

newsletter

September 2018

Around the Day Program Our service project group made cards for veterans taking an honor flight through Honor Flight Lake County. Honor Flight is a nonprofit organization whose mission is



“to transport America’s Veterans to Washington, DC, to visit those memorials dedicated to honor the service and sacrifices of themselves

and their friends.” As part of their honor flight, veterans experience “mail call,” where they are presented with a personalized mail bag of cards honoring their service.

In a recent dance/movement therapy group, participants shared what the Day Program means to them and combined the description with a creative movement. Here are some of the descriptions:

- Togetherness
- Uplifting
- Salvation
- Happy
- Security
- Safety
- Family
- Contentment
- Everybody
- Stability
- Welcome
- Good looking women
- Happy and fun.

Three University of Illinois Extension Master Gardeners gave a presentation on container gardening. They discussed the advantages of growing plants in containers, types of containers, how to mix soil, and caring for plants in containers. The group worked



together to combine three plants in a pot: a tall center plant for the thriller, a filler plant, and one that comes over the edge of the pot called the spiller.

A multi-sensory musician biography group focused on Neil Diamond. The group talked about his life, watched performance videos, and listened and danced to some of his hits.

From Mind Matters—Early Memory Loss Program The Mind Matters group participated in a creative poetry group. Together the group explored and analyzed well-known poems, including, “The Tyger” by William Blake; “Trees” by Joyce Kilmer; and “The Raven” by Edgar Allan Poe. The group worked together to assign each line of the poem an emotion or sentiment and then creatively expressed these using voice and movement.

Robot Day and the World Conference on Robotics and Artificial Intelligence were in July. In recognition, group members did a language activity and the group was able to make 122 words out of the letters in “Artificial Intelligence.”

Art Display at NSSC The annual House of Welcome Adult Day Services art display will be on view in the atrium at the North Shore Senior Center for the month of September. Day Program participants created fabric collages.



Mind Matters participants created art inspired by 1960s popular culture and images of animals. Come take a look!

Communication Reminders Please let staff know about any changes in your family member’s medication or medical condition. This will help ensure that we’re all on the same page in caring for your loved one.

If you want to talk to staff about your loved one, please call Clinical Manager Mary Lu Osterberg, LCPC, at 847-242-6277 or email her at mosterberg@nssc.org. We want to protect everyone's privacy by not having conversations in the program area.

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. **Please note that there is a change of date for the September group. The next meeting will be on Tuesday, September 4, from 1:00 to 2:30 p.m.** in the Katariski Room at North Shore Senior Center. Please join us!

Staff News Congratulations to Senior Program Specialist Elizabeth Williams, BA, on completing the training to become certified through the Alzheimer's Poetry Project (APP). APP is dedicated to improving the quality of life of people living with Alzheimer's disease and related dementia by facilitating creative expression through poetry.



Student Interns Janelle Knippen, a first-year dance/movement therapy intern from Columbia College, recently completed a summer internship in the Day Program. We wish her the best as she begins her second year of graduate school!

Special Lunch Program Our special lunch in honor of Labor Day will be held on Monday, September 17. The menu is penne with marinara sauce, garlic bread sticks and dessert.

Other Programs and Services

- **Bathing, hairdressing, and podiatry** 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, 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.

