

# Adult Day Newsletter



*Spring 2024*



## Upcoming Early Dismissals & Holiday Schedules

### Good Friday:

Friday, March 29 - closing at 3 pm

### Memorial Day:

Monday, May 27 - Closed

### Independence Day:

Thursday, July 4 - Closed

**Just a reminder**, with warmer weather arriving (thankfully!), please exchange your loved ones' winter clothing (heavy sweaters, long-sleeved shirts, etc.) with spring/summer clothing. Our team members will gladly assist you with the exchange.

## Promoting Healthy Hydration

**Hydration** is important for everyone, but can be challenging with older adults due to various challenges such as diuretics, other

medications, and even the progression of dementia. The following suggestions are to help increase fluid intake:

- Try Flavored water. There are various kinds at the grocery store. Keep in mind loved ones with diabetes would need low sugar options.
- Mix small amounts of juice to water.
- Think about the cup color.
- Change up the type of cup.
- Check your loved ones' swallowing. Maybe there is a physical change that is keeping your loved one from drinking.
- Include more fruits and vegetables with high water content (see lists below)  
**Fruits:** watermelon, strawberries, cantaloupe, apricots, raspberries, blueberries, and plums  
**Vegetables:** cucumbers, lettuce, zucchini, radish, celery, tomatoes, peppers, peas, and carrots.

## Wish List Items

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

### Cricut Supplies

- Vinyl, cardstock

### Bingo Prizes

- Sugar-free candy
- Regular candy

### Extra Clothing

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

### Other

- Incontinence liners (pads)

## Attendance Coupons

Attendance coupons are to be used when your loved one is absent from Adult Day. It may be submitted with your payment for credit on a day of anticipated missed attendance. If it is used after the bill is received, please deduct the amount from your bill and submit a coupon.

Coupons will be received upon enrollment, as well as every June and December that follow. Each set of coupons is good for six months. These coupons do expire, so if they

are not used, please discard them and use the next set of coupons.

If for any reason you do not receive a set of coupons, please reach out to a team member. These coupons are only issued for those who are private pay.

## Staying Active in the Winter Chill



From Frosted Centerpieces;



To sock snowmen and snowman bowling;



From arts and crafts;



To holiday bingo and other holiday activities. Adult Day clients stayed warm and busy this winter!

---

## Nurses Notes

### Bee Stings

Remember, if you are allergic to bees this time of year you should have your EpiPen with you at all times.

### Written Authorization Needed After Exposure

If at any time, even during a closure, a client has tested positive for COVID-19 or any communicable disease, we will need a written authorization from their PCP that the client is safe to return to Adult Day.

Those written authorizations can be faxed to the Adult Day fax number at 717.795.5567 or brought with them on their return day.

---

## Caregiver Support Group

**Location:** Mechanicsburg Church of the Brethren located at 301 Gale Street, Mechanicsburg, PA 17055. The Group meets in the church library. Enter the building from the rear entrance, under the portico. Library is located on the left. **When:** third Tuesday of each month at 1 pm.

For further information, please contact their coordinator: Janie Dull 717.691.6786 or [emilyjdull@gmail.com](mailto:emilyjdull@gmail.com)



---

## Private Facebook Group

To join the Facebook page, please type the following URL directly into your browser:

[Facebook.com/groups/messiahlifewaysadultday](https://www.facebook.com/groups/messiahlifewaysadultday)

or log onto Facebook and type "Messiah Lifeways Adult Day" in the search bar. Click the blue "JOIN" button and you will be prompted to answer a few security questions.

---

## Inspired Thoughts

"Spring is a lovely reminder of how BEAUTIFUL change can truly be"  
- Anonymous

"Where flowers BLOOM, so does hope" - Lady Bird Johnson

---

## Caregiver Connection

Keep an eye out for the spring/summer edition of our Caregiver Connection newsletter, which will focus on purposeful activities for/with your loved one.