



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,

It is hard to believe that summer is almost over and the official first day of autumn is just around the corner. September brings back memories of school days, fresh picked apples, cooler days and beautiful fall colors. Fall activities for the month include apple stamping on September 16<sup>th</sup>, an apple drying activity on September 18<sup>th</sup>, and a fall leaf and flower pressing activity with Holly. We will also be reminiscing about school days. Do you remember the McGuffey Reader and the Dick and Jane books? It is always fun to reminisce about the the way things used to be and look at how things have changed.



On Tuesday September 24<sup>th</sup> Mitch Kahl will be coming to sing and help us celebrate Alberta, one of our long term participants. Alberta has been coming to the center for 15 years. She will be turning 101 on Sunday September 28<sup>th</sup>. Activities during the week beginning September 23<sup>rd</sup> will be celebrating and looking back on the past 101 years. On Monday September 23<sup>rd</sup> Heidi from the Sylvania Library will be presenting a history timeline from 1918 to the present. It is pretty amazing to look back and to see how times have changed. For most of us it is hard to even imagine a time when most homes did not have phones or indoor plumbing. In 1918 only 14 percent of homes in America had bathtubs, 8 percent had a telephone, and there were 8000 cars in the U.S. with only 144 miles of paved roads. Communication, travel and life in general has really changed! Today what would we do without television, computers and our cell phones?



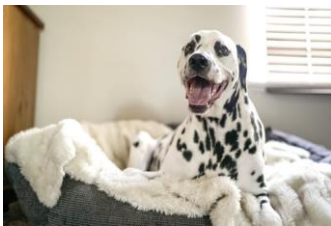
The day center will be starting a fun and exciting new group this month. On September 12<sup>th</sup> Jamie Duvel and some of her best singers from the Toledo School for the Arts will be coming to the center to start our first Day Center choir. We are really looking forward to meeting the students and sharing the wonderful voices of our participants.

Other activities this month include a Grandparents Day Pie Social on September 6<sup>th</sup> and John Pickle will be coming to entertain at 1:00 on September 20<sup>th</sup>, followed by Root Beer Floats at 2:45. The September calendar also includes arts and crafts, games, sing alongs, reading club and dancing with Pat.

Sincerely,

Gale Begley  
Activity Director

Jessica Drouillard  
Respite and Operations Director



## “SPOTS” AVAILABLE

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 at @ 419-720-4940. We can work with families to make the day center more affordable if cost is an issue... just ask 😊



**DAY CENTER CLOSURE:  
THE DAY CENTER WILL BE  
CLOSED ON MONDAY  
SEPTEMBER 2<sup>ND</sup> FOR LABOR  
DAY**



JOIN US FOR AN EVENING OF  
FABULOUS FOOD, FUN AND ENTERTAINMENT  
TO SUPPORT

## MemoryLane CARE SERVICES

SPIRIT TASTING | 6:00 - 9:00 P.M. | \$75

(Tickets are not required for attendance | AGES 21+)

SATURDAY, SEPTEMBER 7, 2019  
TOLEDO SPIRITS | 1301 N. SUMMIT ST.  
TOLEDO, OH 43604

Space is limited, please RSVP by Tuesday, September 3, at 419.720.4940

EMAIL | [bnewman@memorylanecare.org](mailto:bnewman@memorylanecare.org)

ONLINE | [www.memorylanecareservices.org/SpiritedEvening](http://www.memorylanecareservices.org/SpiritedEvening)

MAIL | MemoryLane Care Services | 2500 N. Reynolds Rd. | Toledo, OH 43615

Proceeds benefit MemoryLane Care Services to support families caring for those with Alzheimer's disease and dementia. All funds raised will remain in and support our local community.

**Please share with your friends and family and help support our organization!!**

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## CAREGIVER TIP: Sundowning

People with Alzheimer's or dementia may become more confused or nervous later in the day, often as the sun sets. This is called sundowning. They may see or hear things that are not there. They may accuse people of things that are not true, like stealing or lying, and may pace or walk back and forth. This is not done on purpose, and people with dementia cannot control it. Here's what you can do:

### MAKE CHANGES AT HOME

- \*Turn lights on early in the afternoon to make the house brighter
- \*Turn down (or turn off) the television or radio
- \* Turn on soothing music
- \*Avoid loud or confusing noises
- \*Clear a path for the person to walk back and forth

### PAY ATTENTION TO MEALS AND SNACKS

- \*Provide a large meal at lunch and a light meal at dinner
- \*Allow less caffeine, sugar, coffee, tea, and soda after 3PM
- \*Remove access to alcohol and cigarettes

### KEEP A SCHEDULE

- \*Make going to bed a waking up at the same time every day
- \*Take walks or dance to use up extra energy
- \*Plan doctor visits, outings, baths in the morning

### OTHER IDEAS

- \*Be calm and reassuring
- \*Be flexible.... if one idea doesn't work, try another
- \*Comfort him or her and say something to calm his or her fears
- \*Try a new activity, like sorting coins or dancing

## ~September Activities – The Center at Reynolds ~

Monday	Tuesday	Wednesday	Thursday	Friday
2 <b>Day Center and Office Closed Have a Safe and Happy Holiday</b>	3 10:30 Morning Chat and Groove with Kenny 11:00 Yoga with Rosie 1:00 Table Games with Kenny 1:00 Bunco with Janis 2:00 Team Games with Rosie and Holly 3:30 Labor Day Trivia with Debra 4:15 Saying Goodbye and Hello to Jobs with Holly	4 10:30 Morning Chat and Groove with Janis 11:00 Yoga with Rosie 1:00 Sing Along with Char 2:00 Making Refrigerator Pickles with Leigh and Debra in Garden Room 2:00 Crafting with Holly and Rosie 3:30 Tai Chi with Debra 4:15 Labor Category Game with Holly	5 10:30 Morning Chat and Groove with Kenny 11:00 Yoga with Rosie 1:00 Table Games with Janis 1:00 Men’s Group with Kenny 2:00 Team Games/Pat 2:00 Fancy Fingers with Holly in the Garden Room 3:30 Red or Black/ Pat 4:15 September IQ/ Holly	6 10:30 Morning Chat and Groove with Rosie 11:00 Light and Lively Exercise with Holly 1:00 Friday Matinee 2:00 Josina Lott Visits/ Craft with Leigh 2:45 Grandparents Day Pie Social 3:30 Bowling with Pat 4:15 Grandparents Are a Hoot with Leigh
9 10:30 Morning Chat and Groove with Janis 11:00 Sit and Be Fit with Debra 1:00 Horse Racing with Kenny 2:00 Team Games with Pat and Debra 2:00 Crafting with Leigh/Carol in Garden Room 3:30 Dancing with Pat 4:15 Sing Along with Debra	10 10:30 Morning Chat and Groove with Kenny 11:00 Yoga with Rosie 1:00 Imaging That with Rosie Best 2:00 Team Games with Rosie and Holly 3:30 Bingo with Debra 4:15 Birds and Bloom Reading with Holly	11 10:30 Morning Chat and Groove with Janis 11:00 Yoga with Rosie 1:00 Charades with Kenny and Janis 2:00 Team Games with Debra and Leigh 2:00 Fall Collage with Holly and Rosie 3:30 Tai Chi with Debra 4:15 Chile Category Game with Holly	12 10:30 Morning Chat and Groove with Kenny 11:00 Yoga with Rosie 1:00 Jamie Duval and Student Choir 2:00 Team Games/Pat 2:00 Remembering School Day with Holly/Garden Room 3:30 Bingo with Pat 4:15 Trivia with Holly	13 10:30 Morning Chat and Groove with Rosie 11:00 Light and Lively with Holly 1:00 Friday Afternoon Matinee 1:00-2:45 Card Making with Holly and Leigh 3:30 Dancing with Pat 4:15 Word Games with Leigh
16 10:30 Morning Chat and Groove with Janis 11:00 Sit and Be Fit with Debra 1:00 Poker Dice with Kenny 2:00 Team Games with Debra and Pat 2:00 Apple Stamping with Leigh and Carol 3:30 Zingo with Pat 4:15 Folding and Sorting with Debra	17 10:30 Morning Chat and Groove with Kenny 11:00 Yoga with Rosie 1:00 Table Games with Kenny 1:00 Family Feud 2:00 Team Games/Rosie and Holly 3:30 What Am I? with Debra 4:15 Out Burst with Holly	18 10:30 Morning Chat and Groove with Janis 11:00 Yoga with Rosie 1:00 Sing Along on the Patio with Kenny and Janis 2:00 Team Games with Debra and Leigh 2:00 Apple Drying with Holly, Rosie and Sue 3:30 Tai Chi with Debra 4:15 Cable Category Game with Holly	19 10:30 Morning Chat and Groove with Kenny 11:00 Yoga with Rosie 1:00 Table Games with Janis 1:00 Men’s Group Poker Dice with Kenny 2:00 Team Games with Pat 2:00 Fancy Fingers with Holly 3:30 Red or Black with Pat 4:15 Would you Rather with Holly	20 10:30 Morning Chat and Groove with Rosie 11:00 Light and Lively with Holly 1:00 Music with John Pickle 2:00 Josina Lott Visits Bingo with Holly 2:45 Root Beer Floats 3:30 Velcro Ball with Pat 4:15 Word Games with Leigh
23 10:30 Morning Chat and Groove with Janis 11:00 Sit and Be Fit with Debra 1:00 Water Colors with Kenny 2:00 1918 History Time Line with Heidi/Sylvania Library 3:30 Dancing with Pat 4:15 Sing Along with Debra	24 10:30 Morning Chat and Groove with Kenny 11:00 Yoga with Rosie 1:00 Fashion Roller Coaster Ride/Decades in Review with Janis 2:00 Music with Mitch 2:45 Birthday Party for Alberta 3:30 Bingo with Debra 4:15 Old Sayings with Holly	25 10:30 Morning Chat and Groove with Janis 11:00 Yoga with Rosie 1:00 Fall Fashion Show with Kenny and Janis 2:00 Team Games with Debra and Leigh 2:00 A Legacy of Wisdom Holly and Rosie 3:30 Tai Chi with Debra 4:15 Crops Category Game with Holly	26 10:30 Morning Chat and Groove with Kenny 11:00 Yoga with Rosie 1:00 Make up with Cindy Hille 1:00 Men’s Group with Kenny in Garden Room 2:00 Team Games/Pat 2:00 Pine Cone Bird Feeders with Holly 3:30 Bingo with Pat 4:15 When Am I? with Holly	27 10:30 Morning Chat and Groove with Rosie 11:00 Light and Lively with Holly 1:00 Friday Afternoon Matinee 1:00-2:45 Small Groups/Card Making 3:30 Dancing with Pat 4:15 Word Games with Leigh
30 10:30 Morning Chat and Groove with Janis 11:00 Sit and Be Fit with Debra 1:00 Table Games/ Kenny 2:00 Team Games with Debra and Pat 2:00 Crafting with Leigh and Carol 3:30 Zingo with Pat 4:15 Folding and Sorting with Debra				

# -SEPTEMBER MENU-

<p>2</p> <p><b>CLOSED FOR LABOR DAY</b></p>	<p>3</p> <p>A: Swedish Meatballs B: Parmesan Chicken Garlic Rotini Green Beans Rosemary Carrots Multi-Grain Bread Peaches</p>	<p>4</p> <p>A: Chicken Marsala B: Beef Italiano Rosemary Potatoes Broccoli Wheat Bread Graham Crackers Pineapple Tidbits</p>	<p>5</p> <p>A: Beef Taco Pie B: Chilaquiles Casserole Mexican Rice Mixed Beans Tossed Salad Flour Tortilla Hot Cinnamon Apples</p>	<p>6</p> <p>A: Veal Parmesan B: Turkey Divan Garlic Red Pepper Penne Italian Vegetable Blend Green Peas Garlic Breadstick Fresh Fruit</p>
<p>9</p> <p>A: Creamy Paprika Chicken B: Meatballs with Mushroom Gravy Rice Garden Vegetable Blend Spinach Wheat Roll Fresh Fruit</p>	<p>10</p> <p>A: Turkey Ham Macaroni and Cheese B: Macaroni and Cheese Green Peas with Red Peppers Sliced Carrots Wheat Bread Fresh Fruit</p>	<p>11</p> <p>A: Chicken and Rice Casserole B: Ham and White Beans Herbed Green Beans Cabbage Cornbread Mandarin Oranges</p>	<p>12</p> <p>A: Beef with Mushroom Gravy B: Cheese Omelet Hashbrown Casserole Broccoli Wheat Roll Animal Crackers Applesauce</p>	<p>13</p> <p>A: Southwest Chicken Salad B: Ham Salad Copper Pennies Three Bean Salad Wheat Roll Fresh Fruit</p>
<p>16</p> <p>A: Beef Mostaccioli B: Pasta Primavera Rosemary Carrots Broccoli Texas Bread Pineapple Tidbits</p>	<p>17</p> <p>A: Pork w/ Supreme Sauce B: Chicken Supreme Cheesy Rice Cabbage Green Beans Multi-Grain Bread Peaches</p>	<p>18</p> <p>A: Roast Beef with Gravy B: Chicken A La King Whipped Potatoes Garden Vegetable Blend Wheat Roll Graham Cracker Fruit Cocktail</p>	<p>19</p> <p>A: Chicken w/ Mushroom Gravy B: Beef Italiano Buttered Rotini Parmesan Tomatoes Cauliflower Dinner Roll Fresh Fruit</p>	<p>20</p> <p>A: Glazed Ham B: Beef w/ Gravy &amp; Peppers Brown Rice Baked Sweet Potato Spinach Wheat Roll Fresh Fruit</p>
<p>23</p> <p>A: Garlic Rosemary Potatoes B: Savory Beef Patty Rice Whipped Sweet Potatoes Broccoli Wheat Bread Fresh Fruit</p>	<p>24</p> <p>A: Hamburger Patty B: BBQ Pork Rib Patty Both on a Hamburger Bun With Lettuce and Tomato Baked Beans Coleslaw Hot Spiced Peaches</p>	<p>25</p> <p>A: Oven Fried Chicken B: Beef with Mushroom Gravy Country Potatoes Sliced Carrots Multi-Grain Bread Graham Crackers Pineapple Tidbits</p>	<p>26</p> <p>A: Pork Roast with Gravy B: Vegetarian Chili Red Potatoes Zucchini &amp; Tomatoes Cornbread Fresh Fruit</p>	<p>27</p> <p>A: Asian Meatballs B: Baked Chicken Breast Teriyaki Sauce Fried Rice Japanese Vegetable Blend Spinach Wheat Roll Mandarin Oranges</p>
<p>30</p> <p>A: Spanish Beef Patty B: Savory Chicken Whipped Potatoes Glazed Carrots Wheat Roll Tropical Fruit</p>			<p>All meals are served with milk. "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>

## 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 (FORMALLY 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:

