper Chicken Broccoli & Cauliflower Multi Grain Bread Peach Cobbler / Alt: Hot Peaches	31 A: Pork Loin Piccata B: Liver & Onions Whipped Potatoes Sliced Carrots Wheat Bread Blueberry Crumb Cake / Alt: Diet Cake	Food Allergy and Ingredient List Available from Valley Services at 419-382-5791

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:

