



## house of welcome adult day services

specialized programs for persons with memory loss

1779 winnetka road, northfield, illinois 60093

phone 847.242.6250 • fax 847.242.6275 • www.nssc.org

# newsletter

November 2018

**Around the Day Program** A recent movement group focused on rhythm. Participants discussed how rhythm can create a sense of togetherness among a group. Two participants established a rhythm with drums and the rest of the group created movements and danced to the rhythm.

In a spirituality group, participants discussed the meaning of spirituality and shared the following personal definitions of spirituality:

- Belief in something; that which gives people purpose and meaning in life
- Kindness and helping other people
- That someone’s watching
- Being kind, helpful and available
- Not trying to know all the answers
- Giving sufficient time and energy to accept someone just as they are
- Not doing for others; helping draw others out to be who they are

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

As part of a recent focus theme on remembering names, the group participated in a dance/movement therapy group that combined remembering names with identity and movement.

The group went around the room and shared their name and a personal movement. Then, each person shared attributes of their identity and together the group developed a comprehensive movement reflecting the various personal characteristics. The group ended with a dance party.

Two University of Illinois Extension Master Gardeners gave a presentation on herbs. The Master Gardeners discussed the many uses of herbs, and how to grow, harvest, dry and store them. Group members passed around different herbs and discussed how they smelled and how



they might be used in recipes. The group worked together to cut herbs and put them together into bouquets garnis.

### **Giving Tuesday —Fundraiser to Benefit House of Welcome Adult Day Services!**

We have a day for giving thanks. We have two days for getting deals. We also have #GivingTuesday, a global day



dedicated to giving back. On Tuesday, November 27, people and organizations around the world will come

together for one common purpose: to celebrate generosity and to give.

All donations made to North Shore Senior Center for #GivingTuesday will support House of Welcome Adult Day Services. The Retirement Research Foundation will provide a dollar-for-dollar match on the first \$5,000 donated. Visit [www.nssc.org](http://www.nssc.org) between November 19 and November 30 and click on #GivingTuesday to make a donation.

### **From the Nurse**

As we move into cold and flu season, please keep family members at home if they aren’t feeling well. This is especially important when someone is contagious so colds and flu do not spread among participants and staff. As a reminder, our policy is that participants must be free from fever, vomiting and/or diarrhea for 24 hours before they return.



**Staff News** Rachel Shields, BMT, has joined us as a Program Specialist. Rachel has a bachelor of music therapy from Eastern Michigan University and experience in aging. Please welcome Rachel!

Program Coordinator Fredelyn Calla, LCPC, ATR-BC, celebrates her 11th anniversary; Program Assistant Rocio Daniel, CNA, celebrates

her third anniversary; and Program Specialist Dani Owens, MA, celebrates her first anniversary. Congratulations to all!

**NSSC Lending Closet** North Shore Senior Center operates a lending closet at the Northfield location. People can borrow equipment such as walkers, canes, shower chairs, tub transfer benches, raised toilet seats and wheelchairs. Please call 847-784-6000 for more information.

**Special Lunch Program** Our special lunch in honor of Thanksgiving will be held on Wednesday, November 21. The menu is penne Mediterranean (fresh spinach, roasted red pepper, Kalamata olives and feta 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 will be on Tuesday, November 13, from 1:00 to 2:30 p.m. in the Katariski Room at North Shore Senior Center. Please join us!

**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. Call 847-238-1234 or check online at [www.emergencyclosings.com](http://www.emergencyclosings.com), looking for North Shore Senior Center. **You also should call us directly at 847-242-6250 to confirm whether or not we are open. We sometimes close when the rest of the Center is open.**

## Other Programs and Services

- **Hairdressing and podiatry** 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.

- ◆ **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 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.

North Shore Senior Center is a 501(c)(3) organization. It is our policy to not discriminate against any person served or person employed or seeking employment based on age, race, color, gender, disability, pregnancy, ethnicity, national origin, genetic information, gender identity, sexual orientation, religious tradition or spiritual practice. If you feel that you have been discriminated against, call the Senior Help Line at 800.252.8966 or 888.206.1327 (TTY).



Senior & Family Services  
North Shore Senior Options  
Adult Day Services-  
Dementia Care Specialty

Accredited by   
National Institute of  
Senior Centers



