



house of welcome adult day services

specialized programs for persons with memory loss

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newsletter

August 2018

Around the Day Program In a discussion group about July 4th, participants discussed freedom, independence, what it means to be patriotic, as well as why they are grateful to live in the U.S.



This discussion led to artwork and writing that was shared at the end of the group.

A recent creative movement group focused on summer. Participants talked about different activities they do in summertime and demonstrated a creative movement for the activity. Scarves were utilized to enhance the experience.

A video discussion on Chicago's lakefront focused on popular attractions, including Soldier



Field, Northerly Island, Field Museum, Adler Planetarium, Shedd Aquarium, Museum of Science and Industry, and The University of Chicago.

Participants said their favorite things about Chicago were the lakefront, beaches, baseball teams, food, people, and music.

Hula dancers from the Barefoot Hawaiian group recently performed for us. The dancers performed several hula dances and explained the history and meaning of each dance. The dancers also showed some musical instruments and dance props. The dancers taught participants a few seated hula dance movements.

From Mind Matters—Early Memory Loss Program Mind Matters recently visited the day program and joined morning activities. Participants could choose between an art therapy group where participants worked on a group collage; a dance/movement therapy group that focused on community; an art appreciation group where a

volunteer lead an interactive discussion about her original artwork; and a gardening group where participants worked in our outdoor garden to plant our raised beds, and worked inside on flower arranging.

Mind Matters Participant Quote "The silver lining of the (dementia) diagnosis is being able to come to Mind Matters."

Art Display at Northfield Public Library Original artwork by Day Program and Mind Matters



participants is currently on view through August in the lobby at the Northfield Public Library (1785 Orchard Lane, Northfield). The display

includes drawings and paintings inspired by our garden room, Americana imagery, and the 50th anniversary of the unveiling of the Picasso sculpture in Chicago's Daley Plaza. Also featured are original poems, inspired by flowers and gardens that participants wrote during our poetry groups. Please stop in and take a look!

Save the Date! North Shore Senior Center Benefit Gala 2018 Making an Impact North Shore Senior Center's annual benefit, will be held on Saturday, September 22, at Skokie Country Club in



Glencoe. Proceeds from this important fundraising event help support Center programs, including House of Welcome Adult Day Services. You can lend your support by attending the event, purchasing a raffle

ticket for a chance to win up to \$10,000 in cash, or making a donation. For more information, visit <https://nssc.ejoinme.org/MyEvents/Gala2018MakinganImpact/EventInformation> or call 847.784.6060.

Hats, Sunglasses and Sunscreen If your family member needs a hat for going outside, 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.

Special Lunch Program Our special lunch in honor of summer will be held on Friday, August 17. The menu is penne with Alfredo sauce and 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 August 14 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, 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.

