

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

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

www.memorylanecareservices.org

Dear Caregivers,

Happy New Year! It is hard to believe that it is 2022 already. The day center is planning to have some fun during this cold month! Hopefully you have already met our two new staff members, Pat Harris and Brooklynn Harris. We are excited to have them join us!

Just as a reminder if your family member will not be attending the Center, to please call and cancel for the day(s) the person will not be attending the Center. This is very helpful for us as we schedule staff and meals. You can call our office (419-720-4940) and speak with a staff member or leave a message on our voicemail system. Please note, MemoryLane is charged for transportation and meals if you do not cancel in advance.

With the winter months, comes the possibility of snow. If Lucas County has a Level 3 Snow Emergency, the Center and Offices will be closed. It is possible that we may close at a Level 2 or Level 1 Snow Emergency dependent upon the weather forecast and/or road conditions. We will post this information on local television stations, MemoryLane Care Services Facebook page, and will attempt to call family caregivers if we are closed.

If you use transportation services (TLC Transportation, East Toledo Senior Center Transportation, or Bedford Health Van) please keep your driveway and sidewalks clear so that transportation services do not become stuck in the snow or slip on any ice.

Please do not send your family member to the Center if the person is experiencing any COVID-19 symptoms or contagious illness. We continue with weekly COVID-19 testing of all adult day center participants, staff and volunteers. We will contact you if the test is positive and will send day center participants home if they are showing symptoms of COVID-19 or any other contagious illness.

We are closed on January 17, 2021, Martin Luther King Jr Day.

The Center will also be closed on the following days in 2022 for staff training.

Thursday, March 10, 2022

Tuesday, June 21, 2022

Wednesday, October 26, 2022

We are trying to grow our social media presence. Please follow, like and share (and ask your friends and family too!)

Facebook page: (<https://www.facebook.com/MemoryLaneCare/>),

Instagram page: (https://www.instagram.com/memorylane_care_services/),
and

Twitter ([@MemoryLane_Care.](https://twitter.com/MemoryLane_Care.))

All of us here at MemoryLane wish you and your family a safe and healthy new year.

Gale Begley

Activity Director

Do you need incontinence supplies?

MemoryLane received donations of incontinence briefs. Some are pull-up style. Some are tabbed. Right now, we have an oversupply of odd-sized Tranquility supplies. Tranquility is known for its high absorbency, while keeping moisture wicked away from the person's skin. There are also smaller amounts of bed pads and various sized pull-ups from other reputable manufacturers. Help us to empty our closet!

The Tranquility products are:
Tranquility pull-up briefs, size Small
Tranquility tabbed briefs, size X-tra Large
Tranquility inserts
Tranquility brief pads

PLEASE ASK US, WE ARE HAPPY TO GIVE
YOU THESE SUPPLIES!

Anxiety Tips

Source: Alzheimer's Los Angeles Tip Sheet on Anxiety

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

People with Alzheimer's or dementia can have anxiety which can make them worry or feel nervous. It may cause behaviors like pacing or picking at hair or clothing. This feeling of fear can cause the person to check things repeatedly, or they may feel worried that something bad is going to happen.

WHAT CAN YOU DO?

WAYS TO HELP

- Be comforting – consider a hug or place your hand on the person's arm
- Respond to the person's feelings, not only to what they say; Be an active listener – make eye contact
- Try not to argue or convince them of the truth. Try going for a walk or doing something they enjoy.
- Remind them that they are safe, and you are there to help.

