

newsletter

January 2018

Around the Day Program In a dance group focused on disco dance, the group discussed and reminisced about the history of disco dancing. The group watched video clips from the movies *Saturday Night Fever* and *Soul Train*, and learned



some disco dance moves. Participants then created their own disco dance routines to the songs "Stayin' Alive" and "Dancing Queen."

The poetry group read and discussed poems and quotes related to gratitude. The group discussed the importance of taking the time to think about what we are grateful for all throughout the year and to make sure and express your gratitude to others. The group especially liked the following quote by Edward Everett Hale, "I am only one, but I am one. I cannot do everything, but I can do something. And I will not let what I cannot do interfere with what I can do."

The flower arranging group trimmed and arranged the beautiful roses donated by Edwards



Florist in Winnetka. The group discussed the many vibrant colors and placed the colorful vases throughout the program area.

During a spiritual discussion group, we discussed optimism and what helps us to be optimistic. Participants shared life experiences that contributed to their optimism, including role models, children, teaching and surrounding themselves with positive people, including choosing a spouse and raising a family.

From Mind Matters—Early Memory Loss Program Mind Matters participants made a list of their wishes for the new year:

- Peace, wisdom and good health
- Respect for others and for nature
- Kindness to all, love to all humankind, safe living around the world
- No more poverty, no more wars, food for all
- Good health, happiness and a long life

After discussing how the senses of hearing and sight relate to memory, the Tuesday group talked about what you see and hear on New Year's Eve and wrote the following song, which is sung to the tune of "Auld Lang Syne."

Sights and Sounds of the New Year

Lots of people, smiles and kisses,
Bells ringing, pop the cork,
Clink glasses, singing joyful songs,
A New Year with hope and cheer!



Staff News Congratulations to Elizabeth Williams, BA, on her promotion to Senior Program Specialist! This recognizes Elizabeth's increased responsibilities.

Congratulations to Administrative-Case Assistant Meghan Staley, BA, and Program Specialist Briahna Walker, MT-BC, on their one year anniversaries!

Special Lunch Program Our special lunch in honor of winter will be held on Wednesday, January 17. The menu is penne marinara, garlic bread sticks and dessert.

Emergency Closings In the event of severe weather, we may have to close. This would be announced on radio stations WGN-720AM, WBBM-780AM, and TV channels CBS-2, NBC-5,



ABC-7, WGN-9, FOX-32 and CLTV. Listen for North Shore Senior Center. If the North Shore Senior Center closes, House of Welcome Adult Day Services will be closed, since we are one of its programs. Check online at www.emergencyclosings.com, or call 847-238-1234, looking for North Shore Senior Center. **You should also call us directly at 847-242-6250 to confirm whether or not we are open. We sometimes close when the rest of the senior center is open.**

Mark Clothing and Belongings! Please mark all items brought to the program (coats, hats, sweaters, books, walkers, glasses, etc.) with your family member's name. To avoid any belongings getting lost or damaged, please don't bring irreplaceable items.



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 Options** 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 Senior and Family Services Department** offers in-home and community-based supportive services
- **North Shore Senior Center's Lifelong Learning Department** offers a variety of programs and classes

2018 Schedule

Following are the 2018 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, 1-15:** CLOSED for holiday
- ◆ **Friday, 1-19:** Open at 10:30 a.m.
- ◆ **Friday, 2-2:** 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, 2-23:** Open at 10:30 a.m.
- ◆ **Friday, 3-16:** Open at 10:30 a.m.
- ◆ **Friday, 4-20:** Open at 10:30 a.m.
- ◆ **Friday, 5-18:** Open at 10:30 a.m.
- ◆ **Monday, 5-28:** CLOSED for holiday
- ◆ **Friday, 6-1:** CLOSED for in-service day, supported by *The Edna F. Weber Program for Training and Professional Development*
- ◆ **Friday, 6-15:** Open at 10:30 a.m.
- ◆ **Wednesday, 7-4:** CLOSED for holiday
- ◆ **Friday, 7-20:** Open at 10:30 a.m.
- ◆ **Friday, 8-17:** Open at 10:30 a.m.
- ◆ **Wednesday, 8-29:** CLOSED for NSSC Staff Appreciation Day
- ◆ **Monday, 9-3:** CLOSED for holiday
- ◆ **Friday, 9-21:** Open at 10:30 a.m.
- ◆ **Friday, 10-5:** CLOSED for in-service day, supported by *The Edna F. Weber Program for Training and Professional Development*
- ◆ **Friday, 10-19:** Open at 10:30 a.m.
- ◆ **Friday, 11-16:** Open at 10:30 a.m.
- ◆ **Thursday/Friday, 11-22 & 11-23:** CLOSED for holidays
- ◆ **Friday, 12-21:** Open at 10:30 a.m.
- ◆ **Monday/Tuesday, 12-24 & 12-25:** CLOSED for holidays
- ◆ **Monday/Tuesday, 12-31 & 1-1-2019:** 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.

