

DAYBREAK

The Adult Day Center Newsletter

2500 North Reynolds Road, Toledo, OH 43615
 Day Center Hours of Operation 7:30 to 5:30 M-F
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www.memorylanecareservices.org

FACEBOOK: www.facebook.com/MemoryLaneCare/
 INSTAGRAM: [memorylane_care_services](https://www.instagram.com/memorylane_care_services)
 TWITTER: [@MemoryLane_Care](https://twitter.com/MemoryLane_Care)

Dear Caregivers,

March is here and that can only mean one thing...Spring is on its way. We are all looking forward to warmer days filled with sunshine. Remember that it's time to "Spring Forward" with Daylight Savings Time on March 8th!



MemoryLane will be having an Open House on Thursday March 5th from 4:00-7:00. Families, caregivers and participants are invited to attend. The day center will close at 3:30 on the day of the open house and all participants need to be picked up by 3:30. However, if you would like to attend the open house and have a participant that attends that day please feel free to come in at 3:30 to stay with the participant until 4:00 when the open house starts. We hope you will plan to attend!

Beginning in March we will be collaborating with Carnation Early Learning Center, our next door neighbor, for some intergenerational activities. On Monday March 9th about 12 of the children from the day care will be coming to visit. Carol Phillips, one of our wonderful volunteers will lead this group. Carol is a retired grade school teacher and is just the person for the job. Carol will be reading a fun St. Patrick's Day story from "How to Catch a Leprechaun" followed by Leprechaun craft. The following week on Monday March 16th, Heidi from the Sylvania Library is planning another great intergenerational program with Carnation Day Care. We are really looking forward to having the children come to visit on a regular basis.



Music programs this month include David Putano on Monday, March 2 and Tuesday, March 17, 1:00, Mitch Kaki will be the center to help us celebrate St. Patrick's Day. That day will also include "Truth or Blarney" a trivia group related to Ireland, the Irish and St. Patrick's Day. Did you know that over 40% of all American Presidents have had some Irish ancestry and that the Chicago River is dyed green on St. Patrick's Day? The tradition of dyeing the river was started in 1961. Caleb will end the day with an Irish Rhyme time word game. Our final music program for the month is on Tuesday, March 24, 1:00 with Lee Warren playing his guitar and singing some good old southern rock and a little bit of country music. As always, family and friends are always welcome to come and attend activities throughout the month.

Sincerely,

Gale Begley
 Activity Director

Jessica Drouillard
 Respite and Operations Director

**THE DAY CENTER WILL BE CLOSED ON WEDNESDAY
 APRIL 22ND FOR A STAFF IN SERVICE DAY**

FREE EDUCATION PROGRAM
 "Behavioral Interventions: When Caring for Someone with Dementia"

This is a free program for family caregivers. This program helps you understand why people with dementia act the way they do and what you can do to help. Additional learning resources will be provided at this program including a FREE book "Coping with Behavior Change in Dementia: A Family Caregiver's Guide" by Beth Spencer and Laurie White. This program will be held on **March 11, 2020** from 1:00-2:30 p.m. at MemoryLane Care Services. Respite services will be available in our Adult Day Center. Please contact Lyndi Winzeler to reserve a seat 419-720-4940 or lwinzeler@memorylanecare.org

PLEASE COME CELEBRATE OUR OPEN HOUSE AND RIBBON CUTTING CEREMONY

Thursday March 5, 2020 4:00 p.m. – 7:00 p.m.

Invite your family and friends to see our newly renovated adult day services program and office space and unveiling of The Yark Family Conference Room. We will have plenty of refreshments provided by Ida's Catering and musical entertainment!

**** PLEASE NOTE: THE ADULT DAY CENTER WILL CLOSE AT 3:30 p.m. ****

PLEASE MAKE ARRANGEMENTS ACCORDINGLY FOR THE EARLY CLOSURE.

CAREGIVER TIPS

The following tips are from the National Institute of Dental and Craniofacial Research

<https://www.nidcr.nih.gov/sites/default/files/2019-09/oral-health-aging-brushing.pdf>

ORAL HEALTH AND AGING- INFORMATION FOR CAREGIVERS

Oral health is important for people of all ages. A healthy mouth helps people enjoy their food, chew better, eat well, and avoid pain and tooth loss. With good oral hygiene and regular visits to the dentist, older adults can maintain their oral health into their later years.

Brushing

If the person you care for is unable to brush, you need to brush his or her teeth.

Getting Started

- Choose a location such as a kitchen or dining room that allows plenty of space to work. Make sure you have good lighting. Place the toothbrush, toothpaste, dental mirror, towel, bowl, and glass of water within reach.
- Make sure the person you care for is seated in a chair or is upright in bed. Then choose a position for yourself where you can see all surfaces of the teeth and gums. This may mean sitting or standing to the front or side, or behind the person.
- Ease the person you care for into the situation through conversation, and be patient as he or she gets used to you providing care.
- Use the “tell-show-do” approach. Tell what will happen, show it, and then do the oral care as you’ve explained.
- Have a dental care routine. Use the same technique at the same time and place every day.
- Be creative. If behavior problems arise, use favorite objects or music for comfort.
- Seek the advice of a dental professional for additional suggestions.

Brushing the teeth

- Wash your hands and wear disposable gloves.
- Gently remove dentures or partials.
- Check between teeth and cheeks for bits of food, swiping the area with a gloved finger or damp gauze.
- Use a toothbrush with soft bristles.
- Use a small amount of fluoride toothpaste. If toothpaste bothers your care recipient, brush with water instead.
- Place the toothbrush bristles at an angle toward the gumline so they clean between the gums and teeth.
- Be sure to brush the teeth on all sides using small circular motions, then brush the tongue.
- If the person you care for cannot rinse, give a drink of water or sweep the mouth with a finger wrapped in damp gauze.

Keep the mouth open & prevent accidental biting

Two-toothbrush technique

- Use large handle on one brush to pull back cheek; allow care recipient to rest teeth on handle.
- Use second toothbrush to brush teeth.

Foam mouth rest

- Place mouth rest between upper and lower back teeth (follow directions on package); allow care recipient to rest teeth.
- Brush teeth on opposite side of mouth.

A word about dentures

If the person you care for has dentures, remember to:

- Remove at night and brush before putting them in a cup of water (ask the dentist if denture cleaning tablets should be used).
- Rinse and brush dentures again before placing them in the mouth.
- Keep them in water at all times when not in the mouth.
- Change the water cup daily.

~March Activities – The Center at Reynolds ~

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
10:30 Morning Chat and Groove with Janis 11:00 Tai Chi with Debra 1:00 Music with David Putano 2:00 Team Games with Caleb and Pat 2:00 Small Group/Leigh and Carol in Garden Room 3:30 Bingo with Debra 4:15 Pictionary with Caleb	10:30 Morning Chat and Groove with Kenny 11:00 Yoga with Rosie 1:00 Poker Dice/ Kenny 1:00 Penny Ante/ Janis 2:00 Team Games with Caleb and Priscilla 3:30 March IQ with Debra 3:30 Small Group/Art Focus with Rosie 4:15 Bean Bag Toss with Caleb	10:30 Morning Chat and Groove with Janis 11:00 Yoga with Rosie 1:00 Bunco with Kenny and Janis 2:00 Team Games with Caleb and Priscilla 3:30 Bingo with Caleb and Priscilla 3:30 Small Group/Chicken Soup Reading/Rosie 4:15 Coffee Klatch/Table Talk with Rosie/ Priscilla	10:30 Morning Chat and Groove with Kenny 11:00 Yoga with Rosie 1:00 Men's Group with Kenny 1:00 Table Games/ Janis 2:00 Snack Day Center Closing Early for Open House Please feel free to come and join us!	10:30 Morning Chat and Groove with Rosie 11:00 Light and Lively Exercise with Caleb 1:00 Friday Matinee 2:00 Josina Lott Visits/ Bingo with Priscilla 3:30 Team Games with Pat and Caleb 3:30 Small Group/Who Am I? Girl Scout Reminisce with Leigh 4:15 Old Sayings/Caleb
9	10	11	12	13
10:30 Morning Chat and Groove with Janis 11:00 Tai Chi with Debra 1:00 Table Games with Kenny and Janis 2:00 Team Games with Caleb and Pat 2:00 St. Patrick's Day Intergenerational Reading and Craft/ Carol/ Leigh 3:30 Bingo with Debra 3:30 Small Group/Leigh 4:15 Name That Name with Caleb	10:30 Morning Chat and Groove with Kenny 11:00 Yoga with Rosie 1:00 Imagine That with Rosie Best 2:00 Team Games with Caleb and Priscilla 3:30 What Am I? with Debra 3:30 Small Group/Art Focus with Rosie 4:15 Bowling with Caleb	10:30 Morning Chat and Groove with Janis 11:00 Yoga with Rosie 1:00 March Fashion Show with Kenny and Janis 2:00 Team Games with Caleb and Priscilla 3:30 Bingo with Caleb and Priscilla 3:30 Small Group/The Lost Letter/Rosie 4:15 Coffee Klatch/Table Talk with Rosie and Priscilla	10:30 Morning Chat and Groove with Kenny 11:00 Yoga with Rosie 1:00 Jamie Duval and the Toledo School for the Arts Day Center Choir 2:00 Team Games with Caleb and Priscilla 3:30-Carol Burnett Hour with Pat 3:30 Small Group/Irish Humor with Rosie 4:15 Badge Category Game with Caleb	10:30 Morning Chat and Groove with Rosie 11:00 Light and Lively with Caleb 1:00 Friday Afternoon Matinee 1:00 Card Making 2:45 Friday Fun Happy Hour-Fruit Smoothies 3:30 Zingo with Pat 3:30 Small Group/Leigh 4:15 Iris American Word Mining with Caleb
16	17	18	19	20
10:30 Morning Chat and Groove with Janis 11:00 Tai Chi with Debra 1:00 Table Games with Kenny and Janis 2:00 Intergenerational Program/Carnation Day Center and Heidi from Sylvania Library 3:30 Bingo with Debra 3:30 Small Group/Leigh 4:15 Pictionary with Caleb	10:30 Morning Chat and Groove with Kenny 11:00 Yoga with Rosie 1:00 Music with Mitch 2:00 Team Games with Priscilla and Caleb 2:45 St. Patrick's Party 3:30 Truth or Blarney with Debra 3:30 Small Group/Art Focus with Rosie 4:15 St. Patrick's Day Rhyme Time with Caleb	10:30 Morning Chat and Groove with Janis 11:00 Yoga with Rosie 1:00 Charades with Kenny and Janis 2:00 Team Games with Caleb and Priscilla 3:30 Bingo with Priscilla and Caleb 3:30 Small Group/Chicken Soup Reading with Rosie 4:15 Coffee Klatch/Table Talk with Rosie/Priscilla	10:30 Morning Chat and Groove with Kenny 11:00 Yoga with Rosie 1:00 Men's Group/ Kenny 1:00 Bunco/Kenny/Janis 2:00 Team Games with Caleb and Priscilla 3:30 Hit the Target/Pat 3:30 Small Group/ Birds and Bloom Reading and Spring Reminisce/Rosie 4:15 Spring Break Hang Man with Caleb	10:30 Morning Chat and Groove with Rosie 11:00 Light and Lively with Caleb 1:00 Friday Afternoon Matinee 1:00 Card Making 2:00 Josina Lott Visits with Leigh and Priscilla 3:30 Bingo with Pat 3:30 Small Group/Leigh 4:15 Never Have I Ever with Caleb
23	24	25	26	27
10:30 Morning Chat and Groove with Janis 11:00 Tai Chi with Debra 1:00 Table Games with Kenny and Janis 2:00 Team Games with Caleb and Pat 2:00 Small Group/Leigh and Carol 3:30 Bingo with Debra 3:30 Small Group/Leigh 4:15 Hang Man/ Mixed up Farming with Caleb	10:30 Morning Chat and Groove with Kenny 11:00 Yoga with Rosie 1:00 Horse Racing with Kenny 1:00 Dominos with Janis 2:00 Music with Lee Warren 3:30 March Trivia with Debra 3:30 Small Group/Art Focus with Rosie 4:15 Bean Bag Toss with Caleb	10:30 Morning Chat and Groove with Janis 11:00 Yoga with Rosie 1:00 Spring Collage with Kenny and Janis 2:00 Team Games with Caleb and Priscilla 3:30 Bingo with Caleb and Priscilla 3:30 Small Group/Who Am I? with Rosie 4:15 Coffee Klatch/Table Talk with Rosie and Priscilla	10:30 Morning Chat and Groove with Kenny 11:00 Yoga with Rosie 1:00 Men's Group/ Kenny 1:00 Left, Right, Center with Janis 2:00 Team Games with Caleb and Priscilla 3:30 Carol Burnett Hour with Pat 3:30 Small Group Recipe/Cookbook Reminisce with Rosie 4:15 March Category Game/Caleb	10:30 Morning Chat and Groove with Rosie 11:00 Light and Lively with Caleb 1:00 Friday Afternoon Matinee 1:00-2:45 Card Making with Leigh, Caleb and Priscilla 2:45 Happy Hour 3:30 Bingo with Pat 3:30 Small Group with Leigh 4:15 Post Card/Travel Reminisce with Caleb
30	31			
10:30 Morning Chat and Groove with Janis 11:00 Tai Chi with Debra 1:00 Table Games with Kenny and Janis 2:00 Team Games with Caleb and Pat 2:00 Small Group with Leigh and Carol 3:30 Bingo with Debra 4:15 Urban Myths with Caleb	10:30 Morning Chat and Groove with Kenny 11:00 Yoga with Rosie 1:00 Table Games/ Kenny 1:00 Remembering Nursery Rhymes/ Janis 2:00 Team Games with Caleb and Priscilla 3:30 Shooting the Breeze About the Weather/Debra 3:30 Small Group Art Focus/Rosie 4:15 What is Your Preference? With Caleb			

