

newsletter

May 2018

Thank You to Our Volunteers! During National Volunteer Week we honored volunteers at our annual volunteer supper. The program included recollections about participants who died during the past year. Thank you to each of our volunteers. We are grateful for your support!



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the past year. Thank you to each of our volunteers. We are grateful for your support!

To honor our volunteers, Mind Matters participants wrote haikus and limericks. Day Program participants made handmade cards and wrote an acrostic poem. Here are some samples:

Volunteers are great
Singing, reading, playing games
Indispensable.

Sharing time with us
Caring for other people
Thank you for all things.

V Valiant, veracious, valuable, vivacious
O Oh my! outstanding, organized, outgoing
L Lovely, lucky to have you, loveable, loyal
U Useful, understanding, universal
N Nice, neat, notable
T Terrific, tremendous, thoughtful, tough
E Efficient, exciting, energetic
E Electrifying, excellent
R Reliable, respectful, rambunctious,
ridiculously awesome

In April, we held a volunteer training focused on how dementia affects language skills. We watched and discussed a video by dementia care expert Teepa Snow. She explained how language is affected by the right and left sides of the brain. She also demonstrated how those living with dementia may experience speech. All 23 volunteers who attended enjoyed it and said they learned a great deal.

Around the Day Program In a relaxation group, we focused on three-dimensional breathing, which included exploring the movements of our breath up and down, side to side, and forward and backwards. We also practiced yoga movements and had hand massages while listening to relaxing music.

The popular culture group has been discussing significant events, famous people, music, sports, and games from different decades. Each week we focused on a different decade. So far we've reviewed the 1920s, 1930s, 1940s, 1950s and 1960s.

This watercolor was painted in a recent art therapy group focused on spring.



From Mind Matters—Early Memory Loss Program For a recent focus theme on socialization, the Mind Matters group discussed the importance of staying connected with people for both cognitive and mental health. Many times as people find activities and clubs they participated in becoming more difficult, individuals tend to withdraw and become isolated. The group agreed that coming to Mind Matters helps them to stay connected with others.

The group played "Two Truths and a Lie" where each person wrote down two things that were true about themselves and one that was not. We read them out loud and everyone had to guess who the writer was and which item was the lie. We learned a lot about each other and also found that many of us are very convincing liars!

Staff News Nurse Manager Susan Nelson, RN, BSN, CHPN, celebrates her first anniversary at HOW,. Program Manager Barb Brandt, MS, LCPC, celebrates her 18th anniversary at HOW. Program Specialist Jennifer Bacani, MA, LCPC, R-DMT, celebrates her fifth anniversary. Congratulations to all!

Special Lunch Program Our special lunch in honor of Mother's Day will be held on Tuesday, May 15. 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 May 8 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.

- ◆ **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.