HOW TO PREVENT ANXIETY FROM GETTING WORSE

- Follow a routine for the day
- Be matter of fact and comforting about what is causing them fear
- Look for signs that they are becoming fearful and try not to let it get worse by waiting to act
- Try to identify what is causing the anxiety and try to remove it before it causes the worry or behavior

OTHER IDEAS TO TRY

- Make sure they get enough exercise as this can be calming
- Speak in a calm, gentle voice
- Try using calming smells such as lavender oil or relaxing music
- Reduce or limit drinks that have caffeine like coffee and soda
- Look for pattern; Ask the Doctor if any of their medications can cause anxiety

TAKE CARE OF YOURSELF

- Slow down and try to relax – your stress can add to the anxiety
- Accept that some behaviors may make sense to the person but not to you
- Take a break from caregiving so you are better able to cope with the stress
- Practice deep breathing or other simple relaxing exercises
- Join a support group or speak w/ a therapist



Meet Me at TMA – The Toledo Museum of Art experience for older adult visitors.

Meet Me at TMA is a FREE monthly program designed to provide meaningful Museum visits for older adults who are at any stage of memory loss from Alzheimer's disease or similar conditions and their companions. Each program includes discussion in the galleries. All tours are 45–60 minutes and begin at 2:00 p.m. in Herrick Lobby. Adult Day Center participants and their families are welcome to join us!

The Art of Glass: January 20, 2021, at 2:00 pm.

Registration is required. For more information or to register, please email gtoth@toledomuseum.org

Program sponsored by The Yark Automotive Group



Photo: Vitrana by Dominick Labino

JOIN US!

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

(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

January 5 – New Year’s Resolutions for Caregivers
January 12 – Is the Dementia Behavior Really a Problem?
January 19 – Managing Caregiver Stress
January 26 – Online Resources for Caregiving Education

Taking Care of Myself
Thursday, January 27, 2022
6:00 – 7:30 p.m.

Five things every family caregiver should know to maintain good physical and mental health

**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 and
The Yark Automotive Group

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

January Activities

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
<p>10:30 Pictionary with Kenny 11:00 Exercise with Emma 1:00 Bingo with Kenny 1:30 <u>New Year's IQ & Ringing in the New Year w/ Anya</u> 2:00 Team games with Pat 3:30 Never Have I Ever w/ Anya 4:15 Music & dancing with Pat & Emma</p>	<p>10:30 Word Games That Make You Think with Kenny 11:00 Exercise with Rosie 1:00 Bingo with Emma 1:30 <u>Two Step Resolution with Janis</u> 2:00 Tai Chi Brooklynn 3:30 Everyday Life Trivia w/ Emma 4:15 <u>What's New in 2022 with Rosie</u></p>	<p>10:30 Keep 'em Laughing with Kenny 11:00 Yoga with Emma 1:00 Bingo with Kenny 1:30 <u>What's New in 2022 with Janis</u> 2:00 Light and Lively with Rosie 3:30 Crafts w/ Emma & Brooklynn 4:15 <u>January IQ w/ Rosie</u></p>	<p>10:30 Penny Ante with Kenny 11:00 Exercise with Rosie 1:00 Bingo with Emma 1:30 <u>Mind Stretchers w/ Brooklynn</u> 2:00 Team Games with Pat 3:30 <u>Places to visit in Toledo in Winter with Rosie</u> 4:15 You Be the Judge with Pat</p>	<p>10:30 Everyday Life Trivia with Kenny 11:00 Exercise with Anya 1:00 Friday Afternoon Matinee 1:00 1:1's and Small Groups in Garden Room w/ Rosie 3:30 All about animals with Anya 4:15 1950's Trivia, Music and Dancing with Pat and Emma</p>
10	11	12	13	14
<p>10:30 YouTube Food Videos with Kenny 11:00 Exercise with Emma 1:00 Bingo with Kenny 1:30 <u>January IQ w/ Anya</u> 2:00 Team Games w/ Pat 3:30 Would you rather with Anya 4:15 Music and Dancing w/ Emma & Pat</p>	<p>10:30 <u>January Easy Does It Trivia w/ Kenny</u> 11:00 Exercise with Rosie 1:00 Bingo with Emma 1:30 Family Feud with Janis 2:00 Tai Chi with Brooklynn 3:30 What's Your Preference? with Emma 4:15 <u>Snow Where in Sight/The Blizzard of 78 with Rosie</u></p>	<p>10:30 Old Sayings with Kenny 11:00 Yoga with Emma 1:00 Bingo with Kenny 1:30 <u>1920s Trivia with Janis</u> 2:00 Light and Lively with Rosie 3:30 Crafts w/ Emma & Brooklynn 4:15 <u>Easy Does it Random Trivia w/ Rosie</u></p>	<p>10:30 What's Your Preference with Kenny 11:00 Exercise with Rosie 1:00 Bingo with Emma 1:30 Strengthen your Mind with Brooklynn 2:00 Team Games with Pat 3:30 <u>Feel Good Stories You May Have Missed w/ Rosie</u> 4:15 You Be the Judge with Pat</p>	<p>10:30 Everyday Life Trivia with Kenny 11:00 Exercise/Anya 1:00 Friday Afternoon Matinee 1:00 Small Group/1:1's with Rosie in Garden Room 3:30 All About Animals with Anya 4:15 1960's Trivia, Music and Dancing Emma</p>
17	18	19	20	21
<p>Day Center & Office Closed MLK Day</p> 	<p>10:30 Word Games that Make you Think with Kenny 11:00 Exercise with Rosie 1:00 Bingo with Emma 1:30 <u>January Easy Does It Trivia w/ Janis</u> 2:00 Tai Chi with Brooklynn 3:30 Everyday Life Trivia with Emma 4:15 Random Trivia w/ Rosie</p>	<p>10:30 Keep Em Laughing with Kenny 11:00 Yoga with Emma 1:00 Bingo w/ Kenny 1:30 Family Feud w/ Janis 2:00 Light and Lively with Rosie 3:30 Crafts w/ Emma & Brooklynn 4:15 <u>10 Columbus Attractions w/ Rosie</u></p>	<p>10:30 Penny Ante with Kenny 11:00 Exercise with Rosie 1:00 Bingo with Kenny 1:30 Mind Stretchers w/ Brooklynn 2:00 Team Games w/ Pat 3:30 Laundry Day News w/ Rosie 4:15 You Be the Judge with Pat</p>	<p>10:30 Everyday Life Trivia Kenny 11:00 Exercise/Anya 1:00 Friday Afternoon Matinee 1:00 Small Groups/1:1's with Rosie in Garden Room 3:30 All About Animals w/ Anya 4:15 70's Music and Dancing with Emma & Pat</p>
24	25	26	27	28
<p>10:30 Pictionary with Kenny 11:00 Exercise with Emma 1:00 Bingo with Kenny 1:30 <u>Easy Does It Trivia w/ Anya</u> 2:00 Team Games w/ Pat 3:30 Never Have I Ever/ Anya 4:15 Music & Dancing w/ Pat & Emma</p>	<p>10:30 Word Games That Make You Think 11:00 Exercise with Rosie 1:00 Bingo with Emma 1:30 <u>The Funny Forties w/ Janis</u> 2:00 Tai Chi w/ Brooklynn 3:30 What's Your Preference with Emma 4:15 <u>Sowing the Seeds of Victory w/ Rosie</u></p>	<p>10:30 Old Sayings with Kenny 11:00 Yoga with Emma 1:00 Bingo with Kenny 1:30 Winter Fashion Show with Janis 2:00 Light & Lively w/ Rosie 3:30 Crafts w/ Emma & Brooklynn 4:15 <u>Good News Stories/Humor w/ Rosie</u></p>	<p>10:30 What's your Preference? with Kenny 11:00 Exercise with Rosie 1:00 Bingo with Emma 1:30 Strengthen Your Mind w/ Brooklynn 2:00 Team Games w/ Pat 3:30 <u>A Word of Advice with Rosie</u> 4:15 You Be the Judge with Pat</p>	<p>10:30 Everyday Life Trivia Kenny 11:00 Exercise/Anya 1:00 Friday Afternoon Matinee 1:00 Small Groups/1:1's with Rosie in Garden Room 3:30 All About Animals w/ Anya 4:15 70's Music and Dancing with Emma & Pat</p>
31				
<p>10:30 YouTube Food Videos with Kenny 11:00 Exercise with Emma 1:00 Bingo with Kenny 1:30 <u>Kitchen Trivia w/ Anya</u> 2:00 Team Games w/ Pat 3:30 Would you rather with Anya 4:15 Music and Dancing w/ Emma</p>				

-January MENU-

Monday	Tuesday	Wednesday	Thursday	Friday
3 TBA	4 Meatballs w/ Spaghetti Sauce Spaghetti Noodles Summer Vegetable Blend Wheat Roll Fresh Fruit	5 Sliced Turkey Breast with Turkey Gravy Whipped Potatoes Brussel Sprouts Wheat Bread Fresh Fruit	6 Garlic Rosemary Chicken Oven Roasted Potatoes Glazed Carrots Multi Grain Bread Sugar Cookie Alt.Diet- Vanilla Wafers	7 Ham & White Beans Stewed Tomatoes Garden Vegetable Blend Corn Bread Pineapple Tidbits
10 Baked Chicken Mushroom Gravy Buttermilk Potatoes Green Beans Wheat Roll Mixed Fruit	11 Ham, Broccoli, & Rice Casserole Cabbage Stewed Tomatoes Multi Grain Bread Fresh Banana	12 Turkey Breast w/ Gravy Au Gratin Rotini Italian Vegetable Blend Wheat Bread Chocolate Chip Cookie Alt. Diet- Graham Cracker	13 Sloppy Joe Meatballs Poultry Gravy Succotash Glazed Carrots Cornbread Fresh Fruit	14 Beef Spaghetti Casserole Green Peas Texas Bread Peach Crisp Alt. Diet- Peaches
17 Closed for MLK Holiday	18 Cranberry Dijon Chicken Scalloped Potatoes Broccoli Wheat Bread Brownie Alt. Diet- Vanilla Wafers	19 Beef w/ Mushroom Gravy Whipped Potatoes Green Beans Wheat Bread Fresh Fruit	20 Chicken Stir Fry Brown Rice Green Peas Multi-Grain Bread Pineapple Tidbits	21 Cheese Omelet Oven Roasted Potatoes Orange Juice Biscuit Hot Cinnamon Applesauce Assorted Jelly
24 Honey Mustard Chicken Whipped Potatoes Peas w/ Red Peppers Wheat Bread AppleSauce	25 Hamburger Patty Crispy Cubed Potatoes Green Beans Hamburger Bun Fresh Fruit	26 Beef Italian Macaroni Broccoli/Cauliflower Whole Kernel Corn Multi Grain Bread Fruited Gelatin	27 Pork w/ Supreme Sauce Whipped Potatoes Sliced Carrots Wheat Bread Blueberry Crumb Cake Alt. Diet- Angel Food Cake	28 Macaroni & Cheese Stewed Tomatoes Mixed Vegetables Wheat Bread Fresh Fruit Birthday Cake Alt. Diet- Angel Food Cake
31 Meatloaf w/ Brown Gravy Cheese Whipped Potatoes Green Beans Wheat Bread Fresh Fruit				

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:

DO YOU SHOP AT KROGER?



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?



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 (LISTED AS 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

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

ADULT DAY CENTER WISH LIST

In-kind donations are always appreciated and help with the day-to-day programs and operations of the Center.

- Individually wrapped candy (regular and sugar free)
- I-pads or tablets
- Flat Screen television for Center (55 inch or larger)
- Rolls of USPS postage stamps
- Reams of 8 ½ x 11 paper
- 3-hole punch
- 4-6 2-liters of diet/zero sugar ginger ale