

# newsletter

July 2017

**Around the Day Program** Throughout the year we augment our regular activities with special programs. Here are two recent musical guests:

Baroque in Blue, a guitar- and mandolin-playing duo, played a number of favorites, including, "Ode to Joy" by Beethoven, "While My Guitar Gently Weeps" by the Beatles, and "Habanera," from the opera *Carmen*.

Women of Note, a non-profit North Shore choral organization, performed their "Favorites of the Forties" spring program. Selections included well-loved hits such as, "Don't Sit Under the Apple Tree," "Swinging on a Star," "Sentimental Journey," and "Boogie Woogie Bugle Boy."

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

As part of a recent discussion about optimism, the group shared many benefits of growing older. Here are a few:

- I've learned not to sweat the small stuff.
- I can look back over my life and see the contributions I have made.
- Discounts!
- You don't have to eat everything on your plate!
- You are respected by other people, including your kids.
- I get to use Medicare benefits that I have paid for over time.
- Creating more fun and allowing more interests!
- Learning more.
- I can call upon past experiences to avoid making bad errors (again).
- Enjoy grandchildren and participating in their activities.
- Enjoying time with my spouse.
- Watching grandchildren grow.
- Lower price for tickets.
- Time to enjoy family.

**Flamenco: ¡Olé!** Program Specialist Jennifer Bacani, LCPC, R-DMT, is a dance/movement therapist who works in both the day program and Mind Matters. Jennifer has been studying flamenco dance for two years. Last month, she



brought her flamenco gear, including her bata de cola (her skirt, which was handmade in Spain) and castanets. She performed flamenco dance moves with both groups and showed short video clips of professional flamenco dancers. Jennifer also answered questions about flamenco dance,

had participants try the castanets, and taught a short piece of flamenco footwork. Jennifer told everyone that if you enjoy a flamenco performance you are encouraged to yell, "¡olé!"

**Volunteers** Fourteen volunteers attended a training session focusing on vision loss last month. Led by Tom Giller and Shirley Bonilla, North Shore Senior Center social workers who lead a monthly vision loss support group, the session focused on age-related vision changes, eye diseases that cause low vision, and ways to cope with vision loss. We also discussed how volunteers can help participants living with low vision to engage more in activities or with other people in the program.

**Student Interns** Micah Hibler, a first-year social work intern from The University of Chicago School of Social Services Administration, recently completed a year-long internship at Mind Matters. The group provided a festive send-off for Micah, including offering advice for the future.

**Special Lunch Program** Our patriotic-themed special lunch will be held on Thursday, July 20. The menu is penne-Mediterranean (fresh spinach, roasted red peppers, Kalamata olives and feta cheese, blended with marinara sauce), garlic bread sticks 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 July 11 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 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.

- ◆ **Tuesday, July 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.

