



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

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,

October is full of great activities including fall stories, reminisce, crafts, and fall word games. We will be painting pumpkins and making toilet paper pumpkins over the course of the month to use for decorations and games. We will be using the toilet paper pumpkins for a seasonal game called the Pumpkin Chuck on October 21st with Emma leading it. Emma also continues to bring fun and laughter with "Dancing with Emma" every Monday at 2:00.

Halloween festivities begin on Monday October 25th. Kenny will be carving pumpkins with the participants. We will also have Halloween Pictionary, Remembering Halloween songs and dancing to songs like the "Monster Mash". Janis will lead the Halloween Fashion Show on Wednesday October 27th. There will be fun accessories for this special fashion show...boas, mustaches, hats, wigs, just to name a few. On October 29th at 2:30 the Halloween Party will start. There will be doughnuts and cider as well as some goodie bags for everyone to take home.

Just a reminder...the day center is now open from 7:30 to 5:30 Monday through Friday. If you are interested in having the participant change hours of attendance, please call Gale. We are still following CDC guidelines and must have a time in and time out for each participant to help monitor how many participants are in the center and to adjust for staffing. We must also continue to wear face masks while in the building. Staff will continue to call in the morning prior to arrival time for the Covid screening, this must be done before participants can enter the building.

The Center will be closed on Wednesday, November 10, 2021, for staff training. This will be the last training day for the 2021 year. The Center will also be closed on Thursday, November 25, 2021, for the Thanksgiving holiday. We will reopen on Friday, November 26, 2021.

We are trying to grow our social media presence. Please follow, like and share our:

Facebook page: (<https://www.facebook.com/MemoryLaneCare/>),
Instagram page: (https://www.instagram.com/memorylane_care_services/), and
Twitter (https://twitter.com/MemoryLane_Care.)

We would appreciate it if you would ask your friends and family too!

Gale Begley
Activity Director



Bathing Tips

Source: Alzheimer's Los Angeles Tip Sheet on Bathing

https://www.alzheimersla.org/wp-content/uploads/2020/08/Caregiver-Tip-Sheets_Bathing-Banarse.pdf

People with Alzheimer's or dementia may be afraid of bathing or uneasy with having someone help them with bathing. Sometimes they worry about falling or can have trouble knowing which is the hot versus the cold water faucets.

WHAT CAN YOU DO?

PREPARE THE BATHROOM IN ADVANCE

- Make sure the room is calm and warm
- Run the water so it is not too hot or too cold
- Don't use bright lights if possible

MAKE THE BATHROOM SAFE

- Use a non-slip mat in the tub or shower as a bath mat
- Consider a tub seat
- Fill the tub with only 4 inches of water
- Remove things that may be dangerous such as razors, nail clippers, hair dryer, etc.
- Watch carefully – don't leave the person alone

ALLOW TIME & BE POSITIVE

- Allow your person to enjoy if the individual finds bath time relaxing
- Stay calm
- Be direct, "Your bath is ready now"
- Instead of asking "Do you want to take a bath?" give one step directions "Let's wash your left arm, ... good, now your other one" be patient, don't rush

BE REALISTIC

- Don't argue or get frustrated, a daily bath may be too much
- Consider a sponge bath instead of a tub bath
- Show what you need from the person ... wash your arm so that the person can copy

More bathing tips can be found at <https://www.caregiver.org/resource/bathing-dementia>



Join Us for Meet Me At TMA

A meaningful Museum experience for adult visitors with memory loss conditions and their caregivers.

Each FREE monthly program includes discussion in the galleries. All tours are 45–60 minutes and begin at 2:00 p.m. in Herrick Lobby. **Registration is required. For more information or to register, please email gtoth@toledomuseum.org**



Stunning Still Life's: Oct 14, 2021

JOIN US!

Learning from Home: FREE Education Programs offered virtually from the Jim Yark Family Conference Room at MemoryLane Care Services

Caregiving Series – four Wednesdays
October 6, 13, 20, and 27, 2021
6:00 – 7:30 p.m.

Four-week series for family and friends who provide care or anticipate providing care to older adults. Topics: how family roles change with caregiving, overview of Alzheimer's disease and dementia; coping with changes in behaviors; resistance to care, management of caregiver stress; driving; tips and strategies for meaningful leisure activities; legal and financial issues in planning for long term care.

<https://www.memorylanecareservices.org/events>
or call 419-720-4940 for information

(Virtual) Caregiver Coffee with MemoryLane Staff

Would you like to talk with other caregivers about their experiences?

Join us for a (virtual) coffee **every Wednesday at 2 pm**

Learn from others who face the same challenges.

Share insights, advice, and encouragement.

Join by videoconference or phone

October 13 – Taking Care of Yourself

October 20 – Partnering with Your Healthcare Provider

October 27 – Thinking of Transitioning to a Nursing Home or Assisted Living?

Call 419-720-4940 or email cconley@memorylanecare.org
for access information

Programs are partially supported by the
Area Office on Aging of Northwestern Ohio Caregiver Support Program

Care Coaching

The solution for busy family and friends supporting or caring for a person with memory loss.



Providing care to a loved one can be overwhelming, especially when juggling responsibilities like work and family.

Care Coaching guides you when caring for a family member or friend. Our Care Coaches help you identify and address concerns, provide you with useful information, and give you ongoing support. We incorporate your values and beliefs into an action step planning process, and update the plan as your needs change.

Convenient phone/email contacts with your Care Coach!

Care Coaches will help you:

- Prioritize concerns using a simple step-by-step plan based on your needs
- Learn about and connect to health and community services
- Utilize resources to keep you and your loved one safe
- Communicate with your loved one, family, and friends about difficult conversations related to care
- Get more family and friends to help

"The Care Consultation program assisted us greatly in getting through the toughest times and helping us sort things into manageable pieces that we could handle."
- Mary, Family Caregiver

This FREE program is supported by a grant from the Department of Health and Human Services, Administration for Community Living (#90ADPI0008-01-00)



For more information contact:
MemoryLane Care Services, Lyndi Winzeler
Phone: 419-720-4940
Email: Lwinzeler@memorylanecare.org
Website: Memorylanecareservices.org

