

**Around the Day Program** University of Illinois Master Gardener Stephanie Kenny returned to the program to share her experience with a program about native North American wild flowers.



Participants shared in a sensory experience, looking at, smelling, and touching the beautiful and

interesting blooms, including asters, sunflowers, hosta, bee balm, cattails and snap dragons. Participants also arranged fresh cut flowers, which were displayed around the program area.

We've been enjoying zucchini, peppers, basil, parsley, chives and rosemary from our garden. Everyone loves when we add the vegetables and herbs to the soup we have at lunch.

During a travel discussion about Hawaii, participants discussed fun activities (e.g., surfing, whale watching) to do in Hawaii, and famous landmarks. Participants also had the opportunity to learn and discuss the Hawaiian dance style – the hula. Along with the discussion about hula, participants learned a choreographed hula routine to Jack Owens' *The Hukilau Song*.

In a spirituality discussion group that focused on love, participants shared what they love:

- Children
- Family
- Chocolate pie
- Friends
- Everyone in our group
- Being loved and giving love in return
- Parents, sisters, brothers
- Being alive
- Health
- Yourself/myself
- Nature

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

Group members used many parts of their brains listening to music, dancing, and discussing the comedy movie musical *Singin' in the Rain*. Participants reminisced about what they were doing when the movie was released in 1952, including getting married, serving in the Korean war, falling in love, playing with dolls as a child, to being a glimmer in their parents' eyes. In the spirit of the main character, Don Lockwood's motto, "Dignity, always, dignity," participants shared what their personal motto is and the group choreographed a dance to go with it. Some personal mottos include:

- Be true to yourself
- Be kind
- Fulfillment
- Golden rule
- Always leave 'em laughing
- Be prepared
- To thine own self be true and thou canst not then be false to any man
- Be friends with truth
- Give 'em hell!

### Art Show at North Shore Senior Center



Artwork created by participants in the Day Program and Mind Matters will be on display on the library wall in the atrium at the North Shore Senior Center during the month of September.

Themes include nature, inspiration from our Edna Weber Garden of Light Wing, Americana and images of influential women in history. Please stop in and take a look!

**Staff News** Congratulations to Jennifer Bacani, LCPC, R-DMT, and Elise Larsen, MA, R-DMT, on

their recent promotions to Program Coordinator! The promotions recognize the significant responsibilities they've each taken on.

**Student Interns** Quinn Davis, a first-year dance/movement therapy intern from Columbia College, recently completed a summer internship in the Day Program. We wish her the best as she begins her second year of graduate school!

**Volunteers** Betty Claire Aschauer, Scott Doniger and Marlene Kavin are new volunteers helping out in the Day Program. Welcome and thank you!



We also are looking to add to our wonderful team of volunteers. Please let us know if you know anyone who might be interested!

**World Alzheimer's Month** September is World Alzheimer's Month and World Alzheimer's Day is September 21. Both focus on raising awareness and challenging stigma. House of Welcome Adult Day Services provides support for individuals living with dementia and their family caregivers. Our *Alzheimer's Caregiver Manual* is a helpful resource. You can download it: [http://www.houseofwelcome.nssc.org/files/Alzheimers\\_Caregiver\\_Manual.pdf](http://www.houseofwelcome.nssc.org/files/Alzheimers_Caregiver_Manual.pdf).

**Special Lunch Program** Our special lunch in honor of Labor Day will be held on Monday, September 18. The menu is penne marinara, 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 September 12 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.

- ◆ **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.

