

The Senior Day Program Newsletter

May 2023

The James L. West Senior Day Program Team



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Monday	Tuesday	Wednesday	Thursday	Friday
Roast Turkey Rosemary Roasted Potatoes Squash Casserole Dinner Roll Honey Bun Cake	1 Tamale Pie Breaded Zucchini Sticks Tossed Salad Dulce de Leche Brownies	2 Fried Chicken Scalloped Potatoes Green Beens Dinner Roll Peanut Butter Pie	3 Chili Verde with Pork Fluffy Rice Buttered Corn Biscuit Fruit Cup	4 Catch of the Day French Fries Caesar Salad Hush Puppies tartar Sauce Orange Creamsicle Cake
Country Fried Steak Mashed Potatoes Green Beans Dinner Roll Tropical Fruit Salad	8 Chicken Fajitas Spanish Rice Fajita Blend Veggies Shredded Lettuce and Chopped Tomato Warm Tortilla Churro	9 Philly Steak Sandwich Potato Wedges Coleslaw Ketchup Cheesecake w/Sauce	10 Soft Beef Taco Black Beans Buttered Corn Pina Colada Square	11 Fish of the Day Roasted Red Potatoes Seasoned Green Peas Cornbread Tartar Sauce or Cocktail Sauce Orange Zephyr Whip
Beef Pepper Steak Mashed Potatoes California Blend Veggies Dinner Roll Lemon Pie	15 Braised Pork Chop w/Gravy Blackeyed Peas Green Beans Roll Margarita Mousse	16 Rosemary Lemon Chicken Rice Pilaf Squash and Red Pepper Dinner Roll Fruit Crisp	17 Sliced Ham Roasted Sweet Potatoes Seasoned Greens Cornbread Chocolate Cake	18 Fried Fish Potato WEdges Sauteed Zucchini Hush Puppies Cream Pie
Oven Fried Chicken Mashed Potatoes Seasoned Spinach Dinner Roll Buttermilk Pie	22 BBQ Brisket Potato Salad Fried Okra Sliced Bread Chocolate Brownie	23 Smothered Chicken Fluffy Rice Zucchini and Tomatoes Dinner Roll Summer Fruit Cup	24 Hamburger Potato Casserole Mixed Veggies Texas Toast Frosted Cake	25 Catch of the Day Blaceyed Peas Creamy Coleslaw Hush Puppies Tartar Sauce Bar Cookies
Beef Taco Salad Penne Alfredo Seasoned Broccoli Garlic Texas Toast Fruit Cup	29 King Ranch Chicken Casserole Capri Blend Veggies Dinner Roll Fruit Cup	30 Tuna Salad English Pea Salad Carrott Raisin Salad Mini Muffin Texas Sheet Cake	31	



Notes from the Nurse:

In honor of Older Americans Month, we will do an activity where we need each participant to bring a copy of an old picture—it can be a baby pic, from childhood, or younger adulthood. We’re going to talk about aging and compare Then vs Now! Thank you!

Support Groups

These are free and open to everyone! You do not have to go thru the stress of caregiving alone.

Wednesday, 1-2 p.m. ONLINE (contact hglover@jameslwest.org)

Friday, 11-12 in the Chapel at JLW

May Announcements

As of this writing, we are waiting for the official arrival of the **Certificate of Occupancy** for 6050 Harris Parkway! We passed the Fire Inspections and we are ready now to call the State. The State surveyor will come unannounced, and license our new building as the JLW Senior Day Program, and raise our number of participants based on the size of the larger location. We were deficiency-free back in December when we had our Health Licensure Inspection, so it should just be Life-Safety. The countdown now begins! We can’t wait to sit on our new beautiful covered patio this summer. The official announcement of our move date will come from the Senior Day Program, via email, flier and Facebook post. Our current participants will be the first to know!

Please plan to join us for the **May Zoom calls!** There are several policy changes and announcements that it is important to cover. I know people may forget to read the newsletter and that’s my primary way (other than the JLW Senior Day Program Facebook page and emails) for me to get information out to all. There will be **2 different sessions** so everyone can plan to listen to the call and get the information. Please mark your calendars now for **Thursday, May 25th at noon or at 7 p.m.** Hopefully the evening program will help those who cannot carve out time at lunch to join in. The link will be sent out to you via email. Please register in advance.

Please note: The sign in sheet has a front and back. If you don’t see your family member’s name, please check the other side of the sheet. Make sure you’re signing on the right day and the right line... and know it’s updated at least monthly due to admissions and discharges.

Also—be aware of our schedule and cancellation policy: Day-of cancellations, or emails sent the night before are considered “last minute” and you will be charged **\$50** unless **you reach out** and ask to switch to a different day that week. The exception to this is hospitalizations. It’s important that you make your reservations by the Wednesday of the week for the next week. If you’re able to “set a schedule” that makes it easier for you, your loved one and us! It’s easier to remember to cancel a day if your schedule changes, then to remember to always sign up.

OUTINGS! We are planning outings this month...Please note when the outings are scheduled. On the day of, you’ll want to ensure your family member arrives in time to join us. Wednesday, May 10th (Ice Cream and Drive) we will be out from 1-3 p.m. On Wednesday, May 17th we will be loading at 10:45 and return around 2 p.m. Please see Heather with any questions.

