

Around the Day Program During a discussion about Father's Day, participants talked about memories of their fathers, about being fathers or being a spouse to a father. In addition, we discussed "fatherly advice." Participants shared the following descriptions of their fathers:

- Authoritative
- Understanding
- Empathic
- Compassionate
- Supportive
- Nice

A recent poetry group focused on the beach.



We read poems and quotes about the beach. Participants shared memories of going to the beach: the feeling of sand under your feet, building sand

castles, and taking children to the beach. The group wrote the following poem.

All Things to All People

Sandy

Peaceful, sometimes

Breath of the earth

Enticing

Don't stay too long, you will get burned!

Fun

Restful

Calm

Lonesome

Very changing

Soak up the environment...

From Mind Matters—Early Memory Loss Program

During a recent discussion about gratitude, participants talked about their gratitude for Mind Matters. Here are some of the things mentioned.

- "It's a blessing to have a place to go with other people that understand."
- "It's my comfort zone."
- "It's important have a place to go where we can talk about things we wouldn't necessarily talk about with other people."
- "You anchor my week."
- "We all have something in common."

Staff News Director Cynthia Phon, LCSW, celebrates her 10th anniversary at North Shore Senior Center. Congratulations!

HOW Art Show at Northfield Public Library

Art created by Day Program and Mind Matters participants is on display at the Northfield Public Library (1785 Orchard Lane, Northfield) through



August. The show features drawings and paintings focused on the seasons, and interpretations of trees. Please stop in and take a look!

Parking Lot Reminder Please be considerate of others when dropping off and picking up your family member. The parking spaces directly in front of our entrance are marked for five minute parking. If you need to stay longer, please park in another spot. Please notify any drivers. Thanks!

Save the Date! North Shore Senior Center Benefit

Small Screen Big Stars, North Shore Senior Center's annual benefit, will be held on Saturday,

September 16. Proceeds

from this important

fundraising event help

support House of

Welcome Adult Day

Services. You can lend your support by attending the event, purchasing a raffle ticket for a chance



to win a 2017 Infiniti QX30 or up to \$30,000 in cash, or making a donation. For more information, visit www.nssc.org or call 847.784.6060.

Special Lunch Program Our special lunch in honor of summer will be held on Friday, August 18. The menu is penne-Alfredo with sautéed vegetables, 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 August 8 from 1:00 to 2:30 p.m. at North Shore Senior Center. Please join us!

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, 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*
Please note the following change in date:
- ◆ **Friday, 10-27:** 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.

