

The Senior Day Program Newsletter

March 2023

MARCH

You may have met Kellan, our OT Doctoral Student from Texas Women's University. She has been so helpful to our participants and staff since she started in February, and is "a natural" at working with people living with dementia. She is putting together a wonderful book of information for new (and current) participants in the day program! Several people have let us know that the admission and starting process can be overwhelming—the paperwork, the policies regarding signing in/out, etc....so this guide will be as comprehensive as possible to help our participants and families. Once this is completed, Kellan will be contacting Day Program families by either phone or email, and asking for a few minutes of your time to complete a needs-assessment survey. The results of this survey will be used to help shape the new programs and services we want to offer for participants. I hope you will respond and help us to continue to enhance our program!



Find us on:
facebook

Please check out and "LIKE" the new James L. West Senior Day Program Facebook page. You'll see photos of events/activities, important reminders and announcements and our monthly calendars.

Please be mindful of our signing in/out process. With the increase in admissions, the sign in sheet is now front and back. It is labeled with the day and date. Signing out is just as important as signing in. We know people get in a hurry, but please make a point to ensure you're signing on the correct sheet for the correct person that you are dropping off/picking up. This is important not only for billing, but for any emergency situations—especially as we continue to grow, we have to know who is here and when. Thank you!

**PLEASE
SIGN OUT
BEFORE
LEAVING**



Lunch Outing: Wednesday, March 29th

We will be going on a lunch outing Wednesday, March 29th. If you do not want your loved one to attend, but do plan to bring him/her on the 29th, please let staff know. No money needed that day for the outing, as we can bill you on your monthly statement. If you have any questions or concerns, please let us know!

March 2023 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		Swiss Steak with Gravy Mashed Potatoes Green Beans Dinner Roll Peach Cobbler	Herb Baked Chicken Thighs Black-eyed Peas Vegetable Medley Warm Roll Cream Pie	Crispy Beef Taco Spanish Rice Borachio Beans Picante Sauce Sour Cream Sopapilla Cheesecake
Country Ham Au Gratin Potatoes Seasoned Greens Cornbread Chocolate Cream Pie	Glazed Meatloaf Red Roasted Potatoes Seasoned Green Beans Dinner Roll Gelatin Parfait	Country Fried Steak w/Cream Gravy Garlic Mashed Potatoes Buttered Carrots Roll Cookies and Cream Mousse	Chicken w/Mushrooms Pasta Italian Blend Vegetables Cheesy Garlic Breadstick Escalloped Peaches	Fried Fish Seasoned Potato Wedges Coleslaw Hush Puppies Poke Cake
Oven Fried Chicken Mac and Cheese Broccoli Garlic Cheese Biscuit Orange Zephyr Whip	Beef Brisket Pinto Beans Coleslaw Texas Toast Apple Cobbler	Garlic Baked Chicken Herbed Red Potatoes Mixed Veggies Dinner Roll Cherry Pie	Sliced Ham Whipped Sweet Potato Seasoned Green Beans Dinner Roll Frosted cupcake	Cajun Baked Tilapia Dirty Rice Fried Okra French Bread Pineapple Dream Dessert
Rosemary Chicken Thighs Baked Potato Seasoned Okra Dinner Roll Pudding Parfait	Beef Stroganoff Egg Noodles Green Beans Breadstick Lemon Pie	Sliced Pork w/Gravy Sweet Potato Casserole Seasoned Cauliflower Dinner Roll Texas Sheet Cake	Cilantro Lime Chicken Rice Pilaf Charro Beans Tortilla Chips w/Salsa Custard Pie	Fried Fish Steak Fries Creamy Coleslaw Hush Puppies Mixed Berry Cake
Ranch Chicken Glazed Carrots Squash Casserole Biscuit Glazed Orange Cake	Spaghetti and Meat Sauce Winter Mix Veggies Tossed Salad Garlic Bread Peppermint Mousse Pie	Chicken Pot Pie Mixed Green Salad Saltine Crackers Pumpkin Spice Blondies	Herb Crusted Pork Loin Mac and Cheese Roasted Veggies Dinner Roll Hot Spiced Peaches	Catch of the Day Black eyed peas Okra and Tomatoes Biscuit Sweet Potato Pie

An alternate will be offered if the participant does not like the meal. Special diets may have slight differences in the menu.

The James L. West Senior Day Program Team

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March 2023 Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<i>*Weather Permitting there will be outdoor time in the a.m. or p.m.</i>		1 9:30 Devotional Daily Chronicle/This Day History Exercise 1:00 Weekly Wellness w/Joan 2:00 Golf Putting 3:30 March Monthly Gazette	2 9:30 Devotional Daily Chronicle/This Day History Exercise 1:00 Flip it! Card Game 2:00 Basketball 3:00 Bingo with Angel	3 9:30 Devotional Daily Chronicle/This Day History Exercise 1:00 Puzzle: Mad Science 2:00 Beading Butterfly 2:00 Music Therapy w/Cara	4
5	6 9:30 Devotional Daily Chronicle/This Day History Exercise 1:00 Alamo Puzzle and March IQ Trivia 2:00 Cookin' with Kellan 3:30 IN2L Fun	7 9:30 Devotional Daily Chronicle/This Day History Exercise 10:30 Grandfriends Generations Program 1:00 Flip it Card Game 2:00 Music Therapy w/Julia 3:30 Outside/Snack	8 9:30 Devotional Daily Chronicle/This Day History Exercise 1:00 Women Throughout History 2:00 Spa Fun and Hand Massages 3:00 Table Games 4:00 Basketball	9 9:30 Devotional Daily Chronicle/This Day History Exercise 1:00 Weekly Wellness w/Joan 2:00 Texas Winds (Clarinet) 3:00 Dice Movement Game	10 9:30 Devotional Daily Chronicle/This Day History Exercise 1:00 This and That Trivia 2:00 Crafting with Chandra 2:00 Music Therapy w/Cara	11
12	13 9:30 Devotional Daily Chronicle/This Day History Exercise 1:00 Working with Tools Puzzle 2:00 Shamrock Art 2:45 Dance and Move with Jen 3:30 IN2L Fun	14 9:30 Devotional Daily Chronicle/This Day History Exercise 10:30 Grandfriends Generations Program 1:00 Dot Doodles 2:00 Music Therapy w/Julia 3:00	15 9:30 Devotional Daily Chronicle/This Day History Exercise 1:00 Weekly Wellness w/Joan 2:00 Live music w/George 3:00 Golf Putting	16 9:30 Devotional Daily Chronicle/This Day History Exercise 1:00 Good News Puzzle 2:00 Salt Crystals with Angel 3:30 Puzzles and Games	17 9:30 Devotional Daily Chronicle/This Day History Exercise 1:00 Find the Hidden Shamrock!, St. Pat's Rhyme Time, Truth or Blarney Shamrock Shakes Snack 2:00 Music Therapy w/Cara WEAR GREEN!	18
19	20 9:30 Devotional Daily Chronicle/This Day History Exercise 1:00 You be the Judge 2:00 Rock Painting 2:45 Dance and Move w/Jen 3:30 IN2L Fun	21 9:30 Devotional Daily Chronicle/This Day History Exercise 10:30 Grandfriends Generations Program 1:00 Jeopardy Trivia 2:00 Music Therapy w/Julia 3:30 Music Sing Along	22 9:30 Devotional Daily Chronicle/This Day History Exercise 1:00 Weekly Wellness w/Joan 2:00 Drum Circle with Kenny 3:00 Ring Toss	23 9:30 Devotional Daily Chronicle/This Day History Exercise 1:00 Who am I? 1950s edition 2:00 Cookie Baking 3:00 Bingo with Angel 4:00 Beanbag Twister	24 9:30 Devotional Daily Chronicle/This Day History Exercise 1:00 March Modern Trivia 2:00 Tin Can Paint and Grow 2:00 Music Therapy with Cara	25
26 2	27 9:30 Devotional Daily Chronicle/This Day History Exercise 1:00 Phrases and Sayings Quiz 1:30 Button Butterfly 2:45 Dance and Move w/Jen 3:30 IN2L Fun	28 9:30 Devotional Daily Chronicle/This Day History Exercise 10:30 Grandfriends Generations Program 1:00 You be the Judge 2:00 Music Therapy w/Julia 3:30 Ping Pong Ball	29 9:30 Devotional Daily Chronicle/This Day History Exercise LUNCH OUTING: Mexican Inn 2:00 Relax and Hand Massage 3:00 Family Word Search	30 9:30 Devotional Daily Chronicle/This Day History Exercise 1:00 Single Letter Answer Quiz 2:00 Live Music w/Andy 3:00 Rock Painting	31 9:30 Devotional Daily Chronicle/This Day History Exercise 2:00 Weekly Wellness Chat: 2:00 Trivia 2:00 Music Therapy with Cara	