

# 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  
@MemoryLane\_Care  
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:

Dear Caregivers,

May is here and we are all looking forward to some sunshine and May flowers. May is also the time to celebrate Cindo De Mayo, Mother's Day and Memorial Day. Did you know that Mother's Day started as a spring festival to celebrate "mother earth"? It wasn't until 1907 that Anne Jarvis from Philadelphia, persuaded her mother's church in Grafton West Virginia to celebrate Mother's Day on the second Sunday in May. This date coincided with the anniversary of her mother's death. By the next year Mother's Day was celebrated in Philadelphia. Anne Jarvis wrote to politicians, ministers, and businesses to establish a national Mother's Day. In 1914 President Woodrow Wilson made it official. He proclaimed Mother's Day a national holiday that would be celebrated on the second Sunday in May. Anne Jarvis also started the tradition of giving carnations for Mother's Day. The white carnation was her favorite flower and she gave them to the parishioners of her church on that first Mother's Day. Ironically, Anne Jarvis disagreed with selling flowers for Mother's Day saying it was just a way to exploit the holiday so the flower industry could sell more flowers. To this day Mother's Day is one of the best sales days for florists. Emma, Anya and Rosie will continue the tradition of making corsages for all of the mothers to celebrate this special day. On Friday May 6<sup>th</sup> the center will celebrate all of our wonderful mothers with a party at 2:30. Rosie has planned some special treats for everyone to enjoy. We will continue to celebrate some very famous mothers throughout May. On Wednesday May 4<sup>th</sup> Janis will lead a discussion about "Mothers of Invention". There are many famous women inventors including Josephine Cochrane who invented the dishwasher. Mary Anderson invented the windshield wiper and Betty Nesmith Graham invented liquid paper. Happy Mother's Day!

Do you love animals? If so you will enjoy the animal therapy groups lead by Anya and Emma. Each month they will lead groups about animals and of course our beloved pets. Did you grow up with cats, dogs, bunnies, or maybe even horses? The center has several animated cats, an animated dog as well as some birds that make beautiful bird calls. The groups will involve reminiscing and story telling about favorite pets as well as reading and art projects revolving around our pets. Paws and Whiskers will continue their monthly visits to the center on the third Wednesday of each month. If you like kittens and cats this is the activity for you! If you prefer dogs Charlie, the golden doodle comes to visit several Fridays each month around 1:00. Additionally this month Anya will be setting up a small butterfly house so everyone can learn about and witness the life cycle of the painted butterfly. She will also be leading a group to make butterfly feeders using colorful sponges.

The first holiday of the summer is just around the corner...The day center and office will be closed on Monday May 30<sup>th</sup> in observance of Memorial Day. Kenny will be doing some grilling on the patio on Friday May 27<sup>th</sup>. The participants and staff will enjoy some fun summer foods including hot dogs, chips, macaroni salad and strawberries with angel food cake. Sounds like a great way to kick off the summer season!

Each week we offer free caregiver programs. Please see page 4 for more information and we welcome you to join us!

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

Twitter ([https://twitter.com/MemoryLane\\_Care.](https://twitter.com/MemoryLane_Care.))

We would appreciate it if you would ask your friends and family to follow, like and share our social media!

Gale Begley  
Activity Director



## UPCOMING CLOSINGS

**The Center and Offices also be closed on the following days in 2022:**

### **Staff training:**

Tuesday, June 21, 2022

Wednesday, October 26, 2022

### **Remaining Holidays**

Monday, May 30, 2022, Memorial Day

Monday, July 4, 2022, Independence Day

Monday, September 5, 2022, Labor Day

Thursday, November 24, 2022,

Thanksgiving Day

Friday, December 23, 2022, Christmas Eve

Monday, December 26, 2022, Christmas Day

Monday, January 2, 2023, New Year's Day

### **Do you need incontinence supplies?**

MemoryLane received donations of incontinence supplies. We have pull-up and tab style of briefs. We also have inserts for briefs and brief pads.

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

## COMMUNITY PROGRAMS

**In-person program: Meet Me at TMA May 19, 2022 at 2:00 p.m. meeting looks at "Bestowing Beauty"**

Persian Feline, 19<sup>th</sup> Century



The Toledo Museum of Art, in collaboration with MemoryLane Care Services and sponsored by Yark.com, offers [Meet Me at TMA](#). Guided tours, led by trained docents, explore several works of art each month. Tours are 45–60 minutes in length. **Please register with TMA**

**at [gtoth@toledomuseum.org](mailto:gtoth@toledomuseum.org) so we may know how many docents will be needed or to notify you of changes.** Who should attend? This is a free program for older adults who are at any stage of memory loss from Alzheimer's disease or similar conditions. Persons with memory loss are welcome to bring friends and family as their guests. Those who are mildly impaired and bringing themselves are welcome to attend without accompaniment, but **others need a companion with them, as there will be no one who can care for those who need assistance.**

# CAREGIVER EDUCATION AND SUPPORT

**May 2022!**

**In-person education program at MemoryLane Care Services  
2500 N Reynolds Road, Toledo, Ohio**

**Taking Care of Myself: Caregiver Health  
Tuesday May 17, 2022 – 6:00 to 7:30 p.m.**

**Providing care for a chronically ill person puts family caregivers at risk for harmful physical, mental, and emotional health consequences. 5 things every caregiver should know for staying well.**

**Caregiver 3-Part Series: Taking Care**

**Thursdays, May 26, June 2, and June 9, 2022 – 6:00 to 7:30 p.m.**

**This series is for family and friends of older adults who are providing care or anticipating needing to provide care. Topics include family roles in caregiving, an overview of dementia; issues in driving and firearm ownership; when to move and where; stress management; caregiver health; and getting help.**

**Contact MemoryLane Care Services to enroll at 419-720-4940 or register at [www.memorylanecareservices.org/events/](http://www.memorylanecareservices.org/events/)**



**(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**

**[May 4 – Open discussion](#)**

**[May 11 – Preventing and Managing Falls](#)**

**[May 18 – Taking Care of Yourself](#)**

**[May 25 – Bringing Nature into Caregiving](#)**

**[Access link for Microsoft Teams to join on your computer or mobile app for all MAY Caregiver Coffees](#)**

**Join on your computer or mobile app**

**[Click here to join the meeting](#)**

**Or call in (audio only)**

**872-240-1621 (long distance toll charges apply)**

**Phone Conference ID: 822 893 308#**

**Programs are partially supported by the Area Office on Aging of Northwestern Ohio Caregiver Support Program, Yark Automotive Group, and the Toledo Community Foundation, Fund for the Elderly**

# May Activities

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
10:30 Urban Myths with Kenny 11:00 Exercise with Emma 1:00 Bingo with Kenny 1:30 Old Sayings with <u>Anya</u> 2:00 Team Games w/ Pat 3:30 Never Have I Ever with Anya 4:15 Elvis Dance and Singing with Pat and Emma	10:30 Word Games That Make You Think with Kenny 11:00 Exercise with Rosie 1:00 Bingo with Emma 1:30 15 Things Moms Say...with Janis 2:00 Tai Chi 3:30 What's Your Preference 4:15 Motherly Humor with Rosie	10:30 State Parks Facts and Trivia with Kenny 11:00 Yoga with Emma 1:00 Bingo with Kenny 1:30 Family Feud with Janis 2:00 Light and Lively with Rosie 3:30 Flower Corsage Making with Emma 4:15 <u>Bunco with Rosie</u>	10:30 Penny Ante with Kenny 11:00 Exercise with Rosie 1:00 Bingo with Emma 1:30 Animal Therapy with Emma 2:00 Team Games with Pat 3:30 Red or Black 4:15 You Be the Judge with Pat	10:30 Everyday Life Trivia with Kenny 11:00 Exercise with Anya 1:00 Friday Afternoon Matinee or Music on the Patio 2:30 Mother's Day Party 3:30 Random Trivia with Anya 4:15 Motown Dance Party with Pat and Emma
9	10	11	12	13
10:30 Small Fry/ The Invention of the Air Fryer with Kenny 11:00 Exercise with Emma 1:00 Bingo with Kenny 1:30 Animal Therapy with <u>Anya</u> 2:00 Team Games with Pat 3:30 Would You Rather with Anya 4:15 Beach Boys Dancing with Pat and Emma	10:30 Word Games That Make You Think w/ Kenny 11:00 Exercise with Rosie 1:00 Bingo with Emma 1:30 May Easy Does It Trivia with Janis 2:00 Tai Chi 3:30 Pictionary 4:15 Remembering Graduation with Rosie	10:30 Old Sayings with Kenny 11:00 Yoga with Emma 1:00 Bingo with Kenny 1:30 Australia, Canada or the United States with Janis 2:00 Light and Lively with Rosie 3:30 Crafting with Emma 4:15 Finish The Childrens Saying with Rosie	10:30 Penny Ante with Kenny 11:00 Exercise with Rosie 1:00 Bingo with Emma 1:30 Mind Stretchers with Emma 2:00 Team Games with Pat 3:30 <u>Springtime Memory Basket</u> 4:15 You Be the Judge with Pat	10:30 Everyday Life Trivia with Kenny 11:00 Exercise/Anya 1:00 Friday Afternoon Matinee or Music on the Patio 3:30 Sensory Group with Anya 4:15 Dance Party with Pat and Emma
16	17	18	19	20
10:30 Urban Myths with Kenny 11:00 Exercise with Emma 1:00 Bingo with Kenny 1:30 Old Saying with Anya 2:00 Team Games w/ Pat 3:30 Never Have I Ever with Anya 4:15 Country Music and Dancing with Pat and Emma	10:30 Word Games that Make you Think with Kenny 11:00 Exercise with Rosie 1:00 Bingo with Emma 1:30 Bunco with Janis 2:00 Tai Chi 3:30 What's Your Preference? 4:15 Monumental Tour/DC and Presidential Pets Trivia with Rosie	10:30 State Parks Facts and Trivia with Kenny 11:00 Yoga with Emma 1:00 Imagine That with Rosie Best 2:00 Light and Lively with Rosie 3:30 Spring Watercolors with Emma 4:15 Spring Cleaning/1001 Household Hints from 1948 with Rosie	10:30 Penny Ante with Kenny 11:00 Exercise with Rosie 1:00 Bingo with Emma 1:30 Animal Therapy with Emma 2:00 –3:00 Music with John Pickle 3:30 Red or Black 4:15 You Be the Judge with Pat	10:30 Everyday Life Trivia Kenny 11:00 Exercise/Anya 1:00 Friday Afternoon Matinee or Music on the Patio 3:30 Random Trivia with Anya 4:15 Dance Party with Pat and Emma
23	24	25	26	27
10:30 Music on the Patio with Kenny 11:00 Exercise with Emma 1:00 Bingo with Kenny 1:30 Animal Therapy/Butterfly Garden with Anya 2:00 Team Games w/ Pat 3:30 Would You Rather? Anya 4:15 Music and Dancing with Pat and Emma	10:30 Word Games That Make You Think 11:00 Exercise with Rosie 1:00 Bingo with Emma 1:30 Patriotic Sing Along with Janis 2:00 Tai Chi 3:30 What's Your Preference 4:15 Memorial Day at Arlington National Cemetary Facts and Trivia with Rosie	10:30 Old Sayings with Kenny 11:00 Yoga with Emma 1:00 Bingo with Kenny 1:30 Memorial Day Fashion Show with Janis 2:00 Story Time with Heidi/Toledo Library Visits 3:30 Crafts with Emma 4:15 May Easy Does It Trivia with Rosie	10:30 Penny Ante with Kenny 11:00 Exercise with Rosie 1:00 Bingo with Emma 1:30 Mind Stretchers with Emma 2:00 Team Games w/ Pat 3:30 Memorial Day White Board Game 4:15 You Be the Judge with Pat	10:30 Everyday Life Trivia Kenny 11:00 Exercise/Anya 11:00 Cookout with Kenny 1:00 Friday Afternoon Matinee or Music on the Patio 3:30 Sensory Group with Anya 4:15 Music and Dancing with Emma & Pat
30	31			
<b>Closed for Holiday</b>	10:30 Word Games That Make You Think 11:00 Exercise with Rosie 1:00 Bingo with Emma 1:30 Urban Myths with Janis 2:00 Tai Chi 3:30 What's Your Preference 4:15 May IQ with Rosie			

# -May MENU-

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Beef Chili Baked Potato Green Peas Cornbread Pineapple Tidbits Milk Sour Cream Diet - Same	Hamburger Patty Macaroni and Cheese Orange Juice Biscuit Hot Cinnamon Applesauce Milk Margarine Assorted Jelly Diet- Hot Cinnamon Applesauce	Parmesan Chicken Rotini and Tomatoes Broccoli Wheat Bread Peanut Butter Cookie Milk Margarine Diet – Vanilla Wafers	Turkey Breast w/ Gravy Country Potatoes Green Beans Wheat Roll Strawberry Fluff Milk Margarine Diet- Fruited Gelatin	Garlic Rosemary Chicken Country Potatoes Brussel Sprouts Wheat Bread Pineapple Cake Milk Diet- Angel Food Cake
9	10	11	12	13
Meatballs w/ Gravy Garlic Rotini Summer Vegetables Wheat Bread Mixed Fruit Milk Diet- Same	Taco Meat Shredded Cheese Lettuce & Tomato Mexican Rice Mixed Beans Flour Tortilla Fresh Orange Milk Sour Cream & Taco Sauce	Pasta Primavera Okra & Tomatoes Sliced Carrots Dinner Roll Fresh Fruit Diet- Same	Turkey Breast w/ Gravy Oven Roasted Potatoes Green Beans Multi-Grain Bread Fresh Fruit Milk Diet-Same	Glazed Ham Whipped Potatoes Broccoli w/ Cheese Wheat Bread Oatmeal Raisin Cookie Milk Diet-Graham Crackers
16	17	18	19	20
Salisbury Steak Brown Gravy Buttermilk Potatoes Green Beans w/ Tomato & Onion Wheat Bread Fresh Fruit Diet-Same	Sausage Patty Oven Roasted Potatoes Orange Juice Biscuit Hot Cinnamon Applesauce Milk Assorted Jelly Diet-Same	Turkey Breast w/ Gravy Macaroni & Cheese Garden Vegetables Multi-Grain Bread Fruited Gelatin Milk Diet-Fruited Gelatin	Glazed Ham Succotash Glazed Carrots Wheat Bread Fresh Orange Milk Diet- Same	Beef Spaghetti Casserole Green Peas Whole Kernel Corn Texas Bread Sugar Cookie Milk Diet- Graham Crackers
23	24	25	26	27
Swiss Steak Whipped Potatoes Mixed Vegetables Multi-Grain Bread Fresh Fruit Milk Diet- Same	Baked Chicken Tomato Basil Sauce Baked Potato Broccoli Wheat Bread Strawberry Cake Milk Diet- Angel Food Cake	Chicken w/ Onion & Peppers Oven Roasted Potatoes Sauerkraut Hot Dog Bun Fresh Banana Milk Diet-Same	Chicken Noodle Casserole Cabbage Green Peas Wheat Bread Oatmeal Raisin Cookie Milk Diet-Vanilla Wafers	Cheeseburger Oven Roasted Potatoes Garden Vegetables Hamburger Bun Birthday Cake Milk Diet- Angel Food Cake
30	31			
<b>Closed For Holiday!</b>	Hamburger Patty Crispy Cubed Potatoes Whole Kernel Corn Hamburger Bun Fresh Orange Milk Diet-Same			

# 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 – generous donations keep our Center open!

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?



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](mailto:sbollin@memorylanecare.org)

## ADULT DAY CENTER WISH LIST

- Bird Feeders
- Bird Seed
- Individually wrapped candy (regular and sugar free)
- Copy paper
- Outdoor Spring Flowers and seeds
- 50" or larger Flat Screen TV for the Adult Day Center

MemoryLane Care Services partially supported by:

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