CLOTHESPIN PAINTING? Yes! This year, “The Longest Day” for Alzheimer’s Awareness is June 21st. The participants of the adult day program will be making (and selling) purple clothespin wreaths... so, when time permits we’ll get to painting, a little at a time.... To create our masterpieces!

May 2023 Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:30 Devotional Daily Chronicle/This Day History Exercise 1:00 May Gazette and May IQ 1:30 Laughing Out-Lawed and You be the Judge 2:45 Dance and Move w/Jen 4:00 Painting Clothespins	2 9:30 Devotional Daily Chronicle/This Day History Exercise 1:00 Famous May Birthdays 2:00 Music Therapy w/Julia 3:30 Easy Does it Trivia	3 9:30 Devotional Daily Chronicle/This Day History Exercise Polka Day 1:00 Tulip Art Painting w/Heather 2:00 Trivia 3:30 Velcro Ball 4:00 Painting Clothespins	4 9:30 Devotional— Nat'l Day Prayer Daily Chronicle/This Day History Exercise 1:00 Weekly Wellness: Skin Cancer Awareness 2:00 Make Mocktail Mint Julep 2:30 Derby Day Game, Horse Trivia and Derby Facts, Yea or Neigh Game 3:30 Mint Juleps and Outdoors	5 9:30 Devotional Daily Chronicle/This Day History Exercise 1:00 Cinco de Mayo Guess a Letter and Trivia Make Guacamole! 2:00—5 Afternoon M.T w/Cara: 1:1 and small groups 3:00 Special Snack: Nacho Bar 5:00	6
7	8 9:30 Devotional Daily Chronicle/This Day History Exercise 1:00 Floral Arranging 2:00 Derby Day Game 2:45 Dance and Move w/Jen 4:00 Painting Clothespins	9 9:30 Devotional Daily Chronicle/This Day History Exercise Live Flute Music w/Heather 1:00 Who Am I? May Birthdays 2:00 Music Therapy w/Julia 3:30 Famous Funny Quotes	10 9:30 Devotional Daily Chronicle/This Day History Exercise 1:00 Scenic Drive and Ice Cream 3:00 Modern Jeopardy Trivia 4:00 Painting Clothespins	11 9:30 Devotional Daily Chronicle/This Day History Exercise 12:30 Weekly Wellness: Nat'l Nurses Month 2:00 Cooking Activity 3:30 Bingo	12 9:30 Devotional Daily Chronicle/This Day History Exercise 1:30 Mom's Humor, Things Your Mom Told You and Famous Moms Trivia 2:00 Crafting w/Chandra 2:00—5 Afternoon M.T w/Cara: 1:1 and small groups	13
14 	15 9:30 Devotional Daily Chronicle/This Day History Exercise 1:00 Pampering Spa Day: Facials, Hand Massage and Foot Soak 2:00 Make Chocolate Chip Cookies for Nat'll C.C. Cookie Day 2:45 Dance and Move w/Jen 4:00 Painting Clothespins	16 9:30 Devotional Daily Chronicle/This Day History Exercise 1:00 Golf and Ball Toss 2:00 Music Therapy w/Julia 3:30 It Happened in May Quiz	17 9:30 Devotional Daily Chronicle/This Day History Exercise 11:00 BBQ Picnic at the Park 2:00 3:30 Painting Clothespins	18 9:30 Devotional Daily Chronicle/This Day History Exercise 12:30 Weekly Wellness: Healthy Vision Month 2:00 Crafts 3:30 Bowling Set	19 9:30 Devotional Daily Chronicle/This Day History Exercise 1:00 Parachute and Ball toss 2:00—5 Afternoon M.T w/Cara: 1:1 and small groups Also: Painting Clothespins	20
21	22 9:30 Devotional Daily Chronicle/This Day History Exercise 1:00 You be the Judge 2:00 Cooking Activity 2:45 Dance and Move w/Jen 4:00 Painting Clothespins	23 9:30 Devotional Daily Chronicle/This Day History Exercise 1:00 IN2L Fun 2:00 Music Therapy w/Julia 3:30 Bingo	24 9:30 Devotional Daily Chronicle/This Day History Exercise 1:00 Parachute and Ball 2:00 Live Music w/George 3:30 Dice Game	25 9:30 Devotional Daily Chronicle/This Day History Exercise 12:30 Weekly Wellness: Older American's Month 2:00 Cooking Activity 3:30 Astronomy Quiz	26 9:30 Devotional Daily Chronicle/This Day History Exercise 1:00 IN2L Fun 2:00—5 Afternoon M.T w/Cara: 1:1 and small groups Also: Painting Clothespins	27
28 2	29 CLOSED  MEMORIAL DAY <small>REMEMBERING & HONORING ALL WHO SERVED</small>	30 9:30 Devotional Daily Chronicle/This Day History Exercise 1:00 Velcro Ball 2:00 Music Therapy w/Julia 3:30 Matching and Puzzles	31 9:30 Devotional Daily Chronicle/This Day History Exercise 1:00 Golf Game and Basketball 2:00 Drum Circle w/Kenny 3:30 Bingo			