



Forster Woods Connection

December 2019

*Supporting caregivers,
and their loved ones . . .*

From Our Executive Director

By Jennifer Putmon

At Forster Woods we really enjoyed the Fall weather while it lasted. As the weather is getting colder we are finding other ways to stay active here at Forster Woods and out in the community. Our participants really enjoy going out and being a part of the community. They enjoy trips to the Library, Meridian Mall, Preuss Pets, to name a few, each week!

Our participants are really enjoying being a part of the Kiwanis Aktion Club and being able to reach out into their community and make a difference. We continue to pack Weekend Survival Kits for the kids in Williamston School District every other Thursday. For Veteran's Day our participants made cards and we delivered them to the VFW in Williamston. We were told that the Veterans really appreciated the cards.

We will be working with the VFW this Spring on some projects and we are very excited about that.

As I am writing this article our team is busy working on plans for our Thanksgiving celebration which will include a wonderful meal prepared by our talented dietary cooks. Fun and exciting games that include Shake Your Tail Feathers, Pumpkin Pitching, Turkey Leg Ring Toss, and Pin the Feather on the Turkey.

We appreciate all the wonderful donations we have been receiving. Our participants are looking forward to playing all the new games that were donated in November. In December, we are asking for donations of musical instruments. Our participants really enjoy music, including sing alongs, bell choir, and the wonderful visits

with Erin, our Music Therapist from MSU Community Music School.

As the winter weather begins to move in I wanted to remind everyone of our snow day closing policy. Please refer to the box below on the right hand corner. Our policy is in place to ensure the safety of our participants and staff.

We have a lot of fun and exciting events coming up in the month of December. We hope you enjoy this newsletter that includes all of our upcoming activities. We hope you will join us on December 11th for our 2nd Annual Holiday Concert and Bake Sale featuring the Sounds of the Season performed by the Dewitt Community Concert Band.

We wish you a safe and happy holiday season!

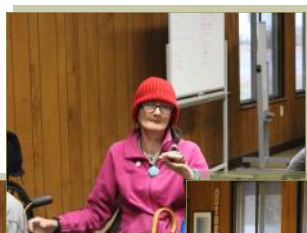


Packing Weekend Survival Kits for the students in Williamston School District!

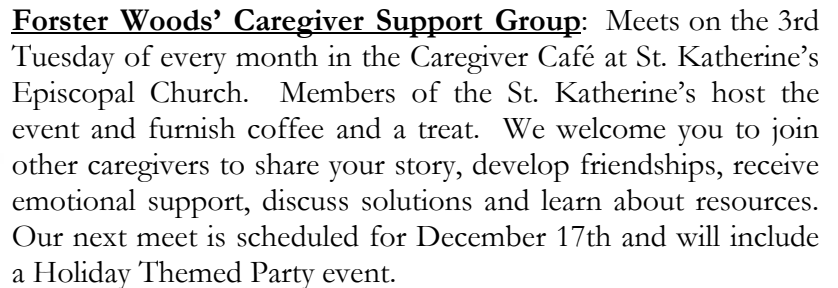


WINTER WEATHER

Reminder: We will close if Okemos, Haslett, and Williamston Schools are closed. We will post on our Facebook page as well as on WLNS-TV.



Caregiver Support and Resources



A Matter of Balance: Managing Concerns about Falls workshops are being scheduled for 2020. This is an interactive workshop which promotes the belief that falling and fears about falling are controllable. It aims to reduce fall risk, increase physical activity, and reduce fears about falling. Includes an exercise program designed to increase balance, strength, coordination, and stability. Caregivers and significant others are encouraged to sign up and attend as active participants. Workshop is free of charge but donations are accepted (\$25 suggested donation, but it is not required). Pre-registration is required. Visit www.tcoa.org for updated workshop information. To register, call Tri-County Office on Aging at 517-887-1465.

Powerful Tools for Caregivers workshops are being scheduled for 2020. This is an educational program designed to help family caregivers take better care of themselves while caring for a family member or friend. This program will give YOU, the family caregiver, tools to: help reduce stress and guilt, communicate effectively, take care of yourself, and much more! This program is not intended for professional caregivers. Workshop is free of charge but donations are accepted (\$25 suggested donation, but it is not required). Pre-registration is required. Visit www.tcoa.org for updated workshop information. To register, call Tri-County Office on Aging at 517-887-1465.

Music and the Mind

By Ava M. Stinnett



We all need to feel engaged and entertained, to stay active both physically and mentally. Just because someone has Alzheimer's disease or another type of dementia doesn't mean that need disappears. But because of the cognitive decline that accompanies dementia, how people get engaged often has to change. An obvious sign of dementia is memory loss; however, people in nursing homes and other care organizations can find renewed meaning and connection in their lives through the gift of music.

Studies have shown that music may reduce agitation and improve behavioral issues that are common in the middle stages of the disease. Even in the late stages of Alzheimer's, a person may

be able to tap a beat or sing lyrics to a song from childhood. Music provides a way to connect, even after verbal communication has become difficult. Music decreases levels of the stress hormone cortisol. When you listen to music, your brain releases dopamine. One small study found that just the anticipation of knowing the best part of a song is coming can get the dopamine flowing.

People come up with more creative solutions when they listen to happy, upbeat music than when they sit in silence. It may be because music improves the brain's flexibility or because it relaxes you enough for the creative juices to flow. In fact, there are programs that train care professionals how to set up personalized music playlists, delivered on iPods and other digital devices, for those in their care. It is believed that these musical favorites tap deep memories not lost to dementia and can bring participants back to life, enabling them to feel

like themselves again, to converse, socialize, and stay present.

Studies also show that music helps them retrieve memories, communicate more effectively, and remember who they are. Listening to music that brings joy causes blood vessels to expand, increasing blood flow and improving cardiovascular health. A review of 26 studies covering almost 1,400 heart disease patients found that music reduced heart rate, blood pressure, and anxiety. Singing is particularly powerful. George Mason University researchers demonstrated that people with dementia who regularly belt out their favorites may boost their cognitive function over time.

Sources

Clark, C.N. and Warren, J.D. (2015). Music, memory and mechanisms in Alzheimer's disease. *Brain*, 138(8), <https://doi.org/10.1093/brain/awv148>

Sauer, A. (2014). 5 reasons why music boosts brain activity. Retrieved from <https://www.alzheimers.net/why-music-boosts-brain-activity-in-dementia-patients/>



DECEMBER WISH LIST

- Triangles
- Maracas
- Tambourine
- Wrist Bells
- Shaker Eggs
- Rainfall Instruments
- Mini Band Wooden Percussion Instrument
- Wooden Castanets
- Recorder
- Janod Musical Instrument Set

Events & Special Guests

Elvis and Frank Sinatra
Impersonators
December 4th

Packing Weekend Survival Kits
For the kids in Williamston
December 5th & 19th

Music Therapy with Erin from MSU
Community Music School
December 10th & 17th

Mindbenders with Jacalyn
December 10th

Tech Time with Courtney
December 12th

Painting Party with Amanda
December 18th

Michele Hollis ~ Exercise Specialist
2x p/week

Kathleen and Gibbs
Pet Therapy each week



Monday, December 16th

Wear Festive Colors

Tuesday, December 17th

Wear Your Favorite Fuzzy Socks

Wednesday, December 18th

Ugly Sweater Day
Ugliest Christmas Sweater Contest!

Thursday, December 19th

Favorite Christmas Character: Rudolf,
Santa, Elf, etc.

Friday, December 20th

Polar Express Day - Pajama Party

Happy Birthday!



Kristin

Katelyn

Ashlynn

John M.

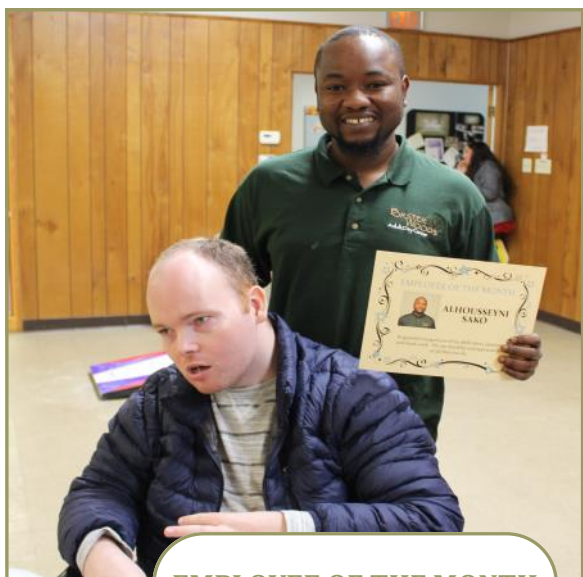
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Center Closed	2 10:00 – Monthly Gazette 10:30 – Community Outing, December Holiday Crossword 11:30 – Balloon Volleyball, Bowling, Horseshoes 12:00 – Music 1:00 – Bell Choir 2:00 – Table Games 3:00 – December IQ 4:00 – Music, Meditation 4:30 – Bowling	3 10:00 – Daily Chronicle 10:30 – Community Outing, Gingerbread Ornaments, Greatest Showman Crossword 11:30 – Cornhole, Golf Toss, Wii Sports 12:00 – Music 1:00 – Sports Talk 2:00 – Table Games, Hand & Nail Care 3:00 – 30 Facts About the Greatest Showman 4:00 – Music, Meditation 4:30 – Cornhole	4 10:00 – Daily Chronicle 10:30 – Community Outing, Christmas Cookie Word Search, Spelling Tree Lightening Puzzle 11:30 – Exercise w/ Michele 12:00 – Music 1:00 – Decorate Christmas Tree 2:00 – Table Games 3:00 – History of The Cookie 4:00 – Music, Meditation 4:30 – Swat Ball	5 10:00 – Daily Chronicle 10:30 – Community Outing, Disney Movie Crossword, Disney Movie Word Search 11:30 – Exercise w/ Michele 12:00 – Music 1:00 – Baking, Red Cap Society, Weekend Survival Kit Packing 2:00 – Table Games 3:00 – 31 Surprising Facts About Walt Disney 4:00 – Music, Meditation 4:30 – Twister Toss	6 10:00 – Daily Chronicle 10:30 – Community Outing, Ugly Christmas Sweater, BINGO Matching 11:30 – Hot Potato, Put-putt, Twister Toss 12:00 – Music 1:00 – BINGO 2:00 – Table Games 3:00 – History of BINGO 4:00 – Music, Meditation 4:30 – Horseshoes	7 9:30 – Frozen 2 @ NCG 10:15 – Daily Chronicle 10:30 – Community Outing 10:45 – Spin the Dreidel Puzzle 11:30 – Put-putt 12:00 – Music 1:00 – Paper Plate Christmas Tree 2:00 – 15 Stunning Flowers That Still Bloom in the Dead of Winter 2:30 – Table Tennis 3:00 – Table Games
8 Center Closed	9 10:00 – Daily Chronicle 10:30 – Community Outing, Making Christmas Cards, Cards Categories 11:30 – Basketball, Table Tennis, Wii Sports 12:00 – Music 1:00 – Bell Choir, Horse Race, Poker 2:00 – Table Games 3:00 – Christmas Card History 4:00 – Music, Meditation 4:30 – Bowling	10 10:00 – Daily Chronicle 10:15 – MSU Music Therapy 10:30 – Community Outing, Spinning Yarn Word Search, Things That Spin Crossword 11:30 – Exercise w/ Michele 12:00 – Music 1:00 – Sports Talk, Hand & Nail Care 2:00 – Table Games 3:00 – The Science of Spinning 4:00 – Music, Meditation 4:30 – Cornhole	11 10:00 – Daily Chronicle 10:30 – Community Outing, Searching for Snowballs, Snow & Ice Puzzle 11:30 – Exercise w/ Michele 12:00 – Music 1:00 – Christmas Ceramic Figurine 2:00 – Table Games 3:00 – Weather History 4:00 – Music, Meditation 4:30 – Swat Ball	12 10:00 – Daily Chronicle 10:30 – Community Outing, Frank Sinatra Word Search, Rat Pack Quiz 11:30 – Tech Time w/ Courtney 12:00 – Music 1:00 – Baking, Red Cap Society 2:00 – Table Games 3:00 – 35 Fabulous Facts About Frank Sinatra 4:00 – Music, Meditation 4:30 – Twister Toss	13 10:00 – Daily Chronicle 10:30 – Community Outing, Dinosaur Ornament, Choir Practice, Bible Study 11:30 – Baseball Toss, Put-putt Golf, Swatball 12:00 – Music 1:00 – BINGO 2:00 – Table Games 3:00 – The History of Hot Chocolate 4:00 – Music, Meditation 4:30 – Horseshoes	14 10:15 – Daily Chronicle 10:30 – Community Outing 10:45 – Spin Class Crossword 11:30 – Table Tennis 12:00 – Music 1:00 – Snowflake Ornament 2:00 – Health Benefits of Eating Chestnuts 3:00 – Table Games
