



Newsletter

RIVERVIEW ADULT DAY CENTER

We are a safe place providing professional day services for adults and respite for caregivers.

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DIRECTOR'S CORNER

Happy October!! What a fun month it's going to be! The Trinity Preschoolers will come visit us all dressed up in their costumes looking for some treats! We will also have a special Halloween party! Not to mention all the other fun activities that Val has in store for everyone.



Please join me in welcoming a few new guests to Riverview ADC. Jim, Amber, and Bernita started last month and are fitting right in with everyone else! We also have a new "toy" that everyone seems to be enjoying. We bought an Alexa with a grant that we received. Our guests enjoy

playing games like Deal or No Deal and Jeopardy or just asking her questions. Ask your loved one about Alexa and see what they say.

Hope you all have a great month!

Nikki

REMINDERS

- If your loved one will not be attending, make sure you call the Guest Cancellation line by 9:00 am.
- If there is something on the menu that your loved one does not like, please provide something that they will eat for that day.

**ANYONE WHO THINKS FALL LEAVES ARE DEAD HAS NEVER WATCHED THEM DANCING ON A WINDY DAY.
SHIRA TAMIR**

HEALTH CORNER

Flu season is around the corner; so please encourage your loved ones to get vaccinated. The CDC recommends a yearly flu vaccine for everyone 6 months and older by the end of October. If you miss this deadline it is still beneficial to receive the flu vaccine since flu season usually peaks in the US between December and February. In addition to the vaccine-preventative, measures such as hand washing and staying away from sick people can help prevent the spread of flu and other illnesses.

Symptoms of the flu are as follows: cough,

sore throat, fever, and muscle/body aches. Flu can lead to serious complications. Please keep your loved one home if they are ill, and consult with the physician. Please let us know when your loved one receives their flu vaccine. You may visit the HealthMap Vaccine Finder online to find a location near you where you can receive a flu vaccine if you are unable to see your physician.

Let's work together and vaccinate to protect our loved ones.

Thank you,

Crystal Kulczar LPN/ Health Services Director

OCTOBER ACTIVITIES

w i t h V a l

Happy Fall everyone!! This is going to be a fun month to celebrate!! We have great fall crafts, great fall food to bake and entertainment to boot!

The Library visits on the 5th, the Zoo on the 17th and Rufus our four-legged friend will be here on the 20th.

On the 12th we will have a Fall Festival with games, Bingo, a special lunch and snacks throughout the day

Our Halloween party will be on the 31st. We have a special guest coming to do face painting... beware someone may be going home not looking quite the same as when they arrived.

Remember the last Wednesday of the

month is Vending Machine Wednesday. If you are able to give your loved one a dollar (or you may give it to our driver for them) that would be great.

We have three birthdays this month, Dorothy, Mercedes and Edna.

The two signs associated with the month of October are Libra and Scorpio. People born from October 1st to October 22nd are members of the Libra sign. As a Libra desires security and harmony above all else, those born under the sign can be identified by the organization applied to all aspects of their lives. For those born from October 23rd to October 31st, they are members of the Scorpio sign. The Scorpio is

resilient and opinionated, which explains why they are amongst the most driven of the zodiac signs.

Opal and Tourmaline are the October birthstones. Tourmaline is believed to have derived its name from the word Toramalli meaning something that is out of the earth. The Opal has a unique property in changing color, believed to indicate the health and mental alertness and fitness of the wearer.

The October birthstone color is associated with purity, innocence, hope and faith.

Happy Birthday to the three of you, and happy October to the rest of us!!

WANDERING

People with dementia walk seemingly aimlessly, for a variety of reasons, such as boredom, medication side effects, or to look for "something" or someone. They also may be trying to fulfill a physical need—thirst, hunger, a need to use the toilet, or exercise. Discovering the triggers for wandering are not always easy, but they can provide insights to dealing with the behavior.

- Make time for regular exercise to minimize restlessness.
- Consider installing new locks that require a key. Position locks high or low on the door; many people with dementia will not think to look beyond eye level. Keep in mind fire and safety concerns for all family members; the lock(s) must be accessible to others and not take more than a few seconds to open
- Try a barrier like a curtain or colored streamer to mask the door. A "stop" sign or "do not enter" sign also may help.
- Place a black mat or paint a black space on your front porch; this may appear to be an impassable hole to the person with dementia.

- Add "child-safe" plastic covers to doorknobs.
- Consider installing a home security system or monitoring system designed to keep watch over someone with dementia. Also available are new digital devices that can be worn like a watch or clipped on a belt that use global positioning systems (GPS) or other technology to track a person's whereabouts or locate him if he wanders off.
- Put away essential items such as the confused person's coat, purse, or glasses. Some individuals will not go out without certain articles.
- Have your relative wear an ID bracelet and sew ID labels in their clothes. Always have a current photo available should you need to report your loved one missing. Consider leaving a copy on file at the police department or registering the person with the Alzheimer's Association Safe Return program or other emergency tracking service.
- Tell neighbors about your relative's wandering behavior, and make sure they have your phone number.

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