



**Child and Family  
Services  
of Southwest Michigan**

**Day Services For Seniors**

2450 S. M-139 Benton Harbor, MI 49022



# Afternoon Fun At Day Services



Life here at Day Services for Seniors is anything but dull. There is always some sort of activity taking place that has everyone smiling and enjoying themselves.



One of the more popular afternoon events is our Game Time. Everyone gets involved in games like Bingo and Dominoes. It isn't long before the sound of laughter and shouts of "Bingo!" fill the center. One of our clients, Helen, will tell everyone that Bingo time is her favorite time of the day. Another

popular activity at the center is the weekly tea party with our "Red Hat" group. Delicious tea and cookies are enjoyed as the ladies chat and enjoy each others company. And while the ladies participate in activities like the Tea Party, the men spend time

bowling—both at the Day Services Center as well as at Blossom Lanes. A special congratulations to Melvin who had highest score at Blossom Lanes this past month!



**SPECIAL  
POINTS OF  
INTEREST:**

- Learn how to cope with changes in communication skills
- Beauty Days are here at Day Services
- Another amazing recipe from Peggy
- Find out what an afternoon here at Day Services is like

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# Oktoberfest Comes To Day Services



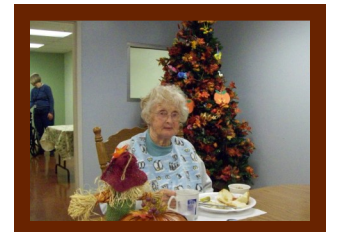
On Wednesday, October 20th, Day Services for Seniors had it's annual Oktoberfest party. It was an incredible event that was kicked off with some polka music presented by the musical group "Heart and Soul." As performers, Wil and Marilyn Smaka, led our group in songs like "Polka State of Mind" and "Tulips From Amsterdam", many of us could not resist the urge to get up and dance. It wasn't long before the floor was filled with dancing while several of our other clients



smiled, clapped their hands and tapped their feet from their seats. After a rousing time of music and dancing, we headed back to the dining room for a delicious German flavored meal prepared by our resident cooks, Peggy and Dorothy. We feasted on sauer-



kraut, brats, german potato salad and apple crisp. Several of our clients even began to reminisce about eating meals like that when they were children. All in all, it was an amazing day of music, fun and food!





## From Debra's Desk: How To Cope With Changes In Communication Skills

The first step is to understand that the Alzheimer's disease causes changes in these skills. The second step is to try some tips that may make communication easier. For example, keep the following suggestions in mind as you go about day-to-day care.

### To Connect with a Person who has AD:

- Make eye contact to get his or her attention, and call the person by name.
- Be aware of your tone and how loud your voice is, how you look at the person, and your "body language." Body language is the message

you send just by the way you hold your body. For example, if you stand with your arms folded very tightly, you may send a message that you are tense or angry.

- Encourage a two-way conversation for as long as possible. This helps the person with AD feel better about themselves.
- Use other methods besides speaking to help a person, such as gentle touching to guide them.
- Try distracting someone with AD if communication creates problems. For example, offer a fun activity such as a walk.

### To Encourage the Person with AD to Communicate with You:

- Show a warm, loving, matter-of-fact manner.
- Hold the person's hand while you talk.
- Be open to the person's concerns, even he or she is hard to understand.
- Let him or her make some decisions and stay involved.
- Be patient with angry outbursts. Remember, it's the illness talking.
- If you become frustrated take a "time out for yourself."

### DAY SERVICES 2010 HOLIDAY SCHEDULE

#### CENTER CLOSED ON:

11/25/2010  
Thanksgiving Day

11-26-2010  
Day After  
Thanksgiving

12-23-2010  
Christmas Eve

12-24-2010  
Christmas Leave

12-30-2010  
New Years Eve

12-31-2010  
New Years Leave

## Our "In House" Beauty Day

One year ago, Day Services for Seniors was lucky enough to acquire a new staff member with a hidden talent. Angel has proven to have an amazing skill for painting



nails. Once a week, she has a "Beauty Day" with the clients and pampers them with a variety of services. When asked where she learned so much about nail design, Angel said that she had never done nails before



coming to work here but everyone seems to enjoy it a lot. This is proven by the smiles on all of her happy clients.

## Partner With Us In Memory or Honor of a Loved One



### 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

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## Peggy's Cooking Corner



the railroad tracks where many "hobos" would hang out. Often times, these hobos would come up to her grandmother's house for a meal. It was based on this fond memory that Peggy decided to serve this dish.

Directions for this dish are very simple. To start, the ground beef must be browned. Then the carrots and potatoes must be cooked. (It is not necessary to peel the carrots or potatoes. Remember: this is a Hobo Dish.) Lastly, combine all of the ingredients and cook on top of the stove until it is done.

### Hobo Dish

- 2 lbs. ground beef
- 2 lbs. potatoes
- 4 cups of carrots
- 2 cans of mushroom or chicken cream soup
- 1 1/2 Tablespoon or Worcester Sauce

This meal has been served twice at Day Services and has been really enjoyed by everyone. We look forward to the next time Peggy will serve it. Give this recipe a try at home and you may find that you will love it as much as us.

Peggy has a great meal that is featured this month—**The Hobo Dish**. Several weeks ago, we were all surprised when Peggy walked out of the kitchen area dressed as a "hobo", complete with a satchel on a stick, and introduced this amazing dish. She explained that when she was young, her grandmother lived by

*"Resolve to be tender with the young, compassionate with the aged, sympathetic with the striving, and tolerant with the weak and the wrong. Sometime in your life you will have been all of these."*

*- a quote by Dr. Robert H. Goddard*

**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.