

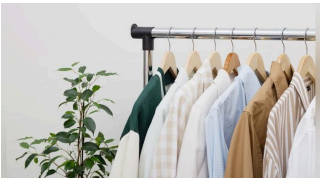
Adult Day Newsletter



Fall 2024



Community Events



Messiah Village Clothing Sale

Oct. 1-3 | 9:00 am - 5:00 pm

Village Commons Community Room

Stop by the Messiah Village clothing sale to check out donated, gently-used clothing and other items for sale. There will be a \$5 bag sale on Thursday, Oct. 3, during which everything that fits into the provided bag is just \$5!



**WALK
TO
END
ALZHEIMER'S**
ALZHEIMER'S ASSOCIATION



Walk to End Alzheimer's

Saturday, Nov. 2 | City Island,

Harrisburg | Walk starts at 10:00 am

Messiah Lifeways is excited to once again sponsor the Walk to End Alzheimer's on Saturday, Nov. 2. We encourage you to join the Messiah Lifeways team and walk for a worthy cause. Don't forget to wear purple!

To join the Messiah Lifeways team visit act.alz.org/goto/ML and click "Join our Team." Donations are welcome but not required to join the team.

Upcoming Closures

Columbus Day:

Monday, Oct. 14 - Closed

Thanksgiving Eve:

Wednesday, Nov. 23 - Close at 3:00 pm

Thanksgiving Day:

Thursday, Nov. 24 - Closed

Black Friday:

Friday, Nov. 25 - Closed

Christmas Eve:

Tuesday, Dec. 24 - Closed

Christmas Day:

Wednesday, Dec. 25 - Closed

New Years Eve:

Tuesday, Dec. 31 - Close at 3:00 pm

New Years Day:

Wednesday, Jan. 1 - Closed

2024 Satisfaction Survey

Our heartfelt thanks to all those who participated in our 2024 satisfaction survey. Your input is very valuable to

us and helps us better understand the needs of our clients and families.

Cold and Flu Season

The peak of cold and flu season is quickly approaching. To prevent widespread flu and other respiratory illnesses in Adult Day, we recommend your loved one stays home if they are experiencing symptoms of illness. To decide whether or not to bring your loved one to Adult Day, please consider the following guidelines:

Keep your loved one at home for treatment and observation if he or she has any of these symptoms:

- Very stuffy or runny nose and/or cough
- Mild sore throat (no fever, no known exposure to strep)
- Headache
- Stomach ache
- Fever (greater than 100 degrees). Your loved one can only return after his or her temperature has been consistently below 100 degrees, by mouth, for a minimum of 24 hours
- Vomiting (even once)
- Diarrhea
- Chills

- General feelings of fatigue, discomfort, weakness or muscle aches
- Frequent congested (wet) or croupy cough

To help prevent the flu and other colds, please encourage the following healthy hygiene habits:

- Wash hands frequently
- Do not touch eyes, nose, or mouth
- Cover mouth and nose when sneezing or coughing, use a paper tissue, throw it away, and then wash hands
- Avoid close contact with people who are sick.
- Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

Keeping your loved one home while they are sick will minimize the spread of infections and viruses at Adult Day. Thank you for your cooperation.

Nurses Notes

Medical Changes and Medications

Medical conditions can change quickly, and we would like to be able to continuously meet the needs of your loved one. If there are any changes in medications, diagnoses, or dietary changes, please let us know as soon as possible. We may need a physician's order to

accommodate the needs of your loved one. Any medications given in Adult Day must be accompanied by:

- A script from the physician (similar to the one they send to the pharmacy)
- The medications also need to be in the original bottle with a label from the pharmacy (this label must match the script).



If your loved one requires medication that is routinely administered at Adult Day, we are able to keep a supply of medication locked in our medication cart.

Activity Corner Q&A

Q: What Group Games are facilitated in the 3:15 daily time slot?

A: Group games include a wide variety of different activities. It ranges from active games such as bowling to group discussions and small group games such as Uno. Since this time is toward the end of the day, team members base their end-of-day activity on the needs and abilities of the clients who are still in attendance.

Summer Highlights

These pictures highlight just some of the fun that clients enjoyed this summer!



Wish List Items

If you would like to donate items to Adult Day, we could use the following items:

Cricut Supplies

- Vinyl, cardstock

Bingo Prizes

- Sugar-free candy
- Regular candy

Extra Clothing

- Sweaters, sweatpants, socks (size large or extra-large)

Other

- Incontinence liners (pads)

The Shared Journey Group (Support Group)

Location: Messiah Lifeways Summit Place in Village Square (3rd Floor)

When: 2nd & 4th Friday, 1:00 pm.

Pick up an information sheet outside Adult Day with exact dates and information regarding this group.