

newsletter

December 2017



Happy Holidays and Best Wishes for the New Year!

Tips for the Holidays While the holiday season can bring joy, it also can be stressful, particularly when caring for a family member who is living with memory loss. Following are some tips.

- **Maintain your regular routine as much as possible.** While planning for holiday celebrations, try to stick with your daily schedule. This preserves the familiarity of your daily routine.
- **Include your family member in holiday events, but recognize that celebrations may need to be modified.** Large groups with a lot of activity and noise can be overstimulating for someone with memory loss. Consider small gatherings in calm, quiet settings.
- **If you usually host holiday gatherings, consider asking someone else to do so.** This lets you focus on the celebration instead of the detailed preparations. Also, if needed, you and your family member can leave early.
- **Be sure those with whom you are celebrating are aware of the changes in your family member.** Don't assume others understand. Changes are not always apparent to others in social situations. A phone call or a note ahead of time can help.
- **Include your family member in holiday preparations.** The holidays are often defined by traditions like baking cookies, wrapping

gifts, and writing cards. While people living with memory loss may not be able to do activities independently, they can help with part of the tasks, such as putting stamps on envelopes, adding ingredients to and stirring cookie batter, chopping vegetables, setting out decorations, helping set the table, etc.

Around the Day Program A recent poetry group focused on fall. The group read and discussed poems and quotes about fall, talked about change of seasons and reminisced about fall activities like baking pies. The group worked together to write the following poem.

Fall in the Air

My arthritis kicks in
It gets cold
Leaves fall and school starts
The calendar tells me it's time

Clouds that bring the rain
Leaves swirling
People rushing to Florida
It gets darker sooner

Burnt leaves –
The wetter they are the better they smell
Spices from baking pies
Walking dogs before winter hits
Stews and soups simmering

Cracking of tree branch
Crunch of leaves
Howling of the wind
Clicking of the thermostat

From Mind Matters—Early Memory Loss Program
The group recently celebrated fall by reading “Trees” by Joyce Kilmer. Group members then

used watercolors to paint trees from their lives. Everyone shared their artwork and memories with the group.

Staff News Welcome to Program Specialist Dani Owens! Dani recently completed the coursework



for a master's in dance/movement therapy and counseling from Columbia College Chicago. Dani may look familiar; she completed an internship in

the Day Program this past school year. We are thrilled that Dani has joined us full-time!

Gift Policy Families sometimes like to express their appreciation to staff members in the form of a gift. North Shore Senior Center policy does not allow staff to accept gifts. If you would like, you can make a donation to North Shore Senior Center in honor of HOW staff. These gifts benefit our programs and are greatly appreciated.

Special Lunch Program Our special lunch in honor of winter holidays will be held on Thursday, December 21. The menu is penne Alfredo with sautéed vegetables, garlic bread sticks and dessert.

Emergency Closings In the event of severe weather, we may have to close. This would be announced on radio stations WGN-720AM,



WBBM-780AM, and TV channels CBS-2, NBC-5, ABC-7, WGN-9, FOX-32 and CLTV. Listen for North Shore Senior Center. If the North Shore Senior Center

closes, House of Welcome Adult Day Services will be closed, since we are one of its programs. Check online at www.emergencyclosings.com, or call 847-238-1234, looking for North Shore Senior Center. **You should also call us directly at 847-242-6250 to confirm whether or not we are open. We sometimes close when the rest of the senior center is open.**

Other Programs and Services

- **Bathing, hairdressing, podiatry and massage therapy** are available for HOW day program participants
- **Alzheimer's Family Support Group** for family members of persons with Alzheimer's disease and other dementias
- **Mind Matters Family Support Group** for family members of Mind Matters participants
- **Education Programs** on dementia-related topics
- **North Shore Senior Options** offers consulting, guidance and support to families and their older adult relatives, on a fee basis, to address immediate and future care needs
- **North Shore Senior Center's Senior and Family Services Department** offers in-home and community-based supportive services
- **North Shore Senior Center's Lifelong Learning Department** offers a variety of programs and classes

2017 Schedule

Following are the 2017 late openings and closings. **These dates are subject to change, so please review them each month.** Family members must communicate this information to caregivers, drivers, and others needing to know. Thank you.

- ◆ **Thursday/Friday, 11-23 & 11-24:** CLOSED for holidays
- ◆ **Please note the following change in date:**
- ◆ **Wednesday, 12-13:** CLOSE at 3:00 p.m.
- ◆ **Friday, 12-15:** Open at 10:30 a.m.
- ◆ **Friday/Monday, 12-22 & 12-25:** CLOSED for holidays
- ◆ **Friday/Monday, 12-29 & 1-1-2018:** CLOSED for holidays

The mission of the North Shore Senior Center is to foster the independence and well being of older adults, enhance their dignity and self respect, and promote their participation in and contribution toward all aspects of community life.

