



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,

Yeah...it is finally April !!! I am hopeful that the weather will be a little warmer soon. Spring time in Ohio is always so beautiful. It is great to see and hear the early signs of spring like tulips poking their heads out, robins on the lawn and hearing the birds singing first thing in the morning.



April is also the month set aside to appreciate our volunteers. We have some wonderful volunteers here at the center. They make a difference in the lives of our participants by giving of their time and talents. We would like to recognize the contributions of our volunteers as well as encourage volunteerism especially during "Volunteer Month". If you or someone you know would like to know more about volunteer opportunities at the center please call Gale at 419-720-4940. Volunteer opportunities could include variety of activities including sharing musical talents, crafting, gardening, spending individual time with participants or even helping in the office. We would like to say a special thank you to our current volunteers...Terry, Carol, Kathy, Sue, Gabby and Carrisa. Please read our April Blog to learn more about our fantastic volunteers and possible opportunities for the future.

There are some fun spring activities planned for the month including a water color project with Leigh and Carol on April 1<sup>st</sup> and April 22<sup>nd</sup>. Other small group crafts include a special project for the volunteers. The participants will be painting and distressing mason jars to use for planting succulants as gifts for the volunteers. Additionally, the participants will be making a personalized card for each volunteer. We want them to know that we care about them and truly appreciate all that they do!

On April 10<sup>th</sup> we will have a spring reminscence activity on Easter Bonnets and Sunday best hats and gloves. If you have an Easter Bonnet or a special hat to share or donate please contact Gale. We currently have a small collection of hats but appreciate and accept donations as well.

Our music programs for the month include our favorite music therapist, David Putano. He will be at the center on Monday April 1<sup>st</sup> at 1:00. Our participants really enjoy our monthly sing along with David. Additionally, on Wednesday April 17<sup>th</sup> Abigail Rose will be in the center to help kick off our Spring Fling Party. Abigail plays the guitar and sings a variety of music including some of our favorite old country songs. The Spring Fling will continue with decorating the center with baskets planted with real grass. Holly will be working with participants in the first week of April to plant the grass so it will be ready for our spring party. Of course our spring baskets would not be complete without some colored eggs. This year we will be using several fun new techniques to color the eggs. We will be using rice and food coloring to make beautiful speckled eggs and cool whip and food coloring to make soft swirls on the eggs. Our party will also include making a fun snack called S'Meeps. S'Meeps are Smores made with Peeps. Not only do they taste good but they are very cute and colorful as well. Family and friends are welcome to come and join in the fun!

Sincerely,

Gale Begley  
Activity Director

Jessica Drouillard  
Respite and Operations Director

**SAVE THE DATE:**

THE AREA OFFICE ON AGING WILL HOST  
THEIR 42<sup>ND</sup> ANNUAL SPRING FLING ON  
TUESDAY MAY 21<sup>ST</sup> FROM 10am-2pm AT  
TAM-O-SHANTER -2160 SYLVANIA AVE.  
THERE WILL BE OVER 90 VENDORS ALONG  
WITH MULTIPLE HEALTH AND WELLNESS  
DEMONSTRATIONS AND GREAT MUSICAL  
ENTERTAINMENT!

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

**RENOVATIONS ARE IN FULL SWING IN THE DAY CENTER AND OFFICES. FOLLOW US ON FACEBOOK TO TRACK THE PROGRESS AND SEE ALL THE NEW CHANGES!**



# CAREGIVER TIPS

<https://www.nia.nih.gov/health/disaster-preparedness-alzheimers-caregivers>

## DISASTER PREPAREDNESS FOR ALZHEIMER'S CAREGIVERS

People with Alzheimer's disease can be especially vulnerable during disasters such as severe weather, fires, floods, earthquakes, and other emergency situations. It is important for caregivers to have a disaster plan that includes the special needs of people with Alzheimer's, whose impairments in memory and reasoning severely limit their ability to act appropriately in crises.

In general, you should prepare to meet the needs of your family for 3 to 7 days, including having supplies and backup options if you lose basic services such as water or electricity. Organizations such as the Federal Emergency Management Agency (FEMA) and the American Red Cross provide information about making a general disaster preparedness plan. The Administration for Community Living has a disaster planning toolkit for people with dementia.

