

Adult Day Newsletter



Winter 2025

Inclement Weather



In the event of inclement weather during the colder months, Messiah Lifeways Adult Day may choose to close, delay opening, or have an early dismissal.

We send out communications via an automated message system. Please make sure we have your updated phone numbers. The messages will come from our main line, 717.697.4666.

Please also check with the Adult Day Team to ***make sure your loved one has appropriate winter clothing*** here as an extra set in case of emergencies.

Wish List Items

If you would like to donate items to Adult Day, we could use the following items. Thank you!

Bingo Prizes:

- Sugar-free candy
- Regular candy
- Small non-food items

Personal Care Items:

- Sanitary pads (liners)
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2025 Satisfaction Survey Results

Thank you for your feedback. It is invaluable and helps us continually improve our services.

Many families took the time to list specific requests for their loved ones. However, since the survey was conducted anonymously, we are unable to identify individual clients associated with these suggestions.

If you have specific needs or ideas regarding your loved one, we encourage you to reach out to any of our team members. This could include alternate food suggestions, additional activities that you feel are currently missing from our monthly calendar, or any other preferences you may have. We are more than happy to discuss these suggestions with you to better accommodate the needs and abilities of your loved one.

Thank you once again for your commitment and support. Together, we can ensure a fulfilling and

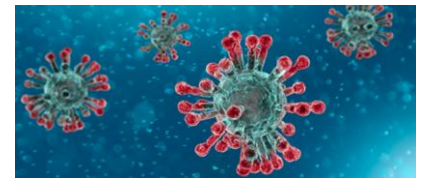
enjoyable experience for everyone in our care.

The Shared Journey Group (Support Group)

Location: Messiah Lifeways Summit Place in Village Square (3rd Floor)
When: 2nd & 4th Friday, 1:00 pm.

Please ask the Adult Day Team for upcoming dates for these meetings.

Illnesses



If your loved one is experiencing any of the following symptoms, please keep them home. These symptoms are consistent with contagious illnesses:

- A fever of 100° or higher
- Discolored nasal drainage
- Chronic, productive cough
- Sore throat accompanied by a fever or swollen glands
- Thick mucus or pus draining from eye(s)

- Diarrhea or vomiting (Two or more episodes within the past 24 hours)
- Shingles with active lesions
- Cases of poison (oak, ivy, etc.) with draining lesions

If a client experiences any of the above symptoms while at Adult Day, the client will be sent home early and will need to remain free of those symptoms for 24 hours before they can return.

Nurses Notes

Hypothermia In The Elderly
Elderly individuals may not recognize the onset of hypothermia due to confusion and cognitive decline. It is crucial for caregivers and family members to monitor for these symptoms, especially during cold weather or if the individual has been exposed to wet conditions.

Hypothermia is a serious medical condition that requires immediate attention. If you suspect someone is experiencing hypothermia, it is essential to seek medical help promptly while taking steps to warm the individual safely.

Shivering: This is often the first sign of hypothermia, although it

may stop as the condition worsens.

Confusion and Memory Loss:

Cognitive impairment can occur, making it difficult for the individual to recognize their condition or respond appropriately.

Weak Pulse and Slow Breathing:

Vital signs may become weak, and breathing can slow down significantly.

Clumsiness and Lack of

Coordination: Physical movements may become unsteady, increasing the risk of falls.

Drowsiness or Low Energy:

Affected individuals may feel unusually tired or lethargic.

Slurred Speech: Communication may become impaired, resembling intoxication.

Cold Skin: The skin may feel cold to the touch, and in severe cases, it can appear pale or bluish.

Physiological Changes: Aging can lead to decreased body fat, slower circulation, and a lower metabolic

rate, making it harder for older adults to retain heat.

Health Conditions: Chronic illnesses such as diabetes, thyroid disorders, and Parkinson’s disease can increase susceptibility to hypothermia.

Environmental Factors: Living in a cold environment or being exposed to cold weather without adequate clothing can lead to hypothermia.



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.

Winter can be tough, but prioritizing self-care is essential for your health and well-being.

Establishing regular habits is key. Ensure you get enough sleep, maintain a balanced diet, and exercise regularly to fend off illness. While indulgence in late nights or special treats is fine, keep them as occasional pleasures outside your routine. Don't forget the small things: wash your hands frequently, stay hydrated, and use moisturizer for your skin. Invest in anti-slip cleats to navigate icy paths safely. Lastly, spend time outdoors; sunlight boosts your mood and enhances your overall wellness. Embrace winter with thoughtful self-care!

Beginning the Winter with FUN

