

# DAYBREAK

The Adult Day Center Newsletter  
alzheimer's  association®  
northwest ohio chapter

November  
2009

2500 N. Reynolds Rd. Toledo OH 43615 (419)537-1999  
131 N. Wheeling St., Suite 2 Toledo OH 43605 (419)720-4940

Dear Caregiver,

Wow, it is November already! This year is certainly flying by quickly. The Day Centers are looking forward to some great entertainment, Thanksgiving reminisce, seasonal foods, and more during the month of November.

**The Center at Reynolds** will enjoy musical programs with the Maumee Senior Center Singers, a guitar sing along with Diane, and will step back in time to enjoy the music of Frank Sinatra and other musical talents from the 50's and 60's sung by Mitch Kahl. We will have a taste of the season with a pumpkin pie social on November 4<sup>th</sup>, a Thanksgiving Feast/Pot Luck lunch on November 12<sup>th</sup>, and homemade breads on November 24<sup>th</sup>. If you have a special Thanksgiving recipe and would like to participate in the Thanksgiving Pot Luck please send a dish on Thursday November 12<sup>th</sup>. Other activities throughout the month include "Arm Chair Travel" to Plymouth Rock, a study of the thirteen colonies, Thanksgiving crafts, visits with Josina Lott, and Head Start. Jan will continue "Exploring the Arts" on Friday afternoons and our men's group will continue to meet every other Friday with Brenda and Kenny.

**The Center at Wheeling** will enjoy music programs with the Maumee Senior Center Singers, David Putano and sing alongs with Lana. Angie will continue weekly trivia and relaxing hand massages for all participants to enjoy (even the men). Lana will also be leading several new and fun groups in November. On November 18<sup>th</sup> Lana will be coming in costume...as Mother Goose and will perform a skit (written by Lana) that includes many of the Mother Goose Nursery Rhymes. We will be reminiscing about Grandma's Country Kitchen on November 20<sup>th</sup>. This activity will include homemade bread, homemade apple butter and a hands on reminisce activity complete with old aprons, cooking utensils, old spice tins, and other special memorabilia. We will be taking another walk down memory lane with a special viewing of "Let's all Go Down to Tiedkes" on November 24<sup>th</sup>. This trip down memory lane will include Tiedkes memorabilia and reminiscing about the "good old days" and shopping in down town Toledo.

The Center on Reynolds Rd. is offering **Saturday hours** from 9:00am to 4:00pm on the following Saturdays: November 14, 2009; December 5, 2009; December 12, 2009. If you are interested in using the Day Center on any of these days please contact Jeri. **RSVP is required as the Center will only be open if there is enough interest.**

Please let us know in advance if you anticipate any **cancellations** surrounding the upcoming holidays. This can help us better prepare for meals and allows others to use the Centers.

As a reminder, participants are not permitted to attend the Centers when experiencing **cold or flu symptoms**. Families will be contacted to pick up participants who are showing symptoms of illness.

Sincerely,

Jeri Schulz  
Respite Director

Gale Begley  
Activity Director

## MARK YOUR CALENDAR!

The Adult Day Centers will be **closed** on:

**Thursday, November 26<sup>th</sup>** (Thanksgiving Day)

**Thursday, December 24<sup>th</sup>** (Christmas Eve)



**Friday, December 25<sup>th</sup>** (Christmas Day)

**Friday, January 1<sup>st</sup>** (New Years Day)

## Wish List:

- Watercolor Paper
- Colored Craft Foam
- Sweat Pants
- Vacuum (new or gently used for Wheeling)

# November - Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Tetrizzini Cauliflower Baby Carrots Plums Wheat Bread	3 Roast Pork Mashed Potatoes Sauerkraut Mandarin Oranges Wheat Roll	4 Beef Stew Green Beans Champagne Salad Baked Cookies Biscuits	5 Chicken Patty Corn Caribbean Vegetables Undersea Salad	6 Pork Chop Suey Rice Oriental Vegetables Fresh Oranges Clodhoppers
9 Macaroni & Cheese Stewed Tomatoes Peas Gingerbread Cake Wheat Bread	10 Spaghetti w/meat sauce Italian Green Beans Tossed Salad Apple Crisp Garlic Bread	11 Roast Beef Mashed Potatoes Sliced Carrots Berry Gelatin Salad Sourdough Rolls	12 Chicken Jambalaya Lima Beans California Blend Fruit Compote Wheat Bread	13 Polish Sausage/ bun Sauteed Peppers & Onions Hash Brown Casserole Apricots
16 Tuna Noodle Casserole Sugar Snap Peas Glazed Carrots Tropical Fruits Wheat Bread/ Margarine	17 Baked Ham Sweet Potatoes Green Beans Creamy Cole Slaw Wheat Bread	18 Oven Fried Chicken Scalloped Potatoes Mixed Vegetables Pudding Parfait Sourdough Rolls	19 Stuffed Cabbage Cottage Cheese Baked Potato/ Sour Cream Wax Beans Emerald Pear Salad Wheat Roll	20 Swedish Meatballs Egg Noodles Scandinavian Vegetables Tossed Spinach Salad Mandarin Oranges Birthday Cake Wheat Roll
23 Cheese Burger/ Bun Lettuce/ Tomato Baked Beans Mexican Corn Citrus Fruit Salad	24 Honey Mustard Chicken Rice Pilaf Broccoli Cuts Plums Peach Crisp Dinner Roll	25 Veal Parmesan Oven Brown Potatoes Italian Vegetables Diced Peaches Sourdough Roll	26 Closed Thanksgiving Day	27 Meal will be served
30 Salisbury Steak w/ gravy Mashed Potatoes Caribbean Vegetables Citrus Fruit Salad Wheat Bread		<i>For information about ingredient content, please contact Lucas County Senior Nutrition at 419-382-5791.</i>		

## Upcoming education & support opportunities

Additional educational and support opportunities are listed in the Alzheimer's Association Quarterly Newsletter. If you would like to begin receiving the quarterly newsletter please call 419-537-1999.

**Caregiver Groups:** Join us for a time of discussion with other caregivers.

### Wheeling Street office

3rd Tuesday of each month at 2:30 pm

### Reynolds Road office

3rd Wednesday of each month at 6:00 pm

This monthly publication is designed to keep you informed about the Alzheimer's Association, Northwest Ohio Chapter's Adult Day Centers. Our program has been providing respite to caregivers and activities for individuals affected by Alzheimer's disease and related memory loss disorders since 1993. If you have any questions regarding the program or this publication, or need us to update your contact information, please contact us at 1-800-272-3900. Visit our website at [www.alz.org/nw ohio](http://www.alz.org/nw ohio) for more information.

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