

newsletter

July 2018

Around the Day Program Every June, we celebrate love and relationships. We ask staff and participants to bring in photos of their wedding, special events or other memories with loved ones. The photos are on the bulletin board in the Great Room. Please take a look!

A recent poetry group focused on trees.



We read and talked about poems and quotes about trees. Participants reminisced about climbing trees, picking apples, and planting trees. The group also discussed the importance of trees for our environment. Then, the group

worked on artwork drawing trees.

Participants in art therapy groups have been working on a large group fabric collage. During the groups, one team chooses the fabric, one team traces shapes and designs onto the fabric, one team cuts out the shapes, and another team helps organize the shapes. We've had a lot of fun working together. The next phase is to create smaller individual collages.

In a discussion group centered on advice, participants talked about several topics, including the best advice you've ever received, advice you've passed on to your children, what you do when you receive bad advice, and any advice you would give to someone beginning a new career.

From Mind Matters—Early Memory Loss Program

We have been practicing the "brain dance," a series of whole-body exercises focused on



enhancing the brain/body connection and activating different parts of the central nervous system to support balance, attention and

memory. The eight brain dance patterns are breath, tactile, core-distal, upper-lower, body side, cross lateral, and vestibular.

Mind Matters Participant Quote "Mind Matters has been a life saver. We have great people who make great contributions to helping us get through the problems we have. Without that, life would be tough. Mind Matters is very, very important."

CARF Accreditation North Shore Senior Center completed its CARF accreditation survey in April. Accreditation is a review process that agencies voluntarily go through in order to ensure quality services.

NSSC received a three-year accreditation, the highest level awarded, which reflects the high quality of our programs and services.

Accreditation applies to the following programs/services:

- Adult Day Services
- Adult Day Services – Dementia Specialty Program
- Case Management

Student Interns Janelle Knippen, a first year dance/movement therapy student from Columbia College, joined us recently for a summer internship in the Day Program.

Karen Sherman, a social work intern from The University of Chicago School of Social Services Administration, recently completed a year-long internship at Mind Matters. We wish her good luck in the future!

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 Director Cynthia Phon, LCSW, celebrates her 11th anniversary at North Shore Senior Center. Congratulations!

Program Specialists Stephanie Terrell, R-DMT, LPC, and Briahna Walker, MT-BC, have left the program. We'll miss them and wish them the best in the future.

Special Lunch Program Our special lunch in honor of July 4th will be held on Thursday, July 19. The menu is Penne Mediterranean (fresh spinach, roasted red peppers, Kalamata olives, and feta cheese 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 is July 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.

- ◆ **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.