October Activities

Monday	Tuesday	Wednesday	Thursday	Friday
				1 10:30 Rhymes with Fall with Kenny 11:00 Exercise with Anya 1:00 Friday Afternoon Matinee 1:00 Garden Room Activities/Emma/Anya 2:00 Reading Club/Charlotte's Web with Beth 3:30 Fall Watercolors with Anya 4:15 Sing Along with Emma
4 10:30 Sporty Nicknames with Kenny 11:00 Exercise with Beth 1:00 Bingo with Kenny 1:00 Garden Room Activities/ Anya and Janis 1:30 A Word of Advice with Beth 2:00 Music and Dancing with Emma 3:30 Never Have I Ever with Anya 4:15 Old Sayings with Beth	5 10:30 Word Games that Make you Think with Kenny 11:00 Exercise with Rosie 1:00 Bingo with Kenny 1:00 Garden Room Activities with Emma and Beth 1:30 Name Ten with Janis 2:00 Bean Bag Toss/Emma 3:30 Charades with Beth 4:15 Sharing Stories and Wisdom with Rosie	6 10:30 Keep 'em Laughing with Kenny 11:00 Yoga with Emma 1:00 Bingo with Emma 1:00 Garden Room Activities with Kenny/Rosie 1:30 Sing Along with Janis 2:00 Light and Lively with Emma 3:30 Harvest Festival Story with Rosie 4:15 Pictionary with Anya	7 10:30 Pasta Trivia with Kenny 11:00 Exercise with Danielle 1:00 Bingo with Kenny 1:00 Garden Room Activities with Maddie and Beth 1:30 Columbus Day Trivia and Fun Facts with Rosie 2:00 Bowling with Emma 3:30 Columbus Day Word Unscramble with Maddie 4:15 You Be the Judge with Beth	8 10:30 Never Have I Ever with Kenny 11:00 Exercise/Anya 1:00 Friday Afternoon Matinee 1:00 Garden Room Activities with Emma & Anya 2:00 Reading Club with Beth/The Pasta Contest 3:30 Travel/Postcard Reminisce with Anya 4:15 Sing Along/ Emma
11 10:30 October IQ/Kenny 11:00 Exercise with Beth 1:00 Bingo with Kenny 1:00 Garden Room Activities/ Anya and Janis 1:30 A Festival of Gourds with Beth 2:00 Beatles Music and Dancing with Emma 3:30 Would You Rather? with Anya 4:15 Old Sayings with Beth	12 10:30 Pictionary with Kenny 11:00 Exercise with Rosie 1:00 Bingo with Kenny 1:00 Garden Room Activities with Emma and Beth 1:30 Fun Fall / Janis 2:00 Bowling/ Emma 3:30 What's Your Preference with Beth 4:15 Sharing Stories and Wisdom with Rosie	13 10:30 Good Morning with Kenny 11:00 Yoga with Emma 1:00 Bingo with Emma 1:00 Garden Room Activities with Kenny and Rosie 1:30 Is It Smaller Than a Breadbox with Janis 2:00 Light and Lively with Emma 3:30 Which One is Not Like the Other? with Rosie 4:15 Pictionary with Anya	14 10:30 Penny Ante with Kenny 11:00 Exercise with Danielle 1:00 Bingo with Kenny 1:00 Garden Room Activities Crafting with Maddie and Beth 1:30 Finish the Advice with Rosie 2:00 Bowling with Emma 3:30 Pumpkin Painting with Maddie 4:15 You Be the Judge with Beth	15 10:30 Red or Black with Kenny 11:00 Exercise/Anya 1:00 Friday Afternoon Matinee 1:00 Garden Room Activities/ Emma/Anya 2:00 Reading Club/Charlotte's Web with Beth 3:30 Who Wants to Learn About Owls Story and Trivia with Anya 4:15 Sing Along/ Emma
18 10:30 Finish the Advertising Slogan/Kenny 11:00 Exercise with Beth 1:00 Bingo with Kenny 1:00 Garden Room Activities/ Anya and Janis 1:30 "Name" Brand Foods with Beth 2:00 Music and Dancing with Emma 3:30 Penn Ante with Anya 4:15 Old Sayings/Beth	19 10:30 Easy Does It October Trivia with Kenny 11:00 Exercise with Rosie 1:00 Bingo with Kenny 1:00 Garden Room Activities/ Emma/ Beth 1:30 Game/This and That with Janis 2:00 Bean Bag Toss with Emma 3:30 Red or Black with Beth 4:15 Sharing Stories and Wisdom with Rosie	20 10:30 Keep 'em Laughing with Kenny 11:00 Yoga with Emma 1:00 Bingo with Emma 1:00 Garden Room Activities/ Kenny and Rosie 1:30 Family Feud with Janis 2:00 Light and Lively/ Emma 3:30 Story and Discussion/The Gypsy Fortune Teller with Rosie 4:15 Pictionary with Anya	21 10:30 Would You Rather? with Kenny 11:00 Exercise with Danielle 1:00 Garden Room Activities with Maddie and Beth 1:00 Bingo with Kenny 1:30 Can You Picture This? With Rosie 2:00 Pumpkin Chuck Game with Emma 3:30 Charades with Maddie 4:15 You Be the Judge with Beth	22 10:30 Urban Myths with Kenny 11:00 Exercise with Anya 1:00 Friday Afternoon Matinee 1:00 Garden Room Activities Making Cheerios Bird Feeders Anya/Emma 2:00 Reading Club with Beth/Chicken Soup 3:30 10 Amazing Facts About Monarch Butterflies with Anya 4:15 Sing Along/ Emma
25 10:30 Pumpkin Carving with Kenny 11:00 Exercise with Beth 1:00 Bingo with Kenny 1:00 Garden Room Activities with Emma and Anya 1:30 Remembering Halloween Songs with Beth 2:00 Halloween Music and Dancing with Emma 3:30 Red or Black with Anya 4:15 Old Sayings with Beth	26 10:30 Word Games That Make You Think/Kenny 11:00 Exercise with Rosie 1:00 Bingo with Kenny 1:00 Garden Room Activities Emma& Beth 1:30 My Neighbor is a Witch with Janis 2:00 Balloon Volley/Emma 3:30 Urban Myths/Beth 4:15 Sharing Stories and Wisdom with Rosie	27 10:30 Good Morning/ Kenny 11:00 Yoga with Emma 1:00 Bingo with Emma 1:00 Garden Room Activities with Kenny and Rosie 1:30 with Emma 2:00 Halloween/Costume Fashion Show with Janis 3:30 Ghoulishly Funny Riddles with Rosie 4:15 Halloween Pictionary with Anya	28 10:30 Penny Ante/ Kenny 11:00 Exercise/ Danielle 1:00 Bingo with Kenny 1:00 Garden Room Activities/Crafting/Tile Making/Maddie and Beth 2:00 Halloween Mad Libs with Emma 3:30 Pumpkin Painting with Maddie 4:15 You Be the Judge/Beth	29 10:30 Guess What the Farm Tool is with Kenny 11:00 Exercise with Anya 1:00 Friday/ Matinee 1:00 Garden Room Activities Making Cheerios Bird Feeders Anya/Emma 2:00 Reading/Haunted Honeymoon/Beth 2:30 Halloween Party 3:30 Halloween Watercolors with Anya 4:15 Sing Along/Emma

-OCTOBER MENU-

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Chef Salad w/Ranch Salad Dressing Three Bean Salad Saltine Crackers Fresh Fruit
4 Savory Chicken Whipped Potatoes Glazed Carrots Wheat Roll Pineapple Tidbits	5 Italian Macaroni & Beef Whole Kernel Corn Green Beans Breadstick Fresh Fruit	6 Vegetarian Chili Baked Potato Broccoli Dinner Roll Oatmeal Raisin Cookie Alt. Diet: Vanilla Wafers	7 Meatball Stroganoff Brown Rice Peas with Red Peppers Biscuit Fresh Fruit	8 Glazed Ham Whipped Sweet Potatoes Cabbage Wheat Bread Lemon Pudding Alt Diet: Chocolate Pudding
11 Pork w/Supreme Sauce Delmonico Potatoes Cauliflower Wheat Bread Chocolate Chip Cookie Alt. Diet: Graham Crackers	12 Swedish Meatballs Rotini Noodles French Green Beans Wheat Bread Hot Cinnamon Applesauce	13 Grilled Chicken w/Country Gravy Country Corn Sliced Carrots Multi-Grain Bread Fresh Fruit	14 Spanish Beef Patty Parsley Buttered Noodles Spinach Multi-Grain Bread Fresh Fruit	15 Macaroni & Cheese Stewed Tomatoes Green Peas Saltine Crackers Fruited Gelatin Alt. Diet: Diet Gelatin
18 Beef w/Pepper Gravy Parslied Brown Rice Green Peas Wheat Bread Fresh Fruit	19 BBQ Chicken Patty Whipped Potatoes Broccoli Wheat Bread Pineapple Tidbits	20 Sliced Turkey Breast w/Gravy Baked Sweet Potato Mixed Vegetables Wheat Bread Fruited Gelatin Alt Diet: Diet Gelatin	21 Spinach Lasagna Tossed Salad Garlic Texas Toast Cherry Red Betty Alt Diet: Diet Applesauce	22 Honey Mustard Chicken Oven Roasted Potatoes Green Beans Wheat Bread Birthday Cake Alt Diet: Angel Food Cake
25 BBQ Pork Rib Patty Baked Beans Whole Kernel Corn Wheat Hamburger Bun Applesauce	26 Savory Beef Patty Whipped Potatoes Green Peas Multi-Grain Bread Fresh Fruit	27 Chicken Stir Fry Brown Rice Ginger Carrots Wheat Bread Sugar Cookie Alt Diet: Vanilla Wafers	28 Turkey w/Supreme Sauce Buttermilk Potatoes Spring Vegetable Blend Wheat Roll Strawberry Fluff Alt Diet: Diet Gelatin	29 Hamburger Patty w/Bun Crispy Cubed Potatoes Glazed Carrots Pineapple Tidbits

MemoryLane Care Services partially supported by:



PLEASE SUPPORT OUR ADULT DAY CENTER

MemoryLane Care Services is a not-for-profit, charitable organization. When you choose to donate to MemoryLane Care Services, you support our adult day center program, caregiver education programs, and care coaching and counseling services. We need your support!

There are many easy ways to give:



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.



Do you shop online? Are you starting your holiday shopping??

If you are 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 of each purchase to MemoryLane Care Services (formally Alzheimer's and Dementia Care Services of Northwestern Ohio).

MATCHING GIFT PROGRAMS

Does your employer have a charitable giving program or matching gift program?

Please consider asking your employer to support MemoryLane Care Services. If additional information is needed, please contact Salli Bollin, sbollin@memorylanecare.org



Tuesday, November 30, 2021, is Giving Tuesday a nationwide movement to support local charities and provide individuals an opportunity to give back. Consider supporting MemoryLane on Giving Tuesday.

COMMUNITY EVENT

FOOD TRUCK

Bring Your Wallet & Appetite

Oct 27 | 11:30am - 1:30p
KINGSTON RESIDENCE OF PERRYSBURG
253 EAST BOUNDARY, PERRYSBURG, OH 43051
419-871-8100

Oct 28 | 11:30am - 1:30p
KINGSTON RESIDENCE OF SYLVANIA
403 RHAG RD. SYLVANIA, OH 43080
419-824-4100

FOOD TRUCK FUNDRAISER on October 27&28

Enjoy lunch AND support MemoryLane Care Services

**THANK YOU FOR YOUR GENEROUS SUPPORT
100% OF ALL FUNDS RAISED
REMAIN IN OUR LOCAL
COMMUNITY!!!**



TO BENEFIT
MemoryLane Care Services

