



**Child and Family
Services
of Southwest Michigan**

Day Services For Seniors

2450 S. M-139 Benton Harbor, MI 49022

Oktoberfest

Join us on **Wednesday, October 20th** for our annual DSS Oktoberfest. It will be a day that you won't soon forget as we celebrate the season with a variety of events. At **10:00AM** we will be bringing back "The Music Connection" for some live polka music. This talented band, led by Will and Marilyn Smaka, is sure to get everyone up and dancing. At **12:00PM**, a festive lunch with a German theme of Hot Dogs, Brats, Sauerkraut, German Potato Salad and a surprise fall dessert will be served.

This event is open to all of our clients as well as their families. If you plan to attend, please RSVP the DSS office at **934-7355 at ext. 118** by **Monday, October 18th**. This is a party that you will not want to miss!



**SPECIAL
POINTS OF
INTEREST:**

- Learn to communicate better with an Alzheimer's patient!
- An employee dunk tank to raise funds for United Way
- Another amazing recipe from Peggy
- Several new employees to welcome to Day Services

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DAY SERVICES TODAY

VOLUME 1, ISSUE 4

OCTOBER 1, 2010

Annual Day Services Rummage Sale



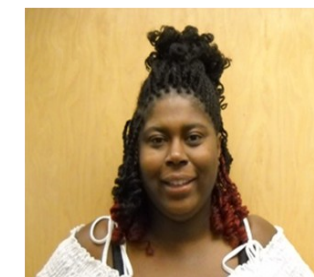
We would like to give a **BIG THANK YOU** to everyone who donated items for our rummage sale: Barb Lieble, Sara

Petrosuis, Sandra Reynolds, Bobbi Gilpin, Wayne Belke, Dorothy Powers, Kathy Hammond, Heather Kaler, Sue Struwin, Cindy Albanese, Jeanne Albanese, Delores Rickel, Caroline Swingler, 3D Trucking, Debra Malich, Eileen Chesser, Cindy Eisenheart, Heidi Kusaka, and Peggy Myers. The Rummage Sale was a lot of fun and big success. With all of your donations, we were able to just about double our profit from last year. All profits will

go towards activities for our clients. Without your donations our rummage sale would not have been the success that it was. We hope to do it again next year!



Welcome Our New Employees at Day Services



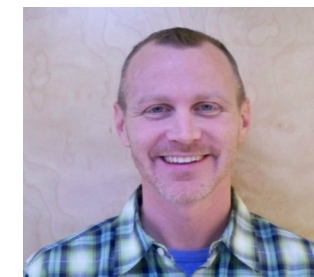
Larunda Simmons



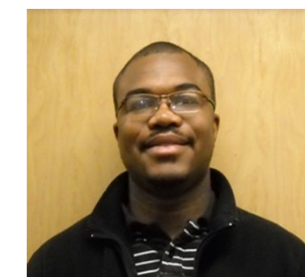
Inessa Jackson



Mary Reck



Ron Frank



Lionel Johnson

While **Heather Kaler** will no longer be working at Day Services, she will not be forgotten and will be very missed by both her co-workers and clients. We wish her well in her future endeavors.

From Debra's Desk

From Caring For Someone with Alzheimer's Disease: Your Easy-To-Use Guide



Challenge: Changes In Communication Skills

Communication is hard for people with AD because they have trouble remembering things. They may struggle to find words or forget what they say. You may feel impatient and wish they could just say what they want, but they can't. It may help you to know more about common communication problems caused by AD. Once you know more, you will have a better sense of how to cope.

Here are some communication problems caused by AD:

- Trouble finding the right word when speaking

- Problems understanding what words mean
- Problems paying attention during long conversations
- Loss of thought when talking
- Trouble remembering the steps in common activities, such as cooking a meal, paying bills, getting dressed, or doing laundry
- Problems blocking out background noise from the radio, TV, telephone calls, or conversations in the room
- Frustration if communication isn't working

- Being sensitive to touch and to tone and loudness of voice

Also, AD can cause some people to get confused about language. For example, the person might forget English or no longer understand if it was learned as a second language. Instead, he or she might understand and use only the first language learned—such as Spanish.

Next month: How To Cope With Changes In Communication Skills

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

United Way Fundraiser

Day Services For Seniors along with the rest of Child and Family Services held various events during the week of August 27th to raise money for United Way. Our staff and clients participated in several of the events including the spelling bee as well as the dunk tank, which held our executive director—Warren Washington.



We are very pleased to announce that all of our clients

successfully hit the bulls eye and dunked our executive director.

Our staff and clients look forward to

fundraising for United Way again next year.

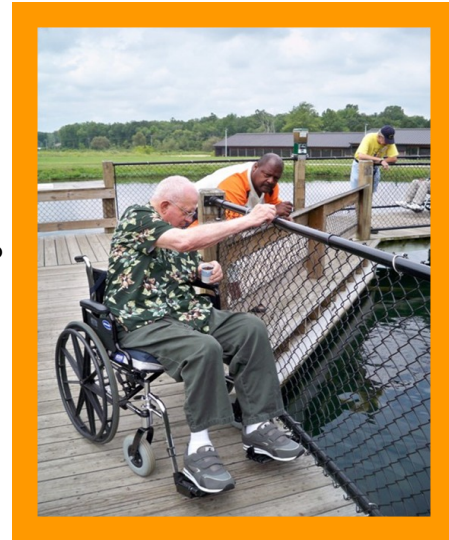
Our Day Center Activities

Kathy, our Activity Director, has been making the most of the beautiful days this summer. We have been taking trips to the Fish Hatchery in Mattawan (pictured to the right) and even had lunch at Redemack's in New Buffalo.

We have been traveling the USA once a week, discussing the history of a state along with some trivia. The men's group has had the opportunity to go fishing at a local pond several times this summer, while the women's group

has enjoyed tea and crumpets.

We are looking forward to the beautiful colors that fall brings. Kathy will be taking the clients on drives around the area to see the leaves changing on the trees and all of the local autumn scenery. Clients will also be taking a trip to local farms to pick up pumpkins and apples for the center. The pumpkins will be great



decorations for the pumpkin pie social.

Peggy's Cooking Corner



all of our faces. We are sure that you will enjoy this simple recipe as well.

Normandy Chicken

- 2lbs Normandy blend vegetables
- 1/2 cup pesto sauce
- 1/4 cup grated parmesan cheese
- 1/2lb boneless chicken breast sliced into strips
- 1/2lb penne pasta
- 2 Tablespoons of oil

Cook the penne pasta according to the directions on the box and drain. (a different type of pasta can be substituted for the penne pasta) Use a large skillet to heat the oil over medium high heat and add the sliced chicken breast. Cook the chicken until it is no longer pink and then remove it from the skillet. Place the chicken in a bowl. Add vegetables to the same skillet that the chicken was in and cook them for 7-10 minutes. Once this is complete, add the cooked chicken, pesto sauce, parmesan cheese and cooked pasta to the vegetables. Stir together and heat thoroughly before serving.

Peggy's creative thinking in the kitchen allows the clients at Day Services to enjoy meals dear to their hearts and good for them as well. All of Day Services meals are diabetic and well balanced. This month's recipe was particularly popular with the clients. It "hit the spot" and put a smile on

A Quick Thank You:

We want to extend a big thank you to Susan Roemer for sending in nail supplies. Our program assistant, Angel, does a great job!