



## house of welcome adult day services

specialized programs for persons with memory loss

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# newsletter

April 2017

**Thank You to Our Volunteers!** This year, National Volunteer Week is April 23 to 29. At House of Welcome Adult Day Services, volunteers provide assistance in the Day Program and in Mind Matters.



Volunteers help in a variety of ways. They provide one-to-one interaction with participants, support program activities, provide music, do our grocery

shopping, bring their pets for visits, fill our bird feeders, help with preparing mailings, and much more! Thank you to all of our volunteers!

**Volunteer Training** Our first volunteer training session of the year featured Day Program volunteer Liz Hupp. Liz, a past president of the Hearing Loss Association of America chapter that meets at North Shore Senior Center, gave a presentation on hearing loss and how to better interact with participants who are living with hearing loss.

**Around the Day Program** In a recent discussion group, we discussed celebrating birthdays. Participants shared that spending time with family and friends and being grateful are ways to celebrate. Participants made greeting cards for participants, volunteers and staff who have upcoming birthdays.



In recent art therapy groups, participants have been circle weaving. The art therapist cut circles out of cardboard and affixed white yarn as the "spokes" to weave yarn through. Participants chose from various weights and colors of yarn to create visually interesting and beautiful pieces of art.

A group of third grade students from Middlefork Elementary school came to visit the

program. We discussed spending a day in Chicago and shared stories about Cubs games, dancing at the Aragon Ballroom, and going to museums and Navy Pier. Participants and students enjoyed sharing memories with one another. Intergenerational visits are enjoyed by everyone.

Edwards Florist in Winnetka has been generously donating beautiful flowers weekly for years. Here's what a few participants said during a recent flower arranging group:

"This is a beautiful day."

"I feel like I've been given a treasure."

"This is going to be remembered for a long time."

### From Mind Matters—Early Memory Loss Program



We used our memory toolbox to recall lyrics and information about the Broadway musical, *Oklahoma!* Group members explored different rhythms, creative movements, and their own interpretations of what

makes a beautiful morning.

During a dance/movement therapy group, participants explored different movement qualities codified by movement analyst Rudolph Laban. We moved with acceleration, deceleration, directness, indirectness, increasing pressure, and decreasing pressure. The group discussed personal preferences and when it might be beneficial to access different movement qualities. For example, moving with indirectness might help with creative problem solving while moving with directness may help accomplish tasks on a to-do list.

**From a Mind Matters Participant** "This program isn't great. It's phenomenal!"

**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. **Please note that there is a change of date for the April group. The next meeting will be on Tuesday, April 4, from 1:00 to 2:30 p.m.** at North Shore Senior Center. There is no fee and registration is not required. Please join us!

**Special Lunch Program** Our April special lunch, in celebration of spring holidays, will be held on Monday, April 17. The menu is penne-Alfredo with sautéed vegetables, garlic breadsticks and dessert.

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.

- ◆ **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.