15 Center Closed	16 10:00 – Daily Chronicle 10:30 – Community Outing, Jane Austen Word Search, Mixed-up Authors Puzzle 11:30 – Balloon Volleyball, Bowling, Horseshoes 12:00 – Music 1:00 – Bell Choir 2:00 – Table Games 3:00 – Learn About Jane Austen 4:00 – Music, Meditation 4:30 – Bowling	17 10:00 – Daily Chronicle 10:15 – MSU Music Therapy 10:30 – Community Outing, Maple Syrup Playdough, Pet Therapy w/ Kathleen & Gibbs 11:30 – Golf Toss, Cornhole, Wii Sports 12:00 – Music 1:00 – Sports Talk, Hand & Nail Care 2:00 – Table Games 3:00 – 12 Little-Known Facts About Maple Syrup 4:00 – Music, Meditation 4:30 – Cornhole	18 10:00 – Daily Chronicle 10:30 – Community Outing, Winter Wonderland Word Scramble 11:30 – Exercise w/ Michele 12:00 – Music 1:00 – Paint Party w/ Amanda 2:00 – Table Games 3:00 – 15 Surprising Facts About Winter 4:00 – Music, Meditation 4:30 – Swat Ball	19 10:00 – Daily Chronicle 10:30 – Community Outing, A Christmas Carol Puzzle, Humbug Puzzle 11:30 – Baseball Toss, Ring Toss, Swat Ball 12:00 – Music 1:00 – Baking, Red Cap Society, Weekend Survival Kit Packing 2:00 – Table Games 3:00 – Why We Love Christmas 4:00 – Music, Meditation 4:30 – Twister Toss	20 10:00 – Daily Chronicle 10:30 – Jingle Bell Noisemaker, Choir Practice, Holiday Movies Crossword 11:30 – Cinema at the Center 12:00 – Music 1:00 – Bingo 2:00 – Table Games 3:00 – 8 Facts about the Polar Express 4:00 – Music, Meditation 4:30 – Horseshoes	21 10:15 – Daily Chronicle 10:45 – Mixed-Up Winter 11:30 – Bowling 12:00 – Music 1:00 – Icy Cold Snow Paint 2:00 – History of Scrabble 3:00 – Table Games
22 Center Closed	23 10:00 – Daily Chronicle 10:30 – Christmas Party 11:30 – Exercise w/ Michele 12:00 – Music 1:00 – Bell Choir, Sports Talk, Hand & Nail Care 2:00 – Table Games 3:00 – Christmas Eve Traditions 4:00 – Music, Meditation 4:30 – Bowling Happy Hanukkah! First Day of Hanukkah	24 Center Closed	25 Center Closed Merry Christmas!	26 10:00 – Daily Chronicle 10:30 – Community Outing, Boxing Day Crossword 11:30 – Exercise w/ Michele 12:00 – Music 1:00 – Baking, Red Cap Society 2:00 – Table Games 3:00 – What is the Origin of Boxing Day 4:00 – Music, Meditation 4:30 – Twister Toss Happy Kwanzaa! Kwanzaa Begins	27 10:00 – Daily Chronicle 10:30 – Community Outing, Bible Study, Snowflake Art 11:30 – Baseball Toss, Put-putt Golf, Swatball 12:00 – Choir Performance 1:00 – Bingo 1:30 – Bingo Store 2:00 – Table Games 3:00 – Fruit Cake History 4:00 – Music, Meditation 4:30 – Horseshoes	28 10:15 – Daily Chronicle 10:30 – Community Outing 10:45 – Football Fever Mining 11:30 – Wii Sports 12:00 – Music 1:00 – Jumping Elf Puppet 2:00 – 50 Cities Known for a Specific Food 2:30 – Bowling, Table Tennis 3:00 – Table Games
29 Center Closed	30 10:00 – Daily Chronicle 10:30 – Community Outing, Football Kick Crossword 11:30 – Balloon Volleyball, Horseshoes 12:00 – Music 1:00 – Bell Choir, Horse Race, Poker 2:00 – Table Games 3:00 – Who Am I? 4:00 – Music, Meditation 4:30 – Bowling	31 10:00 – Daily Chronicle 10:15 – MSU Music Therapy 10:30 – Community Outing, Pet Therapy: Gibbs & Kathleen 11:30 – Exercise w/ Michele 12:00 – Music 1:00 – Sports Talk, Hand & Nail Care 2:00 – Table Games 3:00 – Interesting Facts about New Years Eve 4:00 – Music, Meditation 4:30 – Cornhole New Year's Eve	Christmas	Kwanzaa Begins	Christmas	Winter Begins



Forster Woods Activities Calendar

*We start and end each day with Small Group Activities **We offer 2 Nature Walks per day, weather permitting (11:00 & 2:30) ***Every day we offer morning Group Reading**

Forster Woods Connection



EMPLOYEE OF THE MONTH

Congratulations to Alhousseyni, for being named one of November's Employee of the Month. Seyni does an extraordinary job with his home care participant. His kindness and compassion is matched by few others. We thank you for your dedication, passion, and all you do for our participants!



EMPLOYEE OF THE MONTH

Congratulations to Zoe, one of Forster Woods Life Enrichment Assistants, for being named one of