

# 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  
P: (419) 720-4940 F: (419) 720-4941  
[www.memorylanecareservices.org](http://www.memorylanecareservices.org)

FACEBOOK: [www.facebook.com/MemoryLaneCare/](http://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,

May is here and it is time to think about Cinco de Mayo, Mother's Day and of course Memorial Day. On Wednesday May 5<sup>th</sup>, the center will celebrate Cinco de Mayo with a party at 2:45. Ana will also be reading about Cinco de Mayo history and trivia. Did you know that the largest Cinco de Mayo celebration is in Los Angeles California? Fiesta Broadway is in downtown Los Angeles. They celebrate Mexican culture specifically but also celebrates Latin American culture in general. Hundreds of thousands of people attend Fiesta Broadway. There is a large variety of activities including music, dancing and of course Tequila and Mole poblano the official holiday dish.



Mother's Day is May 9<sup>th</sup>. Activities throughout the first and second week of May will include Motherly Humor, Famous Mother's trivia, 15 Things Mom Says, No Age Limits for Moms as well as a Mother's Day Party on Friday May 7<sup>th</sup> to honor all of our wonderful mothers. All of the ladies will receive a corsage, made by the participants at the center as well as summer plant.

It is hard to believe that the first summer holiday is just around the corner. The day center and office will be closed on Monday May 31<sup>st</sup> to celebrate Memorial Day. We hope you all have a safe and happy holiday weekend!

Gale Begley                      Jessica Drouillard  
Activity Director              Program and Services Director



**OUR OFFICES AND DAY CENTER WILL BE CLOSED ON MONDAY 31<sup>ST</sup> IN HONOR OF MEMORIAL DAY**

## 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 COVID19 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>.



# CAREGIVER TIPS

<https://www.nia.nih.gov/health/staying-physically-active-alzheimers>

## STAYING PHYSICALLY ACTIVE WITH ALZHEIMER'S

Being active and getting exercise helps people with Alzheimer's disease feel better. Exercise helps keep their muscles, joints, and heart in good shape. It also helps people stay at a healthy weight and have regular toilet and sleep habits. You can exercise together to make it more fun. You want someone with Alzheimer's to do as much as possible for himself or herself. At the time, you need to make sure that the person is safe when active.

### GETTING STARTED

Here are some tips for helping the person with Alzheimer's stay active:

- Help get the activity started or join in to make the activity more fun.
- Be realistic about how much activity can be done at one time. Several short "mini-workouts" may be best.
- Take a walk together each day. Exercise is good for caregivers, too!
- Make sure the person with Alzheimer's disease has an ID bracelet with your phone number if they walk alone.
- Check your local TV guide to see if there is a program to help older adults exercise or watch exercise videos made for older adults.
- Add music to the exercise if it helps the person with Alzheimer's disease. Dance to the music if possible.
- Break exercise into simple, easy-to-follow steps.
- Make sure the person wears comfortable clothes and shoes that fit well and are made for exercises.
- Make sure he or she drinks water or juice after exercise.

### GENTLE EXERCISE

Some people with Alzheimer's may not be able to get around well. This is another problem that becomes more challenging to deal with as the disease gets worse. Some possible reasons for this include:

- Trouble with endurance
- Poor Coordination
- Sour feet or muscles
- Illness
- Depression or general lack of interest

Even if people have trouble walking, they may be able to:

- Do simple tasks around the home, such as sweeping and dusting.
- Use a stationary bike.
- Use soft rubber exercise balls or balloons for stretching and throwing back and forth.
- Use stretching bands, which you can buy in sporting goods stores. Be sure to follow the instructions.
- Lift weights or household items such as soup cans

## ~May Activities – The Center at Reynolds ~

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
10:30 Morning Chat and Groove with Kenny 11:00 Exercise with Janis 1:00 Bingo with Kenny 1:30 Family Feud With Janis 2:00 Light and Lively Exercise with Emma 3:30 Charades with Emma and Ana	10:30 Morning Chat and Groove with Kenny 11:00 Exercise with Janis 1:00 Bingo with Kenny 1:30 What's Your Preference with Rosie 2:00 Bowling with Emma 3:30 May Trivia with Emma	10:30 Morning Chat and Groove with Kenny 11:00 Exercise with Janis 1:00 Bingo with Kenny 1:30 Poetry with Rosie 2:00 Exercise with Emma 2:45 Cinco de Mayo Party 3:30 Cinco de Mayo Trivia with Emma	10:30 Morning Chat and Groove with Kenny 11:00 Yoga with Rosie 1:00 Bingo with Kenny 1:30 Motherly Humor with Rosie 2:00 Bean Bag Toss with Emma 3:30 Folding and Sorting with Emma	10:30 Morning Chat and Groove with Kenny 11:00 Yoga with Rosie 1:00 Bingo with Kenny 1:30 Art-Mother's Day Watercolors with Rosie 2:00 Exercise/Light and Lively with Emma 3:30 Friday Afternoon Matinee
10	11	12	13	14
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 Light and Lively Exercise with Emma 3:30 Pictionary with Ana	10:30 Morning Chat and Groove with Kenny 11:00 Exercise with Janis 1:00 Bingo with Kenny 1:30 Urban Myths with Rosie 2:00 Bean Bag Toss with Emma 3:30 Famous Mothers Trivia/15 Things That Mom Says with Ana	10:30 Morning Chat and Groove with Kenny 11:00 Exercise with Janis 1:00 Bingo with Kenny 1:30 Poetry with Rosie 2:00 Exercise/Light and Lively with Emma 3:30 May Easy Does It Trivia with Ana	10:30 Morning Chat and Groove with Kenny 11:00 Yoga with Rosie 1:00 Bingo with Kenny 1:30 No Age Limits for Moms with Rosie 2:00 Bowling with Emma 3:30 Table Balloon Volley with Ana	10:30 Morning Chat and Groove with Rosie 11:00 Yoga with Rosie 1:00 Bingo with Kenny 1:30 Crafting with Rosie 2:00 Light and Lively with Emma 3:30 Friday Afternoon Matinee
17	18	19	20	21
10:30 Morning Chat and Groove with Kenny 11:00 Exercise with Janis 1:00 Bingo with Kenny 1:30 Dancing with Janis 2:00 Light and Lively Exercise with Emma 3:30 Outburst with Emma	10:30 Morning Chat and Groove with Kenny 11:00 Exercise with Janis 1:00 Bingo with Kenny 1:30 Penny Ante with Rosie 2:00 Bowling with Emma 3:30 Reading the Classics with Ana	10:30 Morning Chat and Groove with Kenny 11:00 Exercise with Janis 1:00 Bingo with Kenny 1:30 Poetry with Rosie 2:00 Exercise/Light and Lively with Emma 3:30 Reading/A Monumental Tour with Ana	10:30 Morning Chat and Groove with Kenny 11:00 Yoga with Rosie 1:00 Bingo with Kenny 1:30 Plants and Animals/Resurrection Plant with Rosie 2:00 Bean Bag Toss with Emma 3:30 Folding and Sorting with Ana	10:30 Morning Chat and Groove with Rosie 11:00 Yoga with Rosie 1:00 Bingo with Kenny 1:30 Art with Rosie/Canvas Painting 2:00 Light and Lively with Emma 3:30 Friday Afternoon Matinee
24	25	26	27	28
10:30 Morning Chat and Groove with Kenny 11:00 Exercise with Janis 1:00 Bingo with Kenny 1:30 Spring Fashion Show with Janis 2:00 Light and Lively with Emma 3:30 Penny Ante with Ana	10:30 Morning Chat and Groove with Kenny 11:00 Exercise with Janis 1:00 Bingo with Kenny 1:30 Humor-Giggles in the Garden with Rosie 2:00 Bean Bag Toss with Emma 3:30 Reading the Classics with Ana	10:30 Morning Chat and Groove with Kenny 11:00 Exercise with Janis 1:00 Bingo with Kenny 1:30 Poetry with Rosie 2:00 Exercise/Light and Lively with Emma 3:30 BBQ Revolution with Ana	10:30 Morning Chat and Groove with Kenny 11:00 Yoga with Rosie 1:00 Bingo with Kenny 1:30 Gardening for Health with Rosie 2:00 Bowling with Emma 3:30 Table Balloon Volley with Ana	10:30 Morning Chat and Groove with Kenny 11:00 Yoga with Rosie 1:00 Bingo with Kenny 1:30 Crafting with Rosie and Emma 2:00 Light and Lively with Emma 3:30 Friday Afternoon Matinee
31				
Day Center and Office Closed Have a Safe and Happy Memorial Day!				

# -MAY MENU-

<p><b>3</b></p> <p>Parmesan Chicken Rotini and Tomatoes Broccoli Wheat Bread Peanut Butter Cookie Alt: Diet Graham Crackers</p>	<p><b>4</b></p> <p>BBQ Pork Rib Patty OR Hamburger Patty On a Hamburger Bun Macaroni and Cheese Glazed Carrots Fruit Cocktail</p>	<p><b>5</b></p> <p>Lemon Pepper Chicken Confetti Rice Brussels Sprouts Wheat Bread Fresh Fruit</p>	<p><b>6</b></p> <p>Vegetarian Chili Baked Potato with Sour Cream Green Peas Wheat Bread Pineapple Tidbits</p>	<p><b>7</b> <u>MOTHER'S DAY MEAL</u></p> <p>Garlic Rosemary Chicken Country Potatoes Green Beans Multi-Grain Bread Pineapple Cake Diet: Alt Angel Food Cake</p>
<p><b>10</b></p> <p>Meatballs with Gravy Garlic Rotini Whole Kernel Corn Summer Vegetables Wheat Roll Mandarin Oranges</p>	<p><b>11</b></p> <p>Beef Taco on Flour Tortilla with Shredded Cheese, Lettuce, Tomato and Taco Sauce Mexican Rice Mixed Beans Fresh Fruit</p>	<p><b>12</b></p> <p>Pasta Primavera Okra and Tomato Sliced Carrots Dinner Roll Brownie Alt: Diet Vanilla Wafers</p>	<p><b>13</b></p> <p>Garlic Rosemary Chicken Oven Roasted Potatoes Green Beans Multi-Grain Bread Fresh Fruit</p>	<p><b>14</b></p> <p>Glazed Ham OR Pepper Beef Steak Whipped Potatoes Broccoli with Cheese Wheat Bread Lemon Pudding Alt: Diet Vanilla Pudding</p>
<p><b>17</b></p> <p>Salisbury Beef with Gravy Buttermilk Potatoes Green Beans Wheat Bread Fresh Fruit</p>	<p><b>18</b></p> <p>Ham and White Beans OR Savory Beef Patty Cabbage Mixed Vegetables Cornbread Pineapple Tidbits</p>	<p><b>19</b></p> <p>Creamy Paprika Chicken Macaroni and Cheese Broccoli Multi-Grain Bread Mixed Fruit</p>	<p><b>20</b></p> <p>Glazed Ham OR Baked Chicken with Gravy Succotash Glazed Carrots Dinner Roll Fresh Fruit</p>	<p><b>21</b></p> <p>Spinach Lasagna Green Peas Tossed Salad with Ranch Dressing Texas Bread Apple Cobbler Alt: Diet Hot Cinnamon Applesauce</p>
<p><b>24</b></p> <p>Cheese Omelet Oven Roasted Potatoes Orange Juice Biscuit with Jelly Hot Cinnamon Applesauce</p>	<p><b>25</b></p> <p>Tomato Basil Chicken Baked Sweet Potato Broccoli Wheat Bread Strawberry Cake Alt: Diet Angel Food Cake</p>	<p><b>26</b></p> <p>Swiss Steak Whipped Potatoes Glazed Carrots Multi-Grain Bread Fresh Fruit</p>	<p><b>27</b></p> <p>Ham and Broccoli Rice Casserole OR Chicken Noodle Casserole Cabbage Green Peas Wheat Bread Oatmeal Raisin Cookie Alt: Diet Vanilla Wafers</p>	<p><b>28</b> <u>MEMORIAL DAY</u></p> <p>Sausage with Peppers and Onions OR Chicken with Peppers and Onions Both on a Hot Dog Bun Oven Roasted Potatoes Succotash Fresh Fruit Birthday Cake Alt: Diet Angel Food Cake</p>
<p><b>31</b></p> <p><b>CLOSED FOR MEMORIAL DAY</b></p>			<p>Food Allergy and Ingredient List Available from Valley Services at 419-382-5791</p>	<p>All meals are served with milk.</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:

