

# newsletter

June 2018

**Around the Day Program** Third grade students in the Dedicated Dolphin group from Middlefork School made two visits recently. During each visit, students and participants met in small groups. In a visit focused on spring, the groups read poems about spring and worked together to create large multimedia pieces (see one, below) with a spring theme. Two students sang the Middlefork School song for us! Another visit focused on friendship. Students and participants worked together to make a mixed-media friendship tree. Then, they wrote qualities of a good friend on cut-out leaves that were affixed to the tree.



The baking group baked chocolate chip cookies for the Northfield Fire Department to thank them for all they do for the community.

A recent sensory dance/movement therapy focused on spring. Participants were asked to identify smells, sounds, sights, and feelings that occur in spring time. Drums and a rain stick were utilized to enhance the sensory experience. Movements were based on celebrating the warmer weather and all that comes with this season.

**From Mind Matters**—Early Memory Loss Program  
During a creativity exercise, group members wrote stories with six words in each line (inspired by six-word memoirs). Some were on aging and others were on any topic. Here are a few:

Tell a joke; I will laugh!  
People are nice when you smile.  
Good morning. It's a good day!  
What's with this guy next door?

One, two, three, four, five, six.  
Now is the time to start.  
When do we start to act?  
No more, no less. That's it.  
How do we get to six?  
This is the beginning of nothing.

Sailing, pushing your boat along water.

Yippee! I'm old and not dead!

Aging brings joyful and peaceful days!

Abilities diminished. Needs remain. Celebrate life.

Aging is a challenge for life.

**Student Interns** Zano Manzano, a second year dance/movement therapy (DMT) intern from Columbia College, completed a year-long internship at the Day Program. We thank Zano for his contributions. We look forward to seeing him soon as he will volunteer at HOW for the summer.

**Hats, Sunglasses and Sunscreen** As we move into warmer weather, we will be going outside. If your family member needs a hat, please send one we can keep at the program, marked with your family member's name, and give it to a staff

member. Please do the same for sunglasses. If sunscreen is needed, please apply it in the morning before coming to the program.

**Staff News** Clinical Manager Mary Lu Osterberg, LCPC, celebrates her 20th anniversary at HOW. Program Specialist Stacey Manning, BA, celebrates her sixth anniversary at HOW. Congratulations!

**Special Lunch Program** Our special lunch in honor of Father's Day will be held on Wednesday, June 20. The menu is penne with meat 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 is June 12 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.

- ◆ **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.

