



MemoryLane
CARE SERVICES

DAYBREAK

The Adult Day Center Newsletter



MARCH
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,

March is here and that can mean only one thing...SPRING IS ON THE WAY! It has been a crazy winter in Northwest Ohio and we are sure everyone is looking forward to the warmth and all of the beauty that spring brings. Please note that the day center will be closed on Wednesday March 20th, the first official day of spring. This is a staff in-service day set aside to provide on-going education for all of the staff at the center.

There is a lot going on in the month of March including Mardi Gras, St. Patrick's Day and of course the first day of spring. Monday March 4th the staff and participants will be making Mardi Gras masks for our celebration on Tuesday March 5th. Leigh will also lead a discussion group "Mardi Gras:What a Mess!" Did you know that following the Mardi Gras parade in New Orleans it takes almost 1000 people and more than 100 pieces of equipment to clear the streets of debris? After clearing the streets the sidewalks must be cleaned from all kinds of garbage including food scraps, bottles, beads and abandoned couches and chairs. Believe it or not, this clean up takes only about 3 hours - now that is a well orchestrated clean up! The Mardi Gras/Fat Tuesday celebration at the center will include Mardi Gras beads, masks and of course some delicious Paczki for the afternoon party.



The St. Patrick's day celebration will start on Wednesday March 13th with a "Wear Green, Think Spring" Fashion show. Break out your Irish green or your floral prints for Spring and come join us. Friday March 15th will be our official St. Patrick's Day party. Josina Lott will be visiting that day and we will be working on a fun St. Pats craft project followed by a party at 2:45.

Our music programs for the month include David Putano on Monday March 4th, Lee Warren on Thursday March 14th and the Sylvania Senior Center Chorus will coming to join us on Tuesday March 5th at 1:30. This will be our first visit with the Chorus and we are really looking forward it. We always enjoy music programs here at the center. If you or someone you know has some musical talent please call Gale at 419-720-4940. We are always looking for volunteers to play music, help with crafts and games, gardening as well as many other projects around the center. Please contact Gale if you are interested.

Leigh, one of our wonderful day center staff members was a long time Girl Scout leader. On Monday March 25th she will lead a discussion group called Who Am I? The Girl Scouts started in 1912 and is now the world's largest leadership organization for girls with 10 million members in 146 countries. Of course we will have to sample some girl scout cookies at snack time!



Sincerely,
Gale Begley
Activity Director

Jessica Drouillard
Respite and Operations Director

DAY CENTER CLOSURES
WEDNESDAY MARCH 20TH -STAFF IN-SERVICE

****** PLEASE EXCUSE THE MESS ******

**WE WILL BEGIN RENOVATING THE DAY CENTER AND OFFICES IN THE COMING WEEKS.
FOLLOW US ON FACEBOOK TO TRACK THE PROGRESS AND SEE ALL THE NEW CHANGES!**

ATTENTION: NEW MEDICATION ADMINISTRATION POLICY

EFFECTIVE MARCH 1, 2019 OUR NURSES WILL ADMINISTER ALL MEDICATIONS IN THE DAY CENTER AND WE WILL NO LONGER BE USING THE MEDICATION REMINDER ENVELOPES. NANCY HAS BEEN IN CONTACT WITH THOSE THAT CURRENTLY RECEIVE MEDICATION TO UPDATE ANY PAPERWORK AND EXPLAIN HOW TO SEND IN THE MEDICATION. IF YOU HAVE NOT RETURNED THE PAPERWORK TO HER, PLEASE DO SO ASAP, OTHERWISE, WE WILL NOT BE ABLE TO ADMINISTER THE MEDICATION. IF YOU HAVE ANY QUESTIONS REGARDING THIS NEW POLICY, PLEASE CALL AND ASK TO SPEAK WITH NANCY.

CAREGIVER TIPS

<https://www.nia.nih.gov/health/managing-medicines-person-alzheimers>

MANAGING MEDICINES FOR A PERSON WITH ALZHEIMER'S

People with Alzheimer's disease and other forms of dementia may take medicines to treat the disease itself, mood or behavior changes, and other medical conditions. Caregivers can ensure that medicines are taken safely and correctly. Here are some tips to help you manage medications for someone with Alzheimer's disease or related dementia.

LEARN THE BASICS

Know each medicine (prescription and over-the-counter) the person with Alzheimer's disease takes. Ask the doctor or pharmacist:

- Why is this medicine being used?
- What positive effects should I look for, and when?
- How long will the person need to take it?
- How much should he or she take each day?
- When does the person need to take the medicine?
- What if the person misses a dose?
- What are the side effects, and what can I do about them?
- Can this medicine cause problems if taken with other medicines?

Managing medicines is easier if you have a complete list of them. The list should show the name of the medicine, the doctor who prescribed it, how much the person with Alzheimer's takes, and how often. Keep the list in a safe place at home and make a copy to keep in your purse or wallet, Bring it with you when you visit the person's doctor or pharmacist.

People with Alzheimer's or dementia should be monitored when they start taking a new medication. Follow the doctor's instructions and report any unusual symptoms right away. Also, let the doctor know before adding or changing any medications. People with Alzheimer's disease or other forms of dementia often need help taking their medicine. If the person lives alone, you may need to call and remind him or her or leave notes around the home. A pillbox allows you to put pills for each day in one place. Some pillboxes come with alarms that remind a person to take the medicine. As the dementia progresses, you will need to keep track of the person's medicines. You also will need to make sure the person takes the medicines or give the medicines to him or her.

Both prescription and over the counter medications have side effects. In addition, both prescription and over the counter medications can interact with each other and cause unintended side effects. Be sure to talk with your healthcare provider and pharmacist to discuss all medications a person with Alzheimer's or dementia is taking and any potential side effects and unintended interactions.

Some people with dementia take medicines to treat behavior problems such as restlessness, anxiety, depression, trouble sleeping, and aggression. Experts agree that medicines to treat behavior problems should be used only after other strategies that don't use medicine have been tried. Talk with the person's doctor about which medicines are safest and most effective. With these types of medicines, it is important to:

- Use the lowest dose possible
- Watch for side effects such as confusion and falls
- Allow the medicine a few weeks to take effect

Some people, especially those with late-stage dementia, may have trouble swallowing pills. In this case, ask the pharmacist if the medicine can be crushed or taken in liquid form. Other ways to make sure medications are taken safely:

- Keep all medicines locked up.
- Check that the label on each prescription bottle has the drug name and dose, patient's name, dosage frequency, and expiration date.
- Call the doctor or pharmacist if you have questions about any medicine.

MEDICINES TO TREAT ALZHEIMER'S DISEASE

There are five prescription medications currently available to treat Alzheimer's disease. It's important to understand that none of these medicines can cure or stop the disease. What they can do, for some people, is help slow down certain problems, such as memory loss. Slowing down memory loss can allow many people with Alzheimer's disease to be more comfortable and independent for a longer time.

~March 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 Mardi Gras What a Mess! with Leigh 4:15 Dancing/ Pat
4 10:30 Morning Chat and Groove with Janis 11:00 Exercise with Debra 1:00 Music with David Putano 2:00 Mardi Gras Masks with Carol, Leigh/Holly 2:00 Small Group with Pat and Debra 3:30 Balloon Volley with Debra 4:15 Dance Party with Pat	5 10:30 Morning Chat and Groove with Kenny 11:00 Exercise with Rosie 1:15 Sylvania Senior Center Chorus 2:45 Mardi Gras Party 3:30 Fat Tuesday Word Mining with Holly 4:15 Sing Along with Debra	6 10:30 Morning Chat and Groove with Janis 11:00 Exercise with Rosie 1:00 Pictionary with Kenny and Janis 2:00 Team Games with Debra/Rosie and Carrisa 2:00 Saint Category Game with Holly 3:30 Bingo with Holly 4:15 Reading Club with Debra	7 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 2:00 Tai Chi with Rosie 2:00 Fancy Fingers with Holly and Pat 3:30 Balloon Volley 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 Poker Dice with Kenny 1:00 Table Games with Janis 2:00 St. Patricks Craft with Leigh, Holly and Carol 2:00 Small Group with Debra and Pat 3:30 Sing / 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 Nursery Rhymes with Janis 2: 00 Tai Chi with Debra 2:00 Small Craft Group with Holly and Rosie 3:30 Balloon Volley/Holly 4:15 Folding and Sorting with Debra	13 10:30 Morning Chat and Groove with Janis 11:00 Exercise with Rosie 1:00 Spring Fashion Show with Kenny and Janis 2:00 Team Games with Rosie and Debra 2:00 Bunco with Holly 3:30 Irish American Word Mining with Holly 4:15 What m I? with Debra	14 10:30 Morning Chat and Groove with Kenny 11:00 Exercise with Rosie 1:00 Music with Lee Warren 2:00 Tai Chi with Rosie 2:00 Puzzles with Holly and Pat 3:30 Truth or Blarney 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/St. Patrick's Day Crafting with Holly and Leigh 2:45 St. Patrick's Party 3:30 Irish Humor with Leigh 4:15 Dancing with Pat
18 10:30 Morning Chat and Groove with Janis 11:00 Exercise with Debra 1:00 Spring Water Colors with Kenny 1:00 Table Games with Janis 2:00 Volunteer Group Making Manna Bags Holly and Leigh 2:00 Small Group with Pat and Debra 3:30 Balloon Volley 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 Spring Collage with Holly and Rosie 3:30 Wind Category Game with Holly 4:15 Sing Along with Debra	20 Day Center and Office Closed for Staff In-Service 	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 Weather or Not with Holly 4:15 Folding and Sorting 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 Who Am I? Leigh Girl Scout Discussion 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 Name That Tune with Janis 2: 00 Tai Chi with Debra 2:00 Who Am I? Michelangelo Discussion with Holly and Rosie 3:30 Balloon Volley with Holly 4:15 Folding/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 March Category Game with Holly 4:15 Reading Club with Debra	28 10:30 Morning Chat and Groove with Kenny 11:00 Exercise with Rosie 1:00 Table Games with Janis 1:00 What Am I? and YOU TUBE with Kenny 2:00 Tai Chi with Rosie 2:00 Puzzles with Holly and Pat 3:30 Balloon Volley with Holly 4:15 Red or Black/ Pat	29 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

-MARCH 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>Food Allergy and Ingredient List Available from Valley Services at 419-382-5791</p>			<p style="text-align: center;">1</p> <p>A: Beef Spaghetti Casserole B: Spinach Lasagna Green Peas Texas Bread Peach Crisp / Alt: Hot Peaches</p>
<p style="text-align: center;">4</p> <p>A: Sausage w/ Onion & Peppers on a Bun B: Chicken Breast on a Bun Penne Pasta Spring Vegetables Fresh Fruit</p>	<p style="text-align: center;">5</p> <p>A: Cranberry Dijon Chicken B: Creole Beef Patty Baked Sweet Potato Broccoli Wheat Bread Pears</p>	<p style="text-align: center;">6</p> <p style="text-align: center;">ASH WEDNESDAY MEAL</p> <p>A: Macaroni & Cheese B: Beef Italian Macaroni Green Beans Parslied Carrots Garlic Texas Bread Fresh Fruit</p>	<p style="text-align: center;">7</p> <p>A: Chicken Noodle Casserole B: Beef & Bow Tie Casserole Whole Kernel Corn Green Beans Dinner Roll Fresh Fruit</p>	<p style="text-align: center;">8</p> <p>A: Sausage Patty B: Broccoli Spinach Egg Bake Oven Roasted Potatoes Orange Juice Biscuit Apple Raisin Compote</p>
<p style="text-align: center;">11</p> <p>A: Veal Marsala B: Honey Mustard Chicken Whipped Potatoes Green Peas & Red Peppers Multi Grain Bread Applesauce</p>	<p style="text-align: center;">12</p> <p>A: BBQ Chicken B: Beef Patty Both on a Bun Crispy Cubed Potatoes Green Beans Fresh Fruit</p>	<p style="text-align: center;">13</p> <p>A: Beef Stroganoff B: Lemon Pepper Chicken Broccoli & Cauliflower Multi Grain Bread Peach Cobbler / Alt: Diet Peaches</p>	<p style="text-align: center;">14</p> <p style="text-align: center;">ST PATRICK'S DAY MEAL</p> <p>A: Chicken Thigh w/ Gravy B: Corned Beef w/ Cabbage Red Potatoes Sliced Carrots Rye Bread Cherry Whip/ Alt: Diet Pudding</p>	<p style="text-align: center;">15</p> <p>A: Mushroom Chicken B: Macaroni & Cheese Stewed Tomatoes Mixed Vegetables Wheat Bread Fresh Fruit</p>
<p style="text-align: center;">18</p> <p>A: Meatloaf w/ Gravy B: Pineapple Glazed Chicken Cheesy Whipped Potatoes Green Beans Dinner Roll Fresh Fruit</p>	<p style="text-align: center;">19</p> <p>A: Chicken Rice Casserole B: Creole Beef Patty Carrots Amandine Broccoli Multi Grain Bread Fresh Fruit</p>	<p style="font-size: 1.2em;">CLOSED FOR STAFF IN-SERVICE TRAINING</p>	<p style="text-align: center;">21</p> <p>A: Fried Chicken Patty B: Ham & White Beans Whipped Sweat Potatoes Mixed Vegetables Multi Grain Bread Mandarin Oranges</p>	<p style="text-align: center;">22</p> <p>A: Beef Fiesta Macaroni B: Chilaquiles Casserole Spinach Stewed Tomatoes Wheat Roll Birthday Cake /Alt: Diet Cake</p>
<p style="text-align: center;">25</p> <p>A: Lemon Pepper Chicken B: Teriyaki Meatballs Parslied Potatoes Brussels Sprouts Wheat Bread Fresh Fruit</p>	<p style="text-align: center;">26</p> <p>A: Cranberry Dijon Chicken B: Calypso Pork Au Gratin Rotini Mixed Vegetables Wheat Bread Fruit Cocktail</p>	<p style="text-align: center;">27</p> <p>A: Beef Chili B: BBQ Chicken Breast Baked Potato Green Peas Breadstick Pears</p>	<p style="text-align: center;">28</p> <p>A: Sliced Turkey w/ Gravy B: Salisbury Patty w/ Pepper Gravy Country Potatoes Capri Vegetables Wheat Roll 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:

