

DAYBREAK

The Adult Day Center Newsletter

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Day Center Hours of Operation 7:30 to 5:30 M-F
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Dear Caregivers,

We want to welcome everyone back! Just some updates to let you know that we are adding participants to the schedule as soon as possible. We do have a current wait list due to limited capacity in the Center. Please know that we have not forgotten about you. Please feel free to call the center anytime if you have questions or are wondering about the wait list. You are welcome to participate in



our virtual programs on days you are not attending the Center. We can also send activity packets and offer weekly calls to check in if you are not utilizing the Center currently. Please let us know if you are interested.



February is Black History month. During the month we will feature reading, discussion and word games that honor African Americans throughout American history. Janis will start the month reading about how Black History Month began; Did you know that in 1926 Dr. Carter G. Woodson established Negro History week? It was not until 1976 that the week was expanded to a month long celebration. We will also talk about some of the most important African Americans throughout history including Fredrick Douglas, Harriet Tubman, Martin Luther King and most recently Barack Obama. Rosie will continue the reading group on the 19th to learn about the Underground Railroad, the path to freedom.



February is a short month but it is packed full of fun holidays. We start the month with Ground Hog Day. The other special days include Chinese New Year, Valentine's Day, Presidents' Day, Mardi Gras, Ash Wednesday and Purim begins on February 25th. Our Mardi Gras celebration will be complete with beads, Paczyki and a party. Of course we will celebrate Valentine's Day with a party with cookies, punch and Valentines for all and Rosie will be reading a story about Venice Italy, "the city of love".



Gale Begley Jessica Drouillard
Activity Director Respite and Operations Director

REMINDER: DURING INCLEMENT WEATHER, THE CENTER AUTOMATICALLY CLOSERS FOR LEVEL 3 EMERGENCIES.

CAREGIVER TIPS

The following tips were taken from the National Institute on Aging website at: <https://www.nia.nih.gov/health/cold-weather-safety-older-adults>.

COLD WEATHER SAFETY FOR OLDER ADULTS

If you are like most people, you feel cold every now and then during winter. What you may not know is that just being really cold can make you very sick. Older adults can lose body heat faster than when they were young. Changes in your body that come with aging can make it harder for you to be aware of getting cold. A big chill can turn into a dangerous problem before an older person even knows what's happening. Doctors call this serious problem hypothermia.

WHAT IS HYPOTHERMIA?

Hypothermia is what happens when your body temperature gets very low. For an older person, a body temperature of 95°F or lower can cause many health problems, such as a heart attack, kidney problems, liver damage, or worse. Being outside in the cold, or even being in a very cold house, can lead to hypothermia. Try to stay away from cold places and pay attention to how cold it is where you are. You can take steps to lower your chance of getting hypothermia.

KEEP WARM INSIDE

Living in a cold house, apartment, or other building can cause hypothermia. In fact, hypothermia can happen to someone in a nursing home or group facility if the rooms are not kept warm enough. If someone you know is in a group facility, pay attention to the inside temperature and to whether or not that person is dressed warmly enough.

People who are sick may have special problems keeping warm. Do not let it get too cold inside and dress warmly. Even if you keep your temperature between 60°F and 65°F, your home or apartment may not be warm enough to keep you safe. This is a special problem if you live alone because there is no one else to feel the chilliness of the house or notice if you are having symptoms of hypothermia. Here are some tips for keeping warm while you're inside:

- Set your heat to at least 68-70°F. To save on heating bills, close off rooms you are not using. Close the vents and shut the doors in these rooms and keep the basement door closed. Place a rolled towel in front of all doors to keep out drafts.
- Dress warmly on cold days even if you are staying in the house. Throw a blanket over your legs. Wear socks and slippers.
- When you go to sleep, wear long underwear under your pajamas, and use extra covers. Wear a cap or hat.
- Make sure you eat enough food to keep up your weight. If you don't eat well, you might have less fat under your skin. Body fat helps you to stay warm.
- Ask family or friends to check on you during cold weather. If a power outage leaves you without heat, try to stay with a relative or friend.

