



MemoryLane
CARE SERVICES

DAYBREAK

The Adult Day Center Newsletter



May
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/

*****WE HAVE OPENINGS IN THE DAY CENTER... IF YOU WOULD LIKE ADDITIONAL DAYS OR KNOW OF A FAMILY THAT COULD BENEFIT FROM THE DAY CENTER, PLEASE GIVE GALE BEGLEY A CALL*****

Dear Caregivers,

Spring has arrived! Even though it has been pretty grey and rainy, the sure signs of spring are out there. The forsythia's and daffodils are blooming, trees are budding, and the grass is finally starting to turn green. We are really looking forward to planting some veggies and flowers and just enjoying the sunshine on the patio. Kathy Woodbury, one of our great volunteers will be assisting with the planting and decorating the patio as soon as weather permits.



May is such a fun month at the center with so celebrations including May Day, Cinco de Mayo, Mother's Day, and Memorial Day. On May 1st Holly will lead a discussion group about May Day history, traditions and trivia. Friday, May 3rd Josina Lott will join us to play bingo followed by a Cinco de Mayo snack with chips, cheese and salsa and the day will end with a Cinco de Mayo watercolor class with Leigh.

Kenny and Janis will start off our Mother's Day celebration on Thursday May 9th at 1:00 by leading the Mother's Day fashion show. This monthly activity that is a lot of fun, Janis has a way of involving everyone in "walking the runway" and it always ends in a great dance party. At 2:00 Mitch Kahl will serenade everyone, followed by a party at 2:45 featuring a delicious appetizer and something sweet provided by Cindy from Ida's Catering. Holly will end the day with a discussion about favorite "Momisms". A couple favorites are... "money doesn't grow on trees" or "I have eyes in the back of my head." Did your mom ever say things like this to you?

Friday May 24th the staff and participants" will celebrate Memorial Day with a "cook out" with Kenny. He will put on his chef hat to grill hot dogs for the party at 2:45. Family and friends are welcome to come and join us any time.

Music programs this month include a sing along with David Putano on Monday May 6th at 1:00 and a new musician named John Barile. John is a talented musician who plays many instruments including the guitar and mandolin and has a great voice. He will be bringing different musicians from the community to entertain us. We are looking forward to the Blue Grass band that will join him!



Other activities throughout the month include pet visits with Sue and Mika on May 7th at 2:00. Sue another one of our wonderful volunteers also comes to assist with arts and crafts, games or anything else that is asked of her. Our fantastic day center staff will lead a variety of fun and seasonal activities throughout the month including category games with Holly, crafting with Leigh, dancing with Pat, reading club with Debra, and men's group with Kenny.

Sincerely,

Gale Begley
Activity Director

Jessica Drouillard
Respite and Operations Director

**OUR OFFICES AND DAY CENTER
WILL BE CLOSED ON MONDAY
MAY 27TH IN HONOR OF
MEMORIAL DAY.**

SAVE THE DATE:
THE AREA OFFICE ON AGING WILL HOST
THEIR 42ND ANNUAL SPRING FLING ON
TUESDAY MAY 21ST 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. WE ARE HAPPY TO SHARE OUR PROGRESS AND FOLLOW US ON FACEBOOK TO SEE ALL THE NEW CHANGES!

CAREGIVER TIPS

SHARING CAREGIVING RESPONSIBILITIES

<https://www.nia.nih.gov/health/sharing-caregiving-responsibilities>

Caring for an older family member often requires teamwork. While one sibling might be local and take on most of the everyday caregiving responsibilities, a long-distance caregiver can also have an important role. As a long-distance caregiver, you can provide important respite to the primary caregiver and support to the aging family member.

TALK ABOUT CAREGIVING RESPONSIBILITIES

First, try to define the caregiving responsibilities. You could start by setting up a family meeting and, if it makes sense, include the care recipient in the discussion. This is best done when there is not an emergency. A calm conversation about what kind of care is wanted and needed now, and what might be needed in the future, can help avoid a lot of confusion.

Decide who will be responsible for which tasks. Many families find the best first step is to name a primary caregiver, even if one is not needed immediately. That way the primary caregiver can step in if there is a crisis. Agree in advance how each of your efforts can complement one another so that you can be an effective team. Ideally, each of you will be able to take on tasks best suited to your skills or interests.

SPLITTING CAREGIVING RESPONSIBILITIES- CONSIDER YOUR STRENGTHS

When thinking about who should be responsible for what, start with your strengths. Consider what you are particularly good at and how those skills might help in the current situation:

- Are you good at finding information, keeping people up-to-date on changing conditions, and offering cheer, whether on the phone or with a computer?
- Are you good at supervising and leading others?
- Are you comfortable speaking with medical staff and interpreting what they say to others?
- Is your strongest suit doing the numbers- paying bills, keeping track of bank statements, and reviewing insurance policies and reimbursement reports?
- Are you the one in the family who can fix anything, while no one else knows the difference between pliers and a wrench?

SPLITTING CAREGIVING RESPONSIBILITIES- CONSIDER YOUR LIMITS

When thinking about who should be responsible for what, consider your limits. Ask yourself the following:

- How often, both mentally and financially, can you afford to travel?
- Are you emotionally prepared to take on what may feel like a reversal of roles between you and your parent- taking care of your parent instead of your parent taking care of you? Can you continue to respect your parent's independence?
- Can you be both calm and assertive when communicating from a distance?
- How will your decision to take on caregiving responsibilities affect your work and home life?

Be realistic about how much you can do and what you are willing to do. Think about your schedule and how it might be adapted to give respite to the primary caregiver. For example, you might try to coordinate holiday and vacation times. Remember that over time, responsibilities may need to be revised to reflect changes in the situation, your care recipient's needs, and each family member's abilities and limitations.

SUPPORTING A LOCAL CAREGIVER FROM FAR AWAY

A spouse or the sibling who lives closest to an aging parent often becomes the primary caregiver. Long-distance caregivers can help by providing emotional support and occasional respite to the primary caregiver. Ask the primary caregiver what you can do to help. Staying in contact with your parents by phone or email might also take some pressure off your parents or sibling. Just listening may not sound like much help, but often it is.

Long-distance caregivers can also play a part in arranging for professional caregivers, hiring home health and nursing aides, or locating care in an assisted living facility or nursing home (also known as a skilled nursing facility). Long-distance caregivers may find that they can be helpful by handling things online- for example, researching health problems or medicines, paying bills, or keeping family and friends updated. Some long-distance caregivers help a parent pay for care; others step in to manage finances.

HELPING A PARENT WHO IS THE PRIMARY CAREGIVER

A primary caregiver-especially a spouse- may be hesitant to ask for help or a break. Be sure to acknowledge how important the caregiver has been for the care recipient. Also, discuss the physical and emotional effects caregiving can have on people. Although caregiving can be satisfying, it also can be very hard work.

Offer to arrange for respite care. Respite care will give your parent a break from caregiving responsibilities. It can be arranged for just an afternoon or for several days. Care can be provided in the family home, through an adult day services program or at a skilled nursing facility. Your parents may need more help from home-based care to continue to live in their own home. Some people find it hard to have paid caregivers in the house, but most also say that the assistance is invaluable. If the primary caregiver is reluctant, point out that with an in-home aide, she may have more energy to devote to caregiving and some time for herself. Suggest she try it for some time, and then decide.

~May Activities – The Center at Reynolds ~

Monday	Tuesday	Wednesday	Thursday	Friday
		1 10:30 Morning Chat and Groove with Janis 11:00 Tai Chi with Rosie 1:00 Pictionary with Kenny and Janis 2:00 Team Games with Debra and Rosie 2:00 May Day Traditions History and Traditions with Holly in Garden Room 3:30 Bingo with Holly 4:15 Reading Club with Debra/Chicken Soup	2 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 Team Games with Pat 2:00 Fancy Fingers with Holly in Garden Room 3:30 Fiesta Category Game with Holly 4:15 Folding and Sorting/ Pat	3 10:30 Morning Chat and Groove with Rosie 11:00 Tai Chi with Holly 1:00 Friday Matinee 2:00 Josina Lott Visits/ Bingo with Holly 3:30 Let’s Celebrate Cinco de Mayo and Watercolors with Holly 4:15 Dance Party with Pat
6 10:30 Morning Chat and Groove with Janis 11:00 Tai Chi with Debra 1:00 Music Sing Along with David Putano 2:00 Team Games with Pat and Debra 2:00 Planting with Leigh and Carol in the Garden Room 3:30 Parachute with Debra 4:15 Dancing with Pat	7 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 Dog Visits with Rosie, Sue and Mika 2:00 Small Craft Group with holly and 3:30 Balloon Volley with Holly 4:15 Folding and Sorting with Debra	8 10:30 Morning Chat and Groove with Janis 11:00 Tai Chi with Rosie 1:00 Charades with Kenny and Janis 2:00 Team Games with Debra and Rosie 2:00 Small Group with Holly in Garden Room 3:30 Fetch Category Game with Holly 4:15 Reading Club- “No Age Limits for Moms and Motherly Humor”	9 10:30 Morning Chat and Groove with Kenny 11:00 Exercise with Rosie 1:00 Mother’s Day Fashion Show with Kenny and Janis 2:00 Music with Mitch 2:45 Mother’s Day Party/Food by Ida’s Catering 3:30 Momisms with Holly 4:15 Red or Black with Pat	10 10:30 Morning Chat and Groove with Rosie 11:00 Exercise with Holly 1:00 Friday Afternoon Matinee 1:00 Small Group Reading from “Chocolate for a Mother’s Heart” with Holly in the Garden Room 3:30 Bingo with Pat 4:15 Hat and Glove Reminisce with Leigh
13 10:30 Morning Chat and Groove with Janis 11:00 Tai Chi with Debra 1:00 Poker Dice with Kenny 2:00 Team Games with Debra and Pat 2:00 Tile and Coaster Making with Leigh and Carol in the Garden Room 3:30 Balloon Volley/ Debra 4:15 Dancing with Pat	14 10:30 Morning Chat and Groove with Kenny 11:00 Exercise with Rosie 1:00 Imagine That with Rosie Best 2: 00 Team Games/Rosie 2:00 Outburst with Holly in the Garden Room 3:30 May IQ and May Trivia with Holly 4:15 What Am I? and Remembering Family Road Trips with Debra	15 10:30 Morning Chat and Groove with Janis 11:00 Tai Chi with Rosie 1:00 Table Games with Kenny and Janis 2:00 Music with John Barile and Friends 3:30 Bingo with Holly 4:15 Reading Club with Debra/Chicken Soup	16 10:30 Morning Chat and Groove with Kenny 11:00 Exercise with Rosie 1:00 Table Games with Janis 1:00 Men’s Group/ Kenny 2:00 Team Games with Pat 2:00 Fancy Fingers with Holly in Garden Room 3:30 Mulch Category Game with Holly 4:15 Folding and Sorting with Pat	17 10:30 Morning Chat and Groove with Rosie 11:00 Exercise with Holly 1:00 Friday Afternoon Matinee 2:00 Josina Lott Visits/Water Bottle Cherry Blossom Painting with Leigh 3:30 Doll Reminisce with Leigh 4:15 Dancing with Pat
20 10:30 Morning Chat and Groove with Janis 11:00 Tai Chi with Debra 1:00 Water Colors with Kenny 2:00 Team Games with Debra and Pat 2:00 Reading with Heidi from the Toledo Library 3:30 What Am I? with Debra 4:15 Dancing with Pat	21 10:30 Morning Chat and Groove with Kenny 11:00 Exercise with Rosie 1:00 Table Games with Kenny 1:00 Red or Black with Janis 2: 00 Team Games with Rosie 2:00 Making Sun Catchers in the Garden Room with Holly and Sue 3:30 Balloon Volley/ Holly 4:15 Folding and Sorting with Debra	22 10:30 Morning Chat and Groove with Janis 11:00 Tai Chi 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-Where Am I? with Debra	23 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 Team Games/ Pat 2:00 Puzzles with Holly in the Garden Room 3:30 Memorial Day at Arlington National Cemetery with Holly 4:15 Red or Black with Pat	24 10:30 Morning Chat and Groove with Rosie 11:00 Tai Chi with Holly 1:00 Friday Afternoon Matinee 2:00 Cooking on the Patio with Kenny 2:45 Memorial Day Party/Hot Dogs and Chips 3:30 Reminisce with Leigh 4:15 Dancing with Pat
27 Have a Safe and Happy Holiday! Day Center and Office Closed	28 10:30 Morning Chat and Groove with Kenny 11:00 Exercise with Rosie 1:00 Table Games/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	29 10:30 Morning Chat and Groove with Janis 11:00 Tai Chi with Rosie 1:00 Trivia on the Patio with Kenny and Janis 2:00 Team Games with Rosie and Debra 2:00 Small Group in the Garden Room with Holly 3:30 Bingo with Holly 4:15 Reading Club-What Am I? with Debra	30 10:30 Morning Chat and Groove with Kenny 11:00 Exercise with Rosie 1:00 Table Games with Janis 1:00 Men’s Group/ Kenny 2:00 Team Games/ Pat 2:00 Fancy Fingers with Holly in the Garden Room 3:30 Horse Category Game with Holly 4:15 Folding and Sorting/ Pat	31 10:30 Morning Chat and Groove with Rosie 11:00 Tai Chi with Holly 1:00 Friday Afternoon Matinee 1:00 Small Group Art/Poetry Reading/Writing with Rosie and Holly in Garden Room 3:30 Reminisce with Leigh 4:15 Dancing with Pat



-MAY 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>1</p> <p>A) Chicken Parmesan B) Beef Italiano Rotini & Tomatoes Broccoli Wheat Bread Peanut Butter Cookie Alt: Diet Cookie</p>	<p>2</p> <p>A) Turkey Breast w/ Gravy B) Swiss Steak Country Potatoes Yellow Squash Wheat Roll Strawberry Fluff Alt: Diet Gelatin</p>	<p>3</p> <p>A) Lemon Pepper Chicken B) Teriyaki Meatballs Parslied Potatoes Brussels Sprouts Wheat Bread Fresh Fruit Alt: Hot Apple Slices</p>
<p>6</p> <p>A) Meatballs w/ Gravy B) Mushroom Chicken Garlic Rotini Whole Kernel Corn Summer Vegetables Wheat Roll Pears</p>	<p>7</p> <p>A) Beef Tacos B) Chicken Tacos Both on a Flour Tortilla w/ Shredded Cheese, Lettuce, & Tomato Mexican Rice Refried Beans Fresh Fruit</p>	<p>8</p> <p>A) Ham and White Beans B) Vegetable Bean Stew Okra & Tomatoes Sliced Carrots Dinner Roll Cranapple Crisp Alt: Diet Hot Apple Slices</p>	<p>9</p> <p>A) Hawaiian Turkey Ham B) Pepper Beef Steak Parslied Potatoes Broccoli with Cheese Wheat Bread Lemon Pudding Alt: Vanilla Pudding</p>	<p>10</p> <p>A) Garlic Rosemary Chicken B) Roast Beef w/ Gravy Tiny Whole Potatoes Green Beans Multi Grain Bread Cranberry Juice Pineapple Cake Alt: Angel Food Cake</p>
<p>13</p> <p>A) Salisbury Steak w/ Brown Gravy B) Honey Mustard Chicken Buttermilk Potatoes Green Beans Wheat Bread Fresh Fruit</p>	<p>14</p> <p>A) Ham Macaroni Casserole B) Savory Beef Patty Spinach Zucchini & Tomatoes Breadstick Fruit Cocktail</p>	<p>15</p> <p>A) Creamy Paprika Chicken B) Turkey Breast w/ Gravy Macaroni & Cheese Italian Vegetables Multi Grain Bread Fruited Gelatin Alt: Diet Gelatin</p>	<p>16</p> <p>A) Glazed Ham B) Baked Chicken Breast w/ Chicken Gravy Succotash Glazed Carrots Cornbread Fresh Fruit</p>	<p>17</p> <p>A) Lasagna Casserole B) Spinach Lasagna Green Peas Mixed Green Salad w/ Italian Dressing Texas Bread Apple Crisp Alt: Diet Hot Apples</p>
<p>20</p> <p>A) Sausage with Onions and Peppers B) Pulled Chicken with Peppers and Onions Both on a Hot Dog Bun Sauerkraut Spring Vegetables Fresh Fruit</p>	<p>21</p> <p>A) Baked Chicken Breast w/ Tomato Basil Sauce B) Spanish Beef Patty Baked Potato Broccoli Wheat Bread Orange Cake Alt: Angel Food Cake</p>	<p>22</p> <p>A) Creole Chicken B) Roast Beef w/ Gravy Whipped Potatoes Glazed Carrots Wheat Bread Fresh Fruit</p>	<p>23</p> <p>A) Broccoli Ham Strata B) Chicken Noodle Casserole Oven Roasted Potatoes Orange Juice Biscuit w/ Jelly Apple Raisin Compote</p>	<p>24</p> <p>A) Italian Sausage B) Pulled Chicken w/ Peppers and Onions Both on a Hot Dog Bun Succotash Oven Roasted Potatoes Fresh Fruit</p>
<p>27</p> <p style="font-size: 1.2em; font-weight: bold;">CLOSED FOR MEMORIAL DAY</p>	<p>28</p> <p>A) Hamburger Patty B) BBQ Chicken Both on a Hamburger Bun Crispy Cubed Potatoes Succotash Fresh Fruit</p>	<p>29</p> <p>A) Hamburger Stew B) Lemon Pepper Chicken Broccoli and Cauliflower Mixed Green Salad Multi Grain Bread Apple Crisp Alt: Diet Hot Apples</p>	<p>30</p> <p>A) Pork w/ Supreme Sauce B) Veal Marsala Whipped Potatoes Sliced Carrots Wheat Bread Strawberry Cake Alt: Angel Food Cake</p>	<p>31</p> <p>A) Beef Stroganoff B) Macaroni & Cheese Stewed Tomatoes Spinach 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:

