

**Around the Day Program** During a dance/movement therapy group, participants shared their thoughts and feelings about community and togetherness. Participants shared the various communities in which they are involved and discussed what it means to be a part of



a community. Group members said, “It’s nice because we are all in the same boat.” “There’s a mutual support among all of us.” “There’s a lot to learn from giving support to another.” Group members developed created movements, based on the concept of community.

In a musical theater group we explored the musical, *Grease*. We enjoyed dancing to the rock-and-roll music, particularly the hand jive, and admiring pictures of the greased lightning car.

In a poetry group focused on spring, we read and discussed spring poems and talked about spring activities. The group worked together to write the following poem.

**How You Know It’s Spring Time**

*The weather man tells you.  
You walk out your door.  
I sneeze.  
When I begin to feel that things are going well.  
When I hear the birds chirping.  
When I see the chipmunks again.  
When I go outside and see a lot of people out walking around.  
Kids are at the playground and playing soccer.  
Adults are out playing tennis and golf.  
Seeing a baseball game.  
People start working in their garden.  
You see the spring cleanup guys.  
Seeing a little green sprout.  
Hearing people mowing the lawn.*

**From Mind Matters—Early Memory Loss Program**  
In celebration of Women’s History Month, participants discussed the contributions women have made to the world. The group looked at photos of famous women and then created artwork based on the photos. Here are some of the paintings.



Malala Yousafzai



Oprah Winfrey



Eleanor Roosevelt



Hillary Rodham Clinton

**Staff News** Program Manager Barb Brandt, MS, LCPC, celebrates her 17th anniversary. Program Specialist Jennifer Bacani, MA, LCPC, R-DMT, celebrates her fourth anniversary. Jennifer recently became a licensed clinical professional counselor (LCPC). Program Specialist Stephanie Terrell, MA, R-DMT became a Registered

Dance/Movement Therapist (R-DMT).  
Congratulations to all!

North Shore Senior Center staff Cynthia Phon, LCSW, Director, House of Welcome Adult Day Services; Kathy Honeywell, LCSW, Director, Family and Senior Services; Julie Lamberti, LCSW, Director, Program Evaluation and Quality Assurance; and Jordan Luhr, MBA, Executive Director; gave a presentation at the 2017 American Society on Aging national conference. The presentation, *Prove it! Managing Outcomes in an Aging Services Agency*, was very well received.

**Special Lunch Program** Our May special lunch, in celebration of Mother's Day, will be held on Tuesday, May 16. The menu is penne with marinara sauce, 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, 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 North Shore Senior Center 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.