You may be tempted to warm your room with a space heater, but some space heaters are fire hazards, and others can cause carbon monoxide poisoning. The consumer Product Safety Commission has information on the use of space heaters.

BUNDLE UP ON WINDY, COLD DAYS

A heavy wind can quickly lower our body temperature. Check the weather forecast for windy and cold days. On those days, try to stand inside or in a warm place. If you have to go out, wear warm clothes, and don't stay out in the cold and wind for a long time. Here are some other tips:

- Dress for the weather if you must go out on chilly, cold, or damp days.
- Wear loose layers of clothing. The air between the layers helps to keep you warm.
- Put on a hat and scarf. You lose a lot of body heat when your head and neck are uncovered.
- Wear a waterproof coat or jacket if it's snowy and change your clothes right away if they get damp or wet.

WHAT ARE THE WARNING SIGNS OF HYPOTHERMIA?

Sometimes it is hard to tell if a person has hypothermia. Look for clues. Is the house very cold? Is the person not dressed for the cold weather? Is the person speaking slower than normal and having trouble keep his or her balance? Watch for the signs in hypothermia for yourself, too. You might become confused if your body temperature gets very low. Talk with your family and friends about the warning signs so they can look out for you.

Early signs of hypothermia:

-Cold feet and hands
-Puffy or swollen face
-Pale skin
-Shivering
-Slower than normal speech or slurring words
-Acting sleepy
-Being angry or confused

Later signs of hypothermia:

-Moving slowly, trouble walking, or being clumsy
-Stiff and jerky arm or leg movements
-Slow heartbeat
-Slow, shallow breathing
-Blacking out or losing consciousness

Call 9-1-1 right away if you think someone has warning signs of hypothermia.

MemoryLane Care Services Vaccine Statement

MemoryLane Care Services is encouraging all adult day center participants to receive the COVID-19 vaccine as they are eligible. Please review our Vaccine Statement recently approved by the Executive Committee of our Board. We are pleased to report that all MemoryLane Care Services staff have received the COVID-19 vaccine.

If you need assistance with scheduling the vaccine, please contact our office and we will assist you.

Memory Lane Care Services is committed to providing a safe environment for its staff and participants. As COVID-19 case counts rise across the United States, implementation of a successful COVID-19 vaccination program becomes even more crucial to protect Americans, to reduce the impact of the COVID-19 pandemic, and to help restore some normalcy to our lives.

The Covid-19 vaccine will soon be more widely available in our area for older adults and health care workers. Memory Lane Care Services encourages all staff and adult day services participants to consider receiving the safe, effective COVID-19 vaccine as approved under Emergency Use Authorization by the United States Food & Drug Administration as and when the vaccine becomes available. We believe that the vaccine will help staff and participants to maintain overall health and well-being and will contribute to a safe and healthy environment.

MemoryLane Care Services is not currently requiring staff and adult day participations to receive a COVID-19 vaccination but as more information and data becomes available our position is subject to change.

To learn more about the COVID-19 vaccination program, please visit the state of Ohio's website: <https://coronavirus.ohio.gov/wps/portal/gov/covid-19/covid-19-vaccination-program>.

~February Activities – The Center at Reynolds ~

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
10:30 Morning Chat and Groove with Kenny 11:00 Exercise with Janis 1:00 Bingo with Kenny 1:30 Black History Month Word Unscramble/Kenny 2:00 Chinese New Year Trivia with Janis 3:30 Afternoon Videos and Virtual Activities with Kenny	10:30 Morning Chat and Groove with Kenny 11:00 Exercise with Janis 1:00 Bingo with Kenny 1:30 Ground Hog Day Word Unscramble with Janis 2:00 The Story of Ground Hog Day with Rosie 3:30 Humor Hour/Carol Burnette with Kenny	10:30 Morning Chat and Groove with Kenny 11:00 Exercise with Janis 1:00 Bingo with Kenny 1:30 Would You Rather? With Rosie 2:00 Exercise/Light and Lively with Michelle 3:30 Afternoon Videos and Virtual Activities with Kenny	10:30 Morning Chat and Groove with Kenny 11:00 Yoga with Rosie 1:00 Bingo with Kenny 1:30 African American Trivia with Rosie 2:00 February Collage Making with Kenny and Rosie 3:30 Humor Hour/Carol Burnett with Kenny	10:30 Morning Chat and Groove with Kenny 11:00 Yoga with Rosie 1:00 Bingo with Kenny 1:30 Watercolor/Art with Rosie 2:00 Exercise/Light and Lively with Michelle 3:30 Friday Afternoon Matinee
8	9	10	11	12
10:30 Morning Chat and Groove with Kenny 11:00 Exercise with Janis 1:00 Bingo with Kenny 1:30 Urban Myths with Janis 2:00 Chinese New Year Trivia with Janis 3:30 Videos and Virtual Activities with Kenny	10:30 Morning Chat and Groove with Kenny 11:00 Exercise with Janis 1:00 Bingo with Kenny 1:30 Chinese New Year- Are You an Ox? With Rosie 2:00 Red or Black with Janis 3:30 Humor Hour/Carol Burnett/Kenny	10:30 Morning Chat and Groove with Kenny 11:00 Exercise with Janis 1:00 Bingo with Kenny 1:30 Sing Along with Janis 2:00 Exercise/Light and Lively with Michelle 3:30 Videos and Virtual Activities with Kenny	10:30 Morning Chat and Groove with Kenny 11:00 Yoga with Rosie 1:00 Bingo with Kenny 1:30 Venice Valentine and Valentine Trivia with Rosie 2:00 Red or Black with Kenny 3:30 Humor Hour/Carol Burnett with Kenny	10:30 Morning Chat and Groove with Rosie 11:00 Yoga with Rosie 1:00 Bingo with Kenny 1:30 Watercolors/Art with Rosie 2:00 Light and Lively with Michelle 2:45 Valentine's Day Party 3:30 Friday Afternoon Matinee
15	16	17	18	19
10:30 Morning Chat and Groove with Kenny 11:00 Exercise with Janis 1:00 Bingo with Kenny 1:30 Mixed Up Presidents Day Word Unscramble with Janis 2:00 Presidential Pets with Janis 3:30 Videos and Virtual Activities with Kenny	10:30 Morning Chat and Groove with Kenny 11:00 Exercise with Janis 1:00 Bingo with Kenny 1:30 Fat Tuesday Word Mining with Rosie 2:00 Red or Black with Janis 2:45 Mardi Gras Party 3:30 Humor Hour/Carol Burnett/Kenny	10:30 Morning Chat and Groove with Kenny 11:00 Exercise with Janis 1:00 Bingo with Kenny 1:30 February Easy Does It Trivia with Rosie 2:00 Exercise/Light and Lively with Michelle 3:30 Videos and Virtual Activities with Kenny	10:30 Morning Chat and Groove with Kenny 11:00 Yoga with Rosie 1:00 Bingo with Kenny 1:30 What's Your Preference with Rosie 2:00 February Collage Making with Kenny and Rosie 3:30 Humor Hour/Carol Burnett with Kenny	10:30 Morning Chat and Groove with Rosie 11:00 Yoga with Rosie 1:00 Bingo with Kenny 1:30 Traveling the Underground Railroad with Rosie 2:00 Light and Lively with Michelle 3:30 Friday Afternoon Matinee
22	23	24	25	28
10:30 Morning Chat and Groove with Kenny 11:00 Exercise with Janis 1:00 Bingo with Kenny 1:30 Who Am I? with Janis 2:00 Something Old Something New Word Game with Janis 3:30 Videos and Virtual Activities with Kenny	10:30 Morning Chat and Groove with Kenny 11:00 Exercise with Janis 1:00 Bingo with Kenny 1:30 Remembering Campbells Soup with Rosie 3:30 Humor Hour/Carol Burnett with Kenny	10:30 Morning Chat and Groove with Kenny 11:00 Exercise with Janis 1:00 Bingo with Kenny 1:30 Old Sayings with Rosie 2:00 Exercise/Light and Lively with Michelle 3:30 Videos and Virtual Activities with Kenny	10:30 Morning Chat and Groove with Kenny 11:00 Yoga with Rosie 1:00 Bingo with Kenny 1:30 Urban Myths-True or False with Rosie 2:00 Red or Black with Kenny 3:30 Humor Hour/Carol Burnett with Kenny	10:30 Morning Chat and Groove with Kenny 11:00 Yoga with Rosie 1:00 Bingo with Kenny 1:30 History of Campbell's Soup and Recipes with Rosie 2:00 Light and Lively with Michelle 3:30 Friday Afternoon Matinee

-February MENU-

<p>1</p> <p>Meatloaf with Brown Gravy Cheesy Whipped Potatoes Green Beans Wheat Bread Fresh Fruit</p>	<p>2</p> <p>Chicken Rice Casserole Carrots Amandine Broccoli Multi-Grain Bread Fresh Fruit</p>	<p>3</p> <p>Turkey with Supreme Sauce Macaroni and Cheese Green & Red Cabbage Wheat Roll Pineapple Tidbits</p>	<p>4</p> <p>Garlic Rosemary Chicken Cut Yams Mixed Vegetable Cornbread Peanut Butter Cookie Alt: Diet Graham Crackers</p>	<p>5</p> <p>Chilaquiles Casserole Green Peas Stewed Tomatoes Wheat Bread Fluffy Fruit Salad</p>
<p>8</p> <p>Lemon Pepper Chicken Oven Roasted Potatoes Brussels Sprouts Wheat Bread Fresh Fruit</p>	<p>9</p> <p>Cranberry Dijon Chicken Au Gratin Rotini Mixed Vegetables Wheat Bread Pineapple Tidbits</p>	<p>10</p> <p>Beef Chili Baked Potato with Sour Cream Green Peas Breadstick Fruited Gelatin Alt: Diet Fruited Gelatin</p>	<p>11</p> <p>Turkey Breast with Gravy Country Potatoes California Vegetable Blend Wheat Roll Fresh Fruit</p>	<p>12</p> <p>VALENTINE'S DAY</p> <p>Meatloaf with Onion Gravy Rosemary Potatoes Broccoli and Carrots Garlic Breadstick Cherry Frosting Black Forest Cake Alt: Diet Angel Food Cake</p>
<p>15</p> <p style="font-size: 2em; font-weight: bold;">TBA</p>	<p>16</p> <p>Beef Tacos on a Flour Tortilla with Lettuce, Tomato, Sour Cream and Taco Sauce Mexican Rice Refried Beans Fresh Fruit</p>	<p>17</p> <p>ASH WEDNESDAY</p> <p>Macaroni and Cheese Green Beans with Tomatoes Parslied Carrots Garlic Texas Bread Fresh Fruit</p>	<p>18</p> <p>Garlic Rosemary Chicken Oven Roasted Potatoes Glazed Carrots Texas Bread Sugar Cookie Alt: Diet Graham Crackers</p>	<p>19</p> <p>Vegetarian Chili Whole Kernel Corn Garden Vegetables Cornbread Pineapple Tidbits Birthday Cake Alt: Diet Angel Food Cake</p>
<p>22</p> <p>Swiss Steak with Mushroom Gravy Buttermilk Potatoes Green Beans Wheat Roll Fresh Fruit</p>	<p>23</p> <p>Ham, Broccoli, and Rice Casserole Savory Beef Patty Cabbage Stewed Tomatoes Multi-Grain Bread Pineapple Tidbits</p>	<p>24</p> <p>Creole Chicken Au Gratin Rotini Italian Vegetables Wheat Bread Chocolate Chip Cookie Alt: Diet Graham Crackers</p>	<p>25</p> <p>Beef Spaghetti Casserole Succotash Glazed Carrots Texas Bread Fresh Fruit</p>	<p>26</p> <p>Spinach Lasagna Green Peas Wheat Bread Peach Crisp Alt: Diet Hot Peaches</p>
			<p>All meals are served with milk.</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:

