

SHARING CLIENT EXPERIENCES - Highlights from OCTOBER

OUR CLIENTS enjoyed the festivities of Thanksgiving, revisiting traditions and history thereof. We geared many activities around holiday themes to round out the month.

We have welcomed some new active games. Our clients practiced their “long” bowling skills down our hallway. Blending mathematics into an active activity as well as mimicking every day physical moves into our fitness class. Clients continue to be educated on the importance of exercise and how it enables safe and purposeful movement at home.

Every afternoon clients participated in a self directed “group fun” activity. We offered adult coloring, dominos, jenga, cards, board games, painting, ipads, newspapers, sketching, knitting/crocheting and word searches. In a busy day this open time enables clients to feel a sense of self control and esteem through their personal choice.

We welcomed Phyllis who shares her worldly sounds of music and singing. Our clients are assisted up and encouraged to dance and reconnect with songs from the past. Music has an ability to transcend across age, ability, gender and ethnicity. Disability and personal challenges are set aside and the body, mind and soul connected by the rhythm and lyrics of the songs. Dancing and singing is a right and left brain activity and therapeutic in nature.

The month came to a close with an introduction to Falls Prevention, a fitness program to begin in “Movember” designed with falls prevention movements and an educative component to empower our clients to maintain safe walking and maneuvering at home and in the community.

Towards the end of October our clients were given their own mini pumpkins to paint and design using a variety of mediums. Clients are always encouraged to try something different and meander out of their comfort zone as evidence shows engaging in a task differently can assist in keeping the brain sharp.

OUR STAFF attended several professional workshops to keep their skills, knowledge and practice sharp and evidence based. Julie attended two courses; Mental Health First Aid and Room 217 Foundation, which is a music-based health arts organization.

Toyoko and Joanna attended Gentle Persuasive Approach (GPA) which provides techniques to improve strategies and practices when responding appropriately to responsive behaviours in our clients with dementia.

Shane attended Functional Fitness for Adult Day Program through Canadian Centre for Activity and Aging. Watch for a new Focus Fitness program coming soon.

We are committed to best practice and quality programming for our clients. Please ask our staff what your loved one engaged in as we are excited to share how well they did.



Adult Day Program Newsletter

NOVEMBER
2018 Edition

Adult Day Program Team:

MANAGER

Kate
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ACTIVITY PROGRAMMER

Julie

RECREATION THERAPIST

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PERSONAL SUPPORT WORKKERS

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For more
information, visit:
www.uhs.on.ca

MOVE OVER OCTOBER - It's



Health changes occur over time as we age but men and women experience these changes differently. Special attention is being paid to men's health and health promotion during the month of November.

So how do you give yourself the best possible chance for a long, healthy life? Although you aren't able to control every factor that affects health as you age, many are in your hands. Some key tips to living a long, healthy life include:

- Make healthful lifestyle choices - don't smoke, eat right, practice good hygiene, and reduce stress in your life
- Have a positive outlook
- Stay as active as possible - mentally and physically
- Take safety precautions
- See your health care provider regularly and follow his /her recommendations for screening and preventative measures

One of the most important things you can do to stay healthy in your golden years is to **maintain your sense of purpose** by staying connected to people and things that matter to you. Taken from “Remedy's Health.com communities” website.

We are asking our male clients to join Shane in growing some facial hair over the month of November to commemorate this very important topic of men's health.

NEW UNIONVILLE HOME SOCIETY ADULT DAY PROGRAM

4300 Highway 7 • Unionville, Ontario • L3R 1L8 • (905) 477- 2839 ext 4265

MOVE OVER OCTOBER - IT'S NOVEMBER !

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Client Daily Activities: 8:00 -9:30 am ME TIME 10:00 am RANGE OF MOTION GAMES 11:30 am BRAIN FUN 1:15 pm JOGGIN' THE NOGGIN' 1:30 pm MEANINGFUL MOVEMENTS 2:30 pm GROUP FUN				
5. 9:30 FALLS PREVENTION FITNESS 11:00 RHYTHM AND RHYME HOUR 1:30 CHAIR MEDITATIONS	6. 9:30 POPPY FIELD COLLAGE ART 11:00 SOUND ENVIRONMENT	7. 9:30 FALLS PREVENTION FITNESS 11:00 LEAF RAKE GAME 1:30 CHAIR MEDITATIONS	1. 9:30 MEN'S CLUB MEETING/ LUCKY LADIES GATHERING 10:45 POPPIN' POPPIES WITH LYNNE	2. 9:30 REVIEWS AND FLAP JACKS 10:00 P-FIT/FOCUS FITNESS 10:45 POPPIN' POPPIES WITH LYNNE
12. 9:30 TRUE OR FALSE YOUR CHOICE 11:00 BAKING MUSTACHE CUPCAKES 1:30 "MO"VEMBER STACH GUESS	13. 9:30 FALLS PREVENTION FITNESS 10:45 BAKING MUSTACHE CAKE 1:30 "MO"VEMBER FOR HEALTH	14. 9:30 "MO"VEMBER LIGHTNING ROUND 11:00 "MO"VEMBER HEALTH RE- VIEWS	15 9:30 FALLS PREVENTION FITNESS 10:00 MEN'S CLUB (HAND CARE)/ LOVELY LADIES HOUR 1:30 CRANBERRY BARK WITH SEAN	16 9:30 MANLY PUZZLING 10:00 P-FIT/FOCUS FITNESS 10:45 BINGO BUDDIES
19. 9:30 FALLS PREVENTION 11:00 MUSIC, MEMORIES AND MELODIES	20. 9:30 BOOMWACKER MELODIES 10:45 MIX MATCH AND FLOSS A WORD	21. 9:30 FALLS PREVENTION 11:00 MIXED MEDIA FOIL ART - PART 1	22. 9:30 PICTURE THIS WITH FEELINGS 11:00 MEN'S CLUB/LADIES CLUB 1:30 CHAIR MEDITATIONS	23 9:30 READY FOR WINTER ~ WHAT & HOW TO BE 10:00 P-FIT/FOCUS FITNESS 11:00 BINGO BUDDIES
26 9:30 OVERDOSING WITH DANCING 11:00 TOSS IT, ROLL IT, BOWL IT 1:15 MEN'S CLUB/LADIES CLUB	27. 9:30 FALLS PREVENTION FITNESS 11:00 FUN WITH WORDS 1:15 SERENADES WITH PHYLLIS	28. 9:30 OVERDOSING WITH DANC- ING 11:00 MIXED MEDIA FOIL ART PART 2 1:30 CHAIR MEDITATIONS	29. 9:30 FALLS PREVENTION 10:45 SOUND ENVIRONMENT 1:15 MEN'S CLUB/LADIES CLUB	30. 9:30 CURRENT VIEWS AND NEWS 10:00 P-FIT/FOCUS FITNESS 11:00 BINGO BUDDIES 1:30 MUSTACHE SEND OFF ~ SAY "CHEESE"