

SUMMER 2019

EMBRACING LIFE



Messiah Lifeways Adult Day | Mechanicsburg & Carlisle

Caregiver Support Group:

**Messiah Lifeways at
Messiah Village**
3rd Monday of the month
3:30 pm | Fountain Room

*Clients from both centers are
welcome to join us.*

Center Information:

**Messiah Lifeways at
Messiah Village**
100 Mt. Allen Drive,
Mechanicsburg, PA
717.790.8224
life@messiahlifeways.org

**The Meeting House
Carlisle Campus**
1155 Walnut Bottom Road,
Carlisle, PA
717.243.0447
life@messiahlifeways.org

Center Leadership:

Melissa Brandt,
Adult Day Manager
mbrandt@messiahlifeways.org

Tami Smith,
Team Lead & Family Liaison
TaSmith@messiahlifeways.org

Kristin Krammer, RN
Adult Day Services Nurse
kkrammer@messiahlifeways.org



We Value Open Communication

Serving your loved one is such a privilege and one we do not take lightly. It is of the utmost importance to us that offer high quality service not only to your loved one but also to you – open communication is the key to that partnership.

The team at Adult Day Services values the time we spend with your loved one. During the days your loved is with us, we may notice changes in their behavior or health or concerns. Often we try to make you aware of the concerns or changes at pick up or before if it's a more urgent need.

If there are changes you are aware of related to your loved one's mental or physical status, attendance patterns, etc., please contact the following Adult Day Team Member:

If your loved one has any change with a diagnosis, medication, health status or hospitalization, please notify **Kristin Krammer, the Adult Day Services Nurse.**

If you would like to change a day of attendance, either hours or day itself on a permanent basis, please notify **Tami Smith, Team Lead & Family Liaison.** *(If there is a just change in the day/time for a specific week, any team member can be notified.)*

If you have a comment or concern related to the program itself, please contact **Melissa Brandt, Adult Day Manager.**

These team members can be reached by calling the main number for either center during business hours or by using the email addresses listed on the left hand side of this page.

CAREGIVER CONNECT

ACTIVITY CORNER

Summer Safety

With the summer upon us, there are important tips to keep in mind for the older adults in our care:

- **Stay Hydrated** – drink water, eat fruits and vegetables with a high water content
- **Talk to your Doctor** – know which medications have interactions with sun exposure
- **Keep Cool** – on extremely hot days, stay in the air condition
- **Stay in Touch** – keep in touch with others around you to keep an eye on your loved one
- **Know who to Call** – have a list of emergency numbers prepared and posted in case of an emergency
- **Wear the Right Stuff** – wear light, loose fitting, cooler clothes
- **Protect your Eyes** – wear sunglasses whenever outside
- **Wear Sunscreen & Hats** – if exposed to sun, be sure to have 50+SPF sunscreen applied
- **Apply Bug Spray** – regardless of being in the woods or just on a patio, apply bug spray, the bugs are everywhere!
- **Know the Risk of Hyperthermia:**
 - Body temperature greater than 104 degrees
 - A change in behavior, such as confusion, grouchy or agitated behaviors
 - Dry, flushed skin
 - Headache
 - Heavy breathing or rapid pulse
 - No Sweating, even if it's hot out
 - Fainting

Adapted from: www.care.com



Community Partnerships Benefit Adult Day Clients

Messiah Lifeways Adult Day Services are proud and honored we can partner with many various civic groups or community entities that help enrich the lives of our clients. During the month of May, both centers were privileged to have the Master Gardeners from Penn State Extension come educate and interact with the clients to plant flowers, vegetables and herbs in our various courtyards. It's such a joy to see the smiles on the client's faces, with either just enjoying being outside or digging in the dirt and getting their hands dirty.



NEWS & NOTES



Please Check Your Mailbox!

Checkout the “mailboxes” at both Adult Day locations. Important communication for both you and your loved one will be placed in the mailbox with the client’s name on it. We will be placing the newsletters, calendars and other relevant papers in the mailboxes. Additionally, please watch for a “flag” on the files for those who have care plans to review and sign, it is important that care plans be signed in a timely manner. Thanks for your partnership in making communication easier. ***Please check on a weekly basis!***

Holiday Closures

Please note the upcoming ADS closures and early dismissals:

Holiday	Date	Status
Independence Day	July 4, 2019	Closed
Labor Day	Sept. 2, 2019	Closed

Inspired Thoughts

“We don’t know how strong we are until being strong is the only choice we have.”

Bob Marley

“The only courage that matters is the kind that gets you from one moment to the next.”

Mignon McLaughlin

Team Member Spotlight: *Kristin Krammer, RN*

How long have you been with Adult Day Services (ADS)?

I’ve been with adult day since April 15.

What kind of experience do you bring?

My background includes working as a physical therapy assistant in both outpatient and rehabilitation settings. My nursing career includes rehabilitation, labor/delivery/maternity, and long term care.

What is the best part about being an ADS team member?

I enjoy every aspect of working in Adult Day. I love to see the variety of activities that take place. The program assistants make every day enjoyable, and I am thankful to be able to participate in the activities, to smell and taste the delicious snacks they make, and to witness joy daily.

Where are you from?

I currently live in Palmyra but will soon be part of the Dillsburg community.

What are your hobbies?

I live with my husband, 3 kids, (pictured below) and 3 dogs. I love going to the beach or an amusement park, doing arts and crafts, or watching a movie.

Thank you, Kristin, for being a valuable part of our Adult Day Services Team!

Kristin can be reached by calling either center or by email at kkrammer@messiahlifeways.org.



Now Hiring!



Great Home Care Solutions Delivered to Your Doorstep

The Messiah Lifeways® At Home team is here to provide solutions for your non-medical needs. Anyone 55+ can take advantage of these services in the comfort of their own home. Care options include:

- Personal assistance and companionship
- Housekeeping, laundry, grocery shopping
- Philips Lifeline® Emergency Call system
- Transportation and more!

To apply or learn more visit
MessiahLifeways.org/HomeCare

FREE installation & activation
when you order Philips Lifeline
from Messiah Lifeways At Home.
MessiahLifeways.org/Lifeline



100 Mt. Allen Drive, Mechanicsburg, PA 17055 | 717.378.4999

**Make Medicare
an Easy Step**

Hosted by: Messiah
Lifeways Coaching

Wednesday, July 17, 2019

5:30 - 7:00 pm

Hostetter Enrichment Center

located in Village Square at Messiah Village

To RSVP call 717.591.7225