

**Around the Day Program** The baking group bakes muffins and other items for PADS, a suburban homeless shelter that provides food to those in need. This month PADS has a picnic theme so the baking group is baking pies. This gives our participants an opportunity to serve others in the larger community.



During a recent dance/movement therapy group, participants discussed and learned about tap dance. Participants watched clips of famous tap dancers, including Gene Kelly in *Singin' in the Rain*, Fred Astaire and Ginger Rogers in *Swing Time*, and the Nicholas Brothers from *Stormy Weather*. In addition to discussing the video clips, the group discussed the history of tap dance and how it developed throughout history. Participants learned some fundamental steps for tap dance and performed a short tap dance routine.

Participants in Valentine's Day themed word game/creative writing group created a list of things that are red. We then used the words to create poems.

**From Mind Matters—Early Memory Loss Program**

In a recent discussion group, group members reminisced about the Chicago snow storm of 1967, which had its 50th anniversary in January. One person shared a story of walking on an enormous snow drift and then realizing that the fence was below it. Another member laughed as he remembered jumping out of his home's second story window with his brother into the snow below. One member who had lived in a convent at the time shared that the man who had the key to the pantry could not get to work because of the storm. A group of the nuns trudged through the snow to the store to bring what supplies they could back to the convent.

We also remembered Dr. Martin Luther King Jr. on his birthday. The group listened to his "I have a dream" speech and then painted an expression of their own dreams. One group member painted different colored mittens and



titled the piece, shown below, "All Hands Working Together." Another member painted a heart and shared, "My dream is making the world a

better place. Being kind, asking questions, doing things for others. May we all live in harmony with good thoughts. Be kind to each other. Amen!"

**Staff News** Briahna Walker, MT-BC, has joined us



as a Program Specialist. Briahna has a bachelor of music in music therapy from Queens University in Charlotte, NC. She is a board

certified music therapist who most recently was working in hospice. Please welcome Briahna!

**Special Lunch Program** Our March special lunch, in celebration of spring, will be held on Friday, March 17. The menu is penne-Mediterranean (fresh spinach/roasted red pepper/kalamata olive/feta blended with marinara sauce), garlic breadsticks and dessert.

**Tax Reminder** Certain expenses incurred for long-term care of a person with Alzheimer's disease may be tax deductible. Consider consulting with a tax advisor when preparing your income taxes.



**Emergency Closings** Weather-related closings are 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 North Shore Senior Center closes, House of Welcome Adult Day Services will be closed, since we are one of its programs. You can also call 847-238-1234 or check online at [www.emergencyclosings.com](http://www.emergencyclosings.com), looking for North Shore Senior Center. **You should also call us at 847-242-6250. We may close when the rest of the senior center is open.**

**Alzheimer's Family Support Group** House of Welcome Adult Day Services hosts a monthly support group for family members of people who have memory loss from Alzheimer's disease and other dementias. It meets on the second Tuesday of every month from 1:00 to 2:30 p.m. at North Shore Senior Center. There is no fee and registration is not required. The next meeting is March 14. Please join us!

All the best,  
Cynthia Phon, LCSW, Director

### 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 Center's Senior and Family Services Department** offers in-home and community-based supportive services
- **North Shore Senior Center's CareOptions** 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 Lifelong Learning Department** offers a variety of programs and classes

### HOW Schedule 2017

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.

**Please note the following change in date:**

- ◆ **Friday, 2-24:** Open at 10:30 a.m.
- ◆ **Friday, 3-17:** Open at 10:30 a.m.
- ◆ **Friday, 4-21:** Open at 10:30 a.m.
- ◆ **Friday, 5-19:** Open at 10:30 a.m.
- ◆ **Monday, 5-29:** CLOSED for holiday
- ◆ **Friday, 6-2:** CLOSED for in-service day, supported by *The Edna F. Weber Program for Training and Professional Development*
- ◆ **Friday, 6-16:** Open at 10:30 a.m.
- ◆ **Tuesday, 7-4:** CLOSED for holiday
- ◆ **Friday, 7-21:** Open at 10:30 a.m.
- ◆ **Friday, 8-18:** Open at 10:30 a.m.
- ◆ **Wednesday, 8-23:** CLOSED for NSSC Staff Appreciation Day
- ◆ **Monday, 9-4:** CLOSED for holiday
- ◆ **Friday, 9-15:** Open at 10:30 a.m.
- ◆ **Friday, 10-6:** CLOSED for in-service day, supported by *The Edna F. Weber Program for Training and Professional Development*
- ◆ **Friday, 10-20:** Open at 10:30 a.m.
- ◆ **Friday, 11-17:** Open at 10:30 a.m.
- ◆ **Thursday/Friday, 11-23 & 11-24:** CLOSED for holidays
- ◆ **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.

