



house of welcome adult day services

specialized programs for persons with memory loss

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newsletter

April 2018

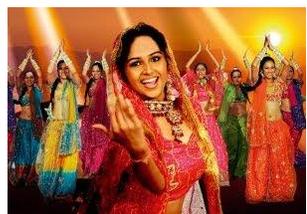
Around the Day Program A recent dance/movement therapy group focused on the theme of leaving a legacy. We asked individual participants about what they wanted their legacy to be, which included being remembered for being a nice person, sharing kindness, loving their family, and helping others in need. Participants then created a movement that represented their legacy. Everyone’s movements were compiled into a short dance that was performed by the group.



Musician biography groups focus on the lives of famous musicians. We listen to their music, sing, dance, watch short videos of performances, and play trivia games related to the musician. Recent groups have focused on Doris Day, Frank Sinatra, The Beatles, and Simon & Garfunkel.

During exercise, participants engaged in a seated yoga class. The class included sun salutations, exercises to strengthen the legs and core, spinal twists, and breathing exercises. Yoga has several known benefits, including increased flexibility, increased muscle strength, increased self-awareness, and stress reduction.

From Mind Matters—Early Memory Loss Program Mind Matters participants recently visited the day program to join morning activities, which included a choice of three groups.



The Bollywood dance group began with a brief discussion about the origins of Bollywood, specific features of the dance style, and the participants’ experiences traveling to India. The group leader did a short Bollywood dance solo called, “Rang De Basanti.” Participants then

learned and performed a sequence from the solo. The group described the dance as "invigorating," "lively," and "like we're at a party!"

The spirituality group focused on spiritual music from various faith beliefs. Members of the group sang songs and shared thoughts and music experiences pertaining to their faith. One participant commented, “I feel very uplifted.”

The travel discussion featured the Amalfi Coast. The group discussed how the Amalfi coast has both beautiful seaside views but also many historical places to visit. The group discussed the Blue Grotto and its vivid blue water. Group members who have visited the Amalfi Coast shared stories about places they visited and foods they enjoyed.

Thank You to Our Volunteers! National Volunteer Week is April 15 to 21. At House of Welcome Adult Day Services, volunteers in the Day Program and Mind Matters provide one-to-one interaction with participants, support program activities, perform music, do our grocery shopping, bring their certified pets for visits, fill our bird feeders, help with preparing mailings, and much more. Thank you to all of our volunteers!



We’ve welcomed several new volunteers recently. Kristin Miller is helping with activities in the Day Program. Gregg Byers, Ryan Ribordy, Eileen Robbin and Jerry Robbin are helping with lunch in the Day Program. Diane Bounds is managing and filling all the bird feeders. Welcome and thank you!

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

Special Lunch Program Our special lunch in honor of spring will be held on Monday, April 16. 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 April 10 from 1:00 to 2:30 p.m. in the Katarski Room at North Shore Senior Center.

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.

Please note the following change in date:

- ◆ **Monday, 3-26:** Open at 9:30 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.

