



**Child and Family
Services
of Southwest Michigan**

Day Services For Seniors

2450 S. M-139 Benton Harbor, MI 49022



You Are Invited ...

**Day Services for Senior's
Christmas Open House**

On **Tuesday, December 21, 2010**, Day Services for Seniors will be hosting a Christmas Open House from **1:00PM to 2:30PM**. This event is for all our clients as well as their family members. There will be appetizers and desserts served as well as a Youth Choir performing. At the end of the event, Santa Claus will pay a visit with a gifts. We would enjoy having you come and join us for this festive event that is sure to fill everyone with holiday cheer. If you are planning on coming, please RSVP us at 934-7355 ext.118

**SPECIAL
POINTS OF
INTEREST:**

- Learn how to cope with changes in personality and behavior with Alzheimers
- A staff member is honored
- Severe winter weather policies
- Christmas activities coming to Day Services

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What Do Our Clients Like Best At Day Services?



Here at Day Services for Seniors, it is very important to the staff that our clients are enjoying themselves when they spend time at the center. Our activities director, Kathy Hammond, is always working hard trying to come up with new ideas and entertaining activities that are enjoyable and interesting. Recently, Kathy sat down with all of the clients and posed the following question: "What do you like best about coming to Day Services?"

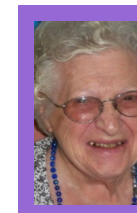


Almost immediately, the clients began to express a wide variety of thoughts about what they enjoy at the center. Their responses ranged from a love for the weekly bingo games to the sing-a-longs with the piano.

Almost everyone had some thing about Day Services that they look forward to when they come. Several of the responses from our happy clients are listed below.



"I like it when I get a chance to ride around town with the guys."
-Tom



"I enjoy the mornings when we get to have exercise time."
-Marjorie



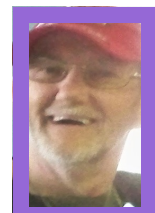
"All I have to say is that it is like heaven on earth here at Day Services."
-Rudy



"I love the people at Day Services and I love the chance to help out."
-Mary



"Doing things makes you live longer rather than sitting. That's what we do here."
-James



"I enjoy the afternoons when I get to play cards with other people."
-Melvin





From Debra's Desk: Changes In Personality And Behavior With Alzheimer's Disease

Because AD causes brain cells to die, the brain works less well over time. This changes how a person acts. You will notice that he or she will have good days and bad days.

Here are some common personality changes you may see:

- Getting upset, worried and angry more easily
- Acting depressed or not interested in things
- Hiding things or believing other people are hiding things
- Imagining things that aren't there
- Wandering away from home
- Pacing a lot of the time
- Showing unusual sexual behavior
- Hitting you or other people
- Misunderstanding what he or she sees or hears

Also, you may notice that the person stops caring about how he or she looks, stops bathing and wants to

wear the same clothes Everyday.

Other factors that may affect how people with AD behave are as follows:

- Sadness, fear or feeling of being overwhelmed
- Stress caused by some thing or someone
- Confusion after a change in routine, including travel
- Anxiety about going to a certain place
- Health-related Problems such as:

- Illness or pain
- New medications
- Lack of sleep
- Infections, constipation, hunger, or thirst
- Poor eyesight or hearing
- Alcohol abuse
- Too much caffeine

- Problems in their Surroundings such as:
- Being in a place he or she does not know well.
- Too much noise

such as TV radio or many people talking at once. Noise can cause confusion or frustration. Misunderstanding signs. Some signs may cause confusion, For example, one person thought a sign reading "wet floor" meant he should urinate on the floor.

- Mirrors. Someone with AD may think that a mirror image is a other person in the room.

You may see changes in behavior that the disease didn't cause. For example certain medicines, severe pain, poor eyesight or hearing, and fatigue can cause behavior changes. If you don't know what is causing the problem call the doctor.

DAY SERVICES 2010 HOLIDAY SCHEDULE

CENTER CLOSED ON:

12-23-2010
Christmas Eve

12-24-2010
Christmas Leave

12-30-2010
New Years Eve

12-31-2010
New Years Leave

A Note Of Thanks:

Day Services for Seniors is a non-profit agency that often times relies on the donations of others. This month we want to acknowledge the generosity of some very special individuals who contributed to the work that we do here:

* Joan Hohnstein donated a gasoline gift card to assist in filling up our vehicles that transport our clients back and forth.

* Sue Roemer donated snack for the clients at Day Services

* Donna Thompson made clothes protectors for the clients when they eat as well as donated Christmas tins

Partner With Us And Give A Gift This Season That Is Priceless



DAY SERVICES FOR SENIORS Memorials, Honoraria and Gifts

I want to support the work of Day Services For Seniors by becoming a:

- Friend (\$25-\$100)
- Sponser (\$101-\$200)
- Patron (\$201-\$500)
- Benefactor (\$500 +)

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

IN MEMORY / HONOR OF: _____

Make checks payable to: Child and Family Services

PO Box 8789, Benton Harbor, MI 49022

"Perhaps the best Yuletide decoration is being wreathed in smiles."

- a quote by Larry Wilde

Peggy's Cooking Corner



Peggy's recipe for the month is called the "Lazy Housewife." It is a dish that she learned from her mother, Florance, many years ago. Of course, Peggy was quick to add, "My mother was anything but lazy." Then with a laugh, she explained that there was period of time during the war when her father was very sick and her

mother had to find work in order to support the family. After long hours working a job that helped the war effort, Peggy's mother needed to fix a meal that was very simple and could be made quickly. That is when she came up with dishes such as the one featured this month:

LAZY HOUSEWIFE

- 1 lb. ground beef
- 1 lbs. potatoes
- 1/2 cup of onions
- 1 can of drained corn
- 1 can of drained peas
- 1 can of whole tomatoes

As stated earlier, directions for this dish are very simple. To start, the ground beef must be browned. Once this is done, the ground beef and the rest of the ingredients are placed in a dutch oven and mixed together very carefully. Allow the ingredients to cook thoroughly and then serve.

This dish has proven to be very tasty this past month when it served as one of our lunch time meals. Give this recipe a try at home and you may find that you will love it as much as us.

Just A Reminder: Please remember that when you have a loved one that will not be attending Day Services on day that they are scheduled to be here, it is very important that you call us and let us know that they will not be coming. You may call Ron Frank at 934-7355 at ext. 118 when this occurs. Thank you for helping us maintain an efficient and excellent program here at Day Services.