

newsletter

June 2017

Around the Day Program We recently hosted Stephanie Kenny, a University of Illinois Extension Master Gardener, who led to lead a sensory



gardening group.

Stephanie told the group about how plants grow and how they help clean the air and brighten spaces. The group transplanted spider

and basil plants for the Edna Weber Garden of Light Wing. Participants stimulated their senses by viewing, smelling and touching a variety of plants, including jasmine, gerbera daisy, nasturtium, basil, lettuce and chives. After the group, participants said, "I absolutely love gardening!" "Plants make you feel really happy." and "They [plants] really spruce up the place!"

To pay tribute to the rainy weather we've had this spring, a musical theater group focused on *Singin' in the Rain!*

From Mind Matters—*Early Memory Loss Program*

Mind Matters participants recently visited the day program and joined morning activities.

Participants chose between a rock n' roll themed music therapy group that included drumming; a spirituality discussion group that focused on words of wisdom from global spiritual leaders, including Buddha, Mother Theresa, and Mahatma Gandhi; and a travel discussion about San Francisco.

Mind Matter participants had a great time. Here are some of the comments about the visit:

- "It was very meaningful; there was something special about it."
- "I would love to have more opportunities like that."
- "It was very well done. It was fun to look at the scenes of San Francisco."
- "I'd like to try the other groups sometime."
- "When can we go back?"

Staff News Please join me in welcoming **Susan Nelson, RN, BSN, CHPN**, as the new Nurse Manager. Susan has more than 35 years of experience in nursing. Most recently Susan worked in hospice and palliative care.

Congratulations to **Maria Torres, CNA**, on becoming a U.S. citizen! Maria recently changed her name to **Rocio "Roci" Daniel**.

Clinical Manager **Mary Lu Osterberg, LCPC**, celebrates her 19th anniversary. Program Specialist **Stacey Manning, BA**, celebrates her 5th anniversary. Program Assistant **Chi-Vas White** celebrates his 2nd anniversary. Congratulations!

Volunteers In the last fiscal year, volunteers spent 3,173 hours supporting House of Welcome Adult Day Services. We honored our volunteers at

our annual volunteer supper. The program included recollections about participants who died during the past year. Volunteers also had the opportunity to ask questions and see the new

Edna Weber Garden of Light Wing.

Thank you to each of our volunteers for all you do to support our programs!



Hats, Sunglasses and Sunscreen As we move into warmer weather, we will be going outside. If your family member needs a hat, please send one we can keep at the program, marked with your family member's name, and give it to a staff member. Please do the same for sunglasses. If sunscreen is needed, please apply it in the morning before coming to the program.

Student Interns Dani Owens, a second year dance/movement therapy (DMT) intern from Columbia College, completed her year-long internship at the Day Program in May. We thank Dani for all her contributions to our program and

wish her well as she starts her career.

Quinn Davis, a first year DMT student from Columbia College, joined us recently for a summer internship. Quinn will be working in the Day Program through mid-August.

Special Lunch Program Our June special lunch, in celebration of Father's Day, will be held on Wednesday, June 21. The menu is penne with meat sauce, garlic breadsticks and dessert.

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. There is no fee and registration is not required. The next meeting is June 13 from 1:00 to 2:30 p.m. at North Shore Senior Center. Please join us!

All the best,
Cynthia Phon, LCSW, Director

Other Programs and Services

- **Bathing, hairdressing, podiatry and massage therapy** are available for 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, 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.