-MARCH MENU-

<p>2</p> <p>A) Sausage w/ Onions & Peppers B) Shredded BBQ Chicken Both on a Bun Au Gratin Rotini Spring Vegetable Blend Fresh Fruit</p>	<p>3</p> <p>A) Cranberry Dijon Chicken B) Creole Steak Cubed Sweet Potatoes Broccoli Wheat Bread Muffin Alt: Diet Cookies</p>	<p>4</p> <p>A) Roast Beef w/ Gravy B) Creamy Paprika Chicken Whipped Potatoes Orange Carrots Wheat Bread Fresh Fruit</p>	<p>5</p> <p>A) Chicken Noodle Casserole B) Beef Stroganoff Whole Kernel Corn Green Beans Multi-Grain Bread Pineapple Tidbits</p>	<p>6</p> <p>A) Sausage Patty B) Broccoli Spinach Egg Bake Oven Roasted Potatoes Orange Juice Biscuit w/ Jelly Hot Cinnamon Applesauce</p>
<p>9</p> <p>A) Spanish Beef Patty B) Honey Mustard Chicken Whipped Potatoes Seasoned Green Peas Multi-Grain Bread Applesauce</p>	<p>10</p> <p>A) BBQ Chicken Breast B) Hamburger Patty Both on a Hamburger Bun Crispy Cubed Potatoes Green Beans Fresh Fruit</p>	<p>11</p> <p>A) Beef Italiano Macaroni B) Lemon Pepper Chicken Broccoli & Cauliflower Peach Cobbler Multi-Grain Bread Alt: Diet Hot Peaches</p>	<p>12</p> <p>A) Pork w/ Supreme Sauce B) Liver & Onions Whipped Potatoes Sliced Carrots Wheat Bread Blueberry Muffin Alt: Diet Angel Food Cake</p>	<p>13</p> <p>A) Mushroom Chicken B) Macaroni and Cheese Stewed Tomatoes Mixed Vegetables Wheat Bread Fresh Fruit</p>
<p>16</p> <p>A) Meatloaf w/ Brown Gravy B) Pineapple Glazed Chicken Cheesy Whipped Potatoes Green Beans Wheat Bread Fresh Fruit</p>	<p>17</p> <p>St. Patrick's Day A) Baked Chicken w/ Gravy B) Corned Beef & Cabbage Red Potatoes Sliced Carrots Bread Slice Cherry Whip Alt: Diet Chocolate Pudding</p>	<p>18</p> <p>A) Pork w/ Supreme Sauce B) Turkey with Supreme Sauce Macaroni and Cheese Green & Red Cabbage Wheat Roll Pineapple Tidbits</p>	<p>19</p> <p>A) Garlic Rosemary Chicken B: Ham and White Beans Cubed Sweet Potatoes Mixed Vegetables Multi-Grain Bread Peanut Butter Cookie Alt: Diet Cookie</p>	<p>20</p> <p>A) Beef Fiesta Macaroni B) Chilaquiles Casserole Green Peas Stewed Tomatoes Wheat Roll Fruit Salad</p>
<p>23</p> <p>A) Lemon Pepper Chicken B) Teriyaki Meatballs Oven Roasted Potatoes Brussels Sprouts Wheat Bread Fresh Fruit</p>	<p>24</p> <p>A) Cranberry Dijon Chicken B) Pork Roast w/ Lemon Herb Sauce Au Gratin Rotini Mixed Vegetables Wheat Bread Pineapple Tidbits</p>	<p>25</p> <p>A) Beef Chili B) BBQ Chicken Breast Baked Potato Green Peas Breadstick Fruit Cup Alt: Diet Fruit Cup</p>	<p>26</p> <p>A) Turkey Breast w/ Gravy B) Pepper Beef Steak Country Potatoes California Vegetable Blend Wheat Roll Fresh Fruit</p>	<p>27</p> <p>A) Beef & Bow Tie Casserole B) Pasta Primavera Seasoned Green Beans Sliced Carrots Wheat Bread Oatmeal Raisin Cookie Alt: Diet Cookie</p>
<p>30</p> <p>A) Meatballs w/ Spaghetti Sauce B) Chicken Marsala Both with Spaghetti Noodles Summer Vegetable Blend What Roll Pears</p>	<p>31</p> <p>A) Beef Taco B) Fajita Chicken Both on a Flour Tortilla With Shredded Cheese, Lettuce, & Tomato Mexican Rice Refried Beans Fresh Fruit</p>	<p>All meals are served with milk. "Option A" meals will be ordered unless families request the alternate "Option B"</p>		<p>Food Allergy and Ingredient List Available from Valley Services at 419-382-5791</p>

EASY WAYS TO SUPPORT THE ADULT DAY CENTER



Sign up for Kroger Community Rewards and a percentage of your everyday purchases will help support our organization. For those of you who have not already signed up, search for: **Alzheimer's and Dementia Care Services NW Ohio** or search by account # **EA388**.



If you plan on making purchases online through Amazon, please consider signing in through Amazon Smile using [www.http://smile.amazon.com/ch/81-2432321](http://smile.amazon.com/ch/81-2432321) and Amazon will donate a portion from each purchase to MemoryLane Care Services (formally Alzheimer's and Dementia Care Services of Northwestern Ohio).

100% OF ALL FUNDS RAISED REMAIN IN OUR LOCAL COMMUNITY!!!

MemoryLane Care Services partially supported by:

