

# 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  
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@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,

Time is really flying by and Thanksgiving is right around the corner. There is something about the smell of turkey cooking on Thanksgiving day that brings back memories of family gatherings and the people we have loved over the years. For many of us there are new traditions and new cooks in the kitchen to help pass along our stories and family memories. Our November calendar is filled with short stories of Thanksgiving including "To Granddaughters House we Go" and "A Wild Turkey Tale". We will also be doing Turkey Day trivia and Kenny will be leading a group "Ten Facts About Your Favorite Thanksgiving Food". A fun trivia fact...did you know that Ocean Spray packages cranberry sauce so the rounded end of the can is on top and the sharper rimmed edge is at the bottom. This is the opposite of other canned goods. The reason they do this is because it creates an air bubble vacuum and when you remove the bottom panel the air bubble gently pushes the cranberry sauce out of the can. Who doesn't like sliced cranberry sauce?

Veterans Day is Friday November 11<sup>th</sup>. First we would like to thank all of our veterans for their service. We will be celebrating all of our veterans with some special activities the week of November 7<sup>th</sup> to November 11<sup>th</sup>. Allison will start the week with a discussion about Victory Gardens or War Gardens and how this tradition started during WWI. By 1917 the war garden programs were started in other countries including England and Canada. In America it was George Washington Carver, a prominent agricultural scientist, that resumed and expanded this war effort during WWII. He was the first to put the name "Victory Garden" on this patriotic planting during WWII. Over 20 million Americans started victory gardens to help support the troops. Not only did the gardens produce food but it was also a way for people at home to feel like they were contributing to the war effort. Allison will be leading a Veterans Day poetry group on November 9<sup>th</sup>. We will finish the week with a celebration to honor the veterans on Friday the 11<sup>th</sup> at 2:45.

The week of November 14<sup>th</sup> to the 18<sup>th</sup> the center will be celebrating Disney. Our wonderful student interns Rayna, Shayla and Noor have planned some great Disney themed activities. On Tuesday November 15<sup>th</sup> Rayna will be leading a Disney coloring/watercolor group. She has planned for some classic Disney music as well. On Wednesday the 16<sup>th</sup> all of the students will lead groups throughout the day including Disney pictures, posters and a party to celebrate "the most magical place on earth". On November 17<sup>th</sup> Shayla and Noor will play a Cinderella movie and will lead a discussion along with painting a Cinderella castle or slippers. They will end the day with a sensory/reminisce group that will include Disney props. Additionally, Rosie Best, one of our monthly guests will lead "Imagine That" inspired by Disney and Heidi from the Toledo Library will feature Disney in her monthly visit as well. Allison will finish the day on the 16<sup>th</sup> with Disney Poetry. This is going to be a lot of fun!!!

We hope you all have a safe and Happy Thanksgiving! Again, we would like to thank all of the veterans for their service!

Gale Begley  
Activity Director

We have openings in our adult day center. If you are interested in your family member attending more days, please contact Gale Begley. Also, please refer others to the Center who may benefit from our program.

We are trying to grow our social media presence. Please follow, like and share all our sites and ask your friends and family to do the same:

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.))

## Upcoming Closings for the Center and Offices

**The Center and Offices will be closed the following days:**

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!**

## **PLEASE JOIN US for Caregiver Education!**

**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**

**November 2 – Stages and Progression in Dementia**

**November 9 – Preparing for Natural Disasters (especially snow and ice storms)**

**November 16 – Caregiver Planning for the Holidays**

**November 23 – Paying for Care**

**November 30 – Reminiscence as a Caregiving Tool**

**Contact MemoryLane Care Services to enroll at**

**419-720-4940 or email: [cconley@memorylanecare.org](mailto:cconley@memorylanecare.org)**

**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**

# November Activities

Monday	Tuesday	Wednesday	Thursday	Friday
	1 10:30 Never Have I Ever with Kenny 11:00 Exercise with Rosie 1:00 Horse Racing with Kenny 1:00 Bunco with Janis 2:00 Fall Fashion Magazine Scavenger Hunt with Emma 3:30 Drumming Circle with Allison 4:15 Can You Picture This? with Rosie	2 10:30 Strengthen Your Mind with Kenny 11:00 Exercise with Emma 1:00 Table Games/Kenny 1:00 Bunco with Janis 2:00 Light and Lively with Rosie 3:30 Around the Home Lotto with Emma 4:15 Kitchen Reminisce with Allison	3 10:30 Penny Ante with Kenny 11:00 Exercise with Rosie 1:00 Bingo with Kenny and Emma 2:00 Making Veteran's Day Cards with Allison 3:30 Red or Black with Pat 4:15 Reminisce/Hearth and Heart with Allison	4 10:30 Finish the Presidential Slogans with Kenny 11:00 Exercise/Emma 1:00 Games with Kenny 1:00 Watercolors/Dogs with Anya 2:00 Avon Reminisce with Rosie 3:30 Animal Idioms About Dogs with Anya 4:15 Music and Dancing with Pat
7 10:30 Urban Myths with Kenny 11:00 Exercise with Emma 1:00 Bingo with Kenny and Janis 2:00 Sowing Seeds of Victory with Allison 3:30 Team Games with Pat 4:15 Folding and Sorting with Allison	8 10:30 Pictionary with Kenny 11:00 Exercise with Rosie 1:00 Remembrance Day White Board Game with Janis 1:00 Table Games/Kenny 2:00 Eat, Wear or Drive with Emma 3:30 Drumming Circle with Allison 4:15 A Veterans Day Discussion with Rosie	9 10:30 Old Sayings with Kenny 10:30 Paws and Whiskers Visit 11:00 Exercise with Emma 1:00 Horse Racing with Kenny 1:00 Finish the Song Title with Janis 2:00 Light and Lively/ Rosie 3:30 Target Ball Game with Emma 4:15 A Poetic Look at Veterans Day with Allison	10 10:30 Penny Ante with Kenny 11:00 Exercise with Rosie 1:00 Bingo with Kenny and Emma 2:00 Card Making with Allison 3:30 Zingo with Pat 4:15 What Did You do in the War Grandma? with Allison	11 10:30 You Tube/The History of Veterans Day with Kenny 11:00 Exercise/Emma 1:00 Table Games/ Kenny 1:00 Watercolor/Veterans Day with Anya 2:00 What's Your Preference with Rosie 2:45 Veterans Day Celebration/Patriotic Music 3:30 Sensory Group with Anya 4:15 Music and Dancing with Pat
14 10:30 You Tube/Splash Mountain with Kenny 11:00 Exercise with Emma 1:00 Bingo with Kenny and Janis 2:00 Magical Mind-Blowing Facts About Disney with Allison 3:30 Team Games/ Pat 4:15 Folding and Sorting with Allison	15 10:30 Never Have I Ever with Kenny 11:00 Exercise with Rosie 1:00 Water Color/Coloring and Classic Disney Music with Rayna 2:00 Thanksgiving Food Magazine Scavenger Hunt with Emma 3:30 Drumming Circle with Allison 4:15 A Wild Turkey Tale with Rosie	16 10:30 Sensory Group with Rayna 11:00 Disney Pictures with Students 1:00 Imagine That Disney Style with Rosie Best 2:00 Disney Posters and Reminisce with Rayna, Noor and Shayla 3:30 Around the Home Lotto with Emma 4:15 Poetry with Allison/Robert Frost	17 10:30-11:30 Cinderella Movie and Reminisce with Students 1:00 Painting Cinderella Castle with Students 2:00 Disney Stories with Heidi/Library 3:30 Sensory with Disney Props-Students 4:15 Unexpected Thanksgiving Blessing with Allison	18 10:30 Old Sayings with Kenny 11:00 Exercise/Emma 1:00 Table Games with Kenny 1:00 Kitchen Reminisce with Anya 2:00 Five Clue What Is It? with Rosie 3:30 Table Balloon Volley with Anya 4:15 Music/Dancing/Pat
21 10:30 10 Facts About Your Thanksgiving Foods with Kenny 11:00 Exercise with Emma 1:00 Bingo with Kenny and Janis 2:00 The Evolution of Stuffing with Allison 3:30 Team Games/ Pat 4:15 Folding and Sorting with Allison	22 10:30 Turkey Day Trivia with Kenny 11:00 Exercise/Rosie 1:00 Thanksgiving Fashion Show with Kenny and Janis 2:00 Flower Power Art with Emma 3:30 Drumming Circle with Allison 4:15 "To Granddaughters House we Go" with Rosie	23 10:30 You Tube/Macy's Thanksgiving Day Parade with Kenny 11:00 Exercise with Emma 1:00 Horse Racing/Kenny 1:00 Card Games/ Janis 2:00 Light and Lively with Rosie 3:30 Target Ball with Emma 4:15 Poetry-Twas the Night Before Thanksgiving Poem with Allison	24 <b>Day Center and Office Closed for Thanksgiving</b>	25 10:30 Everyday Life Trivia with Kenny 11:00 Exercise with Emma 1:00 Table Games/ Kenny 1:00 Sensory Group/Fancy Fingers with Anya 2:00 Puzzles with Rosie 3:30 Bunco with Anya 4:15 Music and Dancing with Pat
28 10:30 Old Sayings with Kenny 11:00 Exercise with Emma 1:00 Bingo with Kenny and Janis 2:00 Snowman Jar Craft with Allison 3:30 Team Games/ Pat 4:15 Folding and Sorting with Allison	29 10:30 Pictionary/ Kenny 11:00 Exercise with Rosie 1:00 Table Games with Janis 1:00 All About Birds with Kenny 2:00 East or West-Can You Guess with Emma 3:30 Drumming Circle with Allison 4:15 November Easy Does It Trivia with Rosie	30 10:30 Strengthen Your Mind with Kenny 11:00 Exercise with Emma 1:00 Table Games with Kenny 1:00 Let's All Go Down to Tiedkes with Janis 2:00 Light and Lively with Rosie 3:30 Around the Home Lotto with Emma 4:15 Survey Says! With Allison		

# -NOVEMBER MENU-

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	Macaroni and Cheese Stewed Tomatoes Green Beans Wheat Bread Cholate Chip Cookie Milk Margarine Diet – Graham Crackers	Creole Steak Ranch Potatoes Broccoli w/ Red Peppers Wheat Bread Fresh Fruit Milk Margarine Diet – Same	Meat Taco Lettuce / Tomato Mexican Rice Mixed Beans Fresh Fruit Flour Tortilla Milk Taco Sauce / Sour Cream Diet - Same	Beef w/ Mushroom Gravy Herbed Green Peas Sliced Carrots Wheat Bread Fresh Fruit Milk Margarine Diet – Same
<b>7</b>		<b>9</b>	<b>10</b>	<b>11</b>
Lemon Pepper Chicken Oven Roasted Potatoes Okra and Tomatoes Multi Grain Bread Fresh Fruit Milk Margarine Diet – Same	Hamburger Patty Lettuce/ Tomato Scalloped Potatoes Green Beans w/ Red Peppers Wheat Hamburger Bun Pineapple Tidbits Milk Mustard Diet - Same	Pork Roast w/ Sauce Brown Rice Broccoli Wheat Bread Fresh Fruit Milk Margarine Diet - Same	Chilaquiles Casserole Scalloped Tomatoes Green Beans Corn Bread Fresh Fruit Milk Margarine Diet – Same	Honey Mustard Chicken Baked Sweet Potato Zucchini and Tomatoes Wheat Bread Sugar Cookie Milk Margarine Diet – Vanilla Wafers
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
Savory Chicken Whipped Potatoes Glazed Carrots Wheat Bread Pineapple Tidbits Milk Margarine Diet - Same	Meat Italian Macaroni Whole Kernel Corn Green Beans Wheat Bread Fresh Fruit Milk Margarine Diet - Same	Beef Chili Baked Potato Broccoli Corn Bread Oatmeal Raisin Cookie Milk Margarine Diet – Vanilla Wafers	Meatball Stroganoff Brown Rice Peas w/ Red Peppers Biscuit Fresh Fruit Milk Margarine Diet - Same	Glazed Ham Whipped Sweet Potatoes Cabbage Wheat Bread Birthday Cake Milk Margarine Diet – Angel Food Cake
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
Pork w/ Supreme Sauce Delmonico Potatoes Cauliflower Wheat Bread Chocolate Chip Cookie Milk Margarine Diet – Graham Crackers	Swedish Meatballs Rotini Noodles French Green Beans Wheat Bread Fresh Fruit Milk Margarine Diet – Same	<i>Thanksgiving</i> Meal Sliced Turkey Breast Baked Sweet Potato Whole Kernel Corn Dinner Roll Pumpkin Bar Milk Margarine Diet – Angel Food Cake	<b>Day Center and Office Closed for Thanksgiving</b>	<b>To Be Announced</b>
<b>28</b>	<b>29</b>	<b>30</b>		
Beef w/ Pepper & Gravy Parslied Brown Rice Green Peas Wheat Bread Fresh Fruit Milk Margarine Diet - Same	BBQ Chicken Patty whipped Potatoes Broccoli Wheat Bread Pineapple Tidbits Milk Margarine Diet - Same	Sliced Turkey Breast Turkey Gravy Baked Sweet Potatoes Mixed Vegetables Wheat Bread Fruited Gelatin Milk Margarine 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).



Will your employer  
**MATCH**  
your gift?

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)

## wish list

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

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

MemoryLane Care Services partially supported by:

