



# 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

February 2018

**Around the Day Program** A recent dance/ movement therapy group focused on New Year's and making resolutions for a new year. Participants discussed what they would like more of in the coming year, including more time spent with grandchildren, openness, peace, and humor/fun. The group created a short dance, featuring each of the resolutions, using various creative movements and gestures.

A spirituality group focused on being thankful. Participants wrote a psalm of thanksgiving that included some of the things for which they are thankful.



### Psalm of Thanksgiving

With a heart of thanks, I proclaim your wonders, O God.

We thank you for air to breath, peace, prosperity, love; Happiness, freedom, health; Family, friends, opportunities; Pleasantries, snoozing and cruising; Thanksgiving, safety, and grace.

With a heart of thanks, I proclaim your wonders, O God.

**From Mind Matters**—Early Memory Loss Program We celebrated Mind Matters' 10<sup>th</sup> anniversary in January with special themed word games, along with sparkling juice and cake.

The group discussed the greatest gift they had ever received. Many people agreed that their spouse, children and grandchildren were the greatest gifts. One participant said he had received a bicycle for Christmas one year and rode it around the house until the snow melted outside. Another participant brought up a second

chance in life and how that can be a gift to the whole family. Another member said, "Children are a gift to everyone." One member said the best gift was receiving the gift of a college education from parents who really had to sacrifice for it. Another said the best gift was having a grandchild born on his birthday. The Mind Matters group encourages everyone to take some quiet time to reflect on a special gift that you have received in your life.

**Staff News** Sarah Jackson, LCSW, program manager for the day program, celebrates her 11<sup>th</sup> anniversary at North Shore Senior Center, six of which have been at HOW. Congratulations!

**From the Nurse** We're in the height of 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.

**Special Lunch Program** Our special lunch in honor of Valentine's Day will be held on Thursday, February 15. The menu is penne with meat sauce, 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](http://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 Center is open.**

**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 February 13 from 1:00 to 2:30 p.m. at North Shore Senior Center. **Please note the new location: Please join us in the Katariski Room, which is on the east side of the building off of the atrium.**

### 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.

◆ **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.