### GATHER SUPPLIES

As you assemble supplies for your family's disaster kit, consider the needs of the person with Alzheimer's/dementia. Be sure to store all supplies in a watertight container. The kit might contain:

- Incontinence undergarments, wipes, and lotions
- Pillow, toy, or something the person can hold onto
- Favorite snacks and high-nutrient drinks
- Physician's name, address, and phone number
- Copies of legal, medical, insurance, and Social Security information
- An updated photo of the person with dementia
- Ziplock® bags to hold medications and documents
- Recent photos of the person
- Warm clothing and sturdy shoe
- Spare eyeglasses and hearing-aid batteries
- Medications
- Flashlights and extra batteries

### IF YOU MUST LEAVE HOME

In some situations, you may decide to "ride out" a natural disaster at home. In others, you may need to move to a safer place, like a community shelter or someone's home. Relocation may make the person with Alzheimer's very anxious. Be sensitive to his or her emotions. Stay close, offer your hand, or give the person reassuring hugs. To plan for evacuation:

- Know how to get to the nearest emergency shelter
- If you don't drive or driving is dangerous, arrange for someone to transport you and others who may be with you
- Make sure the person with Alzheimer's wears an ID bracelet
- Take both general supplies and your Alzheimer's emergency kit
- Pack familiar, comforting items. If possible, plan to take along the house hold pet
- Save emergency numbers in your cell phone, and keep it charged
- Plan to keep neighbors, friends, and family informed about your location
- If conditions are noisy or chaotic, try to find a quieter place.

### IF YOU ARE SEPARATED

It is important to stay with the person with Alzheimer's in a disaster. Do not count on the person to stay in one place while you go to get help. However, the unexpected can happen, so it is a good idea to plan for possible separation.

- Enroll the person in the MedicAlert® Program- an identification and support service for people who may become lost.
- Prepare for wandering. Place labels in garments to aid in identification. Keep an article of the person's clothing in a plastic bag to help search and rescue find him or her.
- Identify specific neighbors or nearby family and friends who would be willing to help in a crisis. Make a plan of action with them should the person with Alzheimer's be unattended during a crisis. Tell neighbors about the person's specific disabilities, including inability to follow complex instructions, memory loss, impaired judgement, disorientation, and confusion. Give examples of simple one-step instructions that the person may be able to follow.
- Give someone you trust a house key and list of emergency phone numbers.
- Provide local police and emergency services with photos of the person with Alzheimer's and copies of his or her medical documents, so they are aware of the person's needs.

## ~April Activities – The Center at Reynolds ~

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
10:30 April Fool's Day Fact or Foolery with Janis 11:00 Exercise with Debra 1:00 Music with David Putano 2:00 Team Games with Pat and Debra 2:00 Water Color Art Project/Leigh and Carol 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 with Janis 2:00 Tai Chi with Rosie 2:00 Planting Grass Baskets/Garden Room with Holly 3:30 Balloon Volley/Holly 4:15 Folding and Sorting with Debra	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 and Rosie 2:00 Small Group in Garden Room with Holly 3:30 Bingo with Holly 4:15 Reading Club Remembering Spring with Debra	10:30 Morning Chat and Groove with Kenny 11:00 Exercise with Rosie 1:00 Table Games/ Janis 1:00 Men's Group Sports Videos with Kenny in Garden Room 2:00 Tai Chi with Rosie 2:00 Fancy Fingers/ Pat 3:30 Practical Joke Word Mining with Holly 4:15 Folding and Sorting/ Pat	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 Forest Funnies and April Trivia with Leigh 4:15 Dancing Party with Pat
8	9	10	11	12
10:30 Morning Chat and Groove with Janis 11:00 Exercise with Debra 1:00 Poker Dice with Kenny 2:00 Team Games with Pat and Debra 2:00 Small Group with Pat and Debra 2:00 Water Color Project with Leigh and Carol 3:30 Balloon Volley/ 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 Dominos with Janis 2:00 Tai Chi with Rosie 2:00 Small Group in Garden Room/Holly 3:30 Clean 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 Charades with Kenny and Janis 2:00 Easter Bonnet and Sunday Best Hat Reminisce with Holly, Rosie and Debra 3:30 Bunco with Holly 4:15 Reading Club-Chicken Soup with Debra	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 Puzzles with Pat 3:30 Poems Category Game with Holly 4:15 Red or Black with Pat	10:30 Morning Chat and Groove with Rosie 11:00 Exercise with Holly 1:00 Friday Afternoon Matinee 1:00 Small Group Art/Poetry Reading with Rosie and Holly 3:30 Bingo with Pat 4:15 Sing Along with Instruments/Leigh
15	16	17	18	19
10:30 Morning Chat and Groove with Janis 11:00 Exercise with Debra 1:00 Poker Dice with Kenny 2:00 Team Games with Debra and Pat 2:00 Dice Games with Leigh and Carol in the Garden Room 3:30 Sing Along/ Debra 4:15 Dancing with Pat	10:30 Morning Chat and Groove with Kenny 11:00 Exercise with Rosie 1:00 Imagine That with Rosie Best 2:00 Tai Chi with Rosie 2:00 Small Group in the Garden Room with Holly 3:30 Balloon Volley/Holly 4:15 Folding and Sorting with Debra	10:30 Morning Chat and Groove with Janis 11:00 Exercise with Rosie 1:00 Spring Music Program with Abigail Rose 2:00 Team Games with Rosie and Debra 2:00 Spring Party Setup/Making S'Meeps 3:30 Bingo with Holly 4:15 Reading Club with Debra-What Am I?	10:30 Morning Chat and Groove with Kenny 11:00 Exercise with Rosie 1:00 Spring Fashion Show with Janis and Kenny 2:00 Tai Chi with Rosie 2:00 Fancy Fingers with Pat 3:30 What Tree Am I and Tree Trivia 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 Afternoon Matinee 2:00 Josina Lott Visits/Paper Roll Flower Prints with Leigh 3:30 Reminisce with Leigh 4:15 Dancing with Pat
22	23	24	25	26
10:30 Morning Chat and Groove with Janis 11:00 Exercise with Debra 1:00 Earth Day Collage with Kenny 2:00 Team Games with Debra and Pat 2:00 Crafting Club-Tile Making with Leigh and Carol in the Garden Room 3:30 Balloon Volley 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 Price is Right with Janis 2:00 Tai Chi with Rosie 2:00 Small Group in the Garden Room/Holly 3:30 Mixed Up Earth Day Hangman with Holly 4:15 Folding and Sorting with Debra	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 Rosie and Debra 2:00 Small Group in the Garden Room with Holly 3:30 Bunco with Holly 4:15 Reading Club-What Am I with Debra	10:30 Morning Chat and Groove with Kenny 11:00 Exercise with Rosie 1:00 Table Games with Janis 1:00 Penny Ante with Kenny 2:00 Tai Chi with Rosie 2:00 Puzzles with Pat 3:30 Searching for Trees White Board Game/ Holly 4:15 Folding and Sorting with Pat	10:30 Morning Chat and Groove with Rosie 11:00 Exercise with Holly 1:00 Friday Afternoon Matinee 1:00 Small Art/Craft Group Spring Tree Art with Rosie and Holly in the Garden Room 3:30 Candy Bingo with Pat 4:15 Sing Along with Instruments with Leigh
29	30			
10:30 Morning Chat and Groove with Janis 11:00 Exercise with Debra 1:00 Table Games with Kenny 2:00 Team Games with Debra and Pat 2:00 Dice Games with Leigh and Carol in the Garden Room 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 Name That Tune with Janis 2:00 Tai Chi with Rosie 2:00 Small Group in the Garden Room with Holly 3:30 Balloon Volley with Holly 4:15 Folding/Sorting with Debra			

# -APRIL MENU-

<p style="text-align: center;">1</p> <p>A: Salisbury Steak Gravy B: Honey Mustard Chicken Buttermilk Potatoes Green Beans Wheat Bread Fresh Fruit</p>	<p style="text-align: center;">2</p> <p>A: Ham Macaroni Salad B: Savory Beef Patty Spinach Zucchini Breadstick Fruit Cocktail</p>	<p style="text-align: center;">3</p> <p>A: Creamy Paprika Chicken B: Turkey Breast w/ Gravy Macaroni and Cheese Italian Vegetables Multi Grain Bread Fruited Gelatin Alt: Diet Gelatin</p>	<p style="text-align: center;">4</p> <p>A: Glazed Ham B: Baked Chicken Breast w/ Gravy Succotash Glazed Carrots Cornbread Fresh Fruit</p>	<p style="text-align: center;">5</p> <p>A: Lasagna B: Spinach Lasagna Green Peas Mixed Green Salad Texas Bread Apple Crisp Alt: Diet Hot Apples</p>
<p style="text-align: center;">8</p> <p>A: Sausage with Peppers and Onion B: Pulled Chicken with Peppers &amp; Onion Both on a Hot Dog Bun Sauerkraut Fresh Fruit</p>	<p style="text-align: center;">9</p> <p>A: Baked Chicken Breast in Tomato Basil B: Spanish Beef Patty Baked Potato w/ Sour Cream Broccoli Wheat Bread Orange Cake Alt: Diet Angel Food Cake</p>	<p style="text-align: center;">10</p> <p>A: Creole Chicken B: Roast Beef &amp; Gravy Whipped Potatoes Glazed Carrots Wheat Bread Fresh Fruit</p>	<p style="text-align: center;">11</p> <p>A: Broccoli Ham Strata B: Chicken Noodle Casserole Oven Roasted Potatoes Orange Juice Biscuit w/ Jelly Apple Raisin Compote</p>	<p style="text-align: center;">12</p> <p>A: Beef &amp; Bow Tie Casserole B: Broccoli Spinach Quiche Whole Kernel Corn Green Beans Dinner Roll Fruited Gelatin Alt: Diet Gelatin</p>
<p style="text-align: center;">15</p> <p>A: Honey Mustard Chicken B: Beef w/ Mushroom Gravy Whipped Sweet Potatoes Green Peas Wheat Bread Pears</p>	<p style="text-align: center;">16</p> <p>A: Hamburger Patty B: BBQ Chicken Both on a Hamburger Bun Crispy Cubed Potatoes Succotash Fresh Fruit</p>	<p style="text-align: center;">17</p> <p>A: Hamburger Stew B: Lemon Pepper Chicken Broccoli &amp; Cauliflower Mixed Green Salad w/ Italian Dressing Wheat Bread Apple Crisp Alt: Diet Hot Apples</p>	<p style="text-align: center;">18</p> <p>A: Pork w/ Supreme Sauce B: Veal Marsala Whipped Potatoes Sliced Carrots Wheat Bread Strawberry Cake Alt: Diet Angel Food Cake</p>	<p style="text-align: center;">19</p> <p><u>EASTER MEAL</u> A: Glazed Ham B: Macaroni and Cheese Baked Sweet Potato French Green Bean Casserole Wheat Roll Coconut Cake Alt: Angel Food Cake</p>
<p style="text-align: center;">22</p> <p>A: Meatloaf &amp; Brown Gravy B: Pineapple Chicken Cheesy Whipped Potatoes Green Beans Dinner Roll Fresh Fruit</p>	<p style="text-align: center;">23</p> <p>A: Chicken Rice Casserole B: Creole Steak Baby Carrots Broccoli &amp; Cauliflower Dinner Roll Butterscotch Pudding Alt: Diet Vanilla Pudding</p>	<p style="text-align: center;">24</p> <p>A: Beef Taco Pie B: Chilaquiles Casserole Mexican Rice Stewed Tomatoes Tortillas / Sour Cream Fresh Fruit</p>	<p style="text-align: center;">25</p> <p>A: Oven Fried Chicken Patty B: Turkey Ham &amp; White Beans Baked Sweet Potato Mixed Vegetables Multi Grain Bread Chocolate Chip Cookie Alt: Diet Cookies</p>	<p style="text-align: center;">26</p> <p>A: Pork Roast B: Turkey W/ Supreme Sauce Garden Rotini Cooked Cabbage Wheat Roll Pineapple Tidbits</p>
<p style="text-align: center;">29</p> <p>A: Beef Chili B: Vegetarian Chili Baked Potato with Sour Cream Green Peas Breadstick Pears</p>	<p style="text-align: center;">30</p> <p>A: BBQ Rib Patty B: Hamburger Patty Both on a Hamburger Bun Macaroni &amp; Cheese Spinach Fruit Cocktail</p>	<p style="text-align: center;">All meals are served with milk.</p> <p style="text-align: center;">"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>	

## TWO EASY WAYS TO SUPPORT THE ADULT DAY CENTER

1) If you shop on-line through amazon, use [smile.amazon.com/ch/81-2432321](https://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:

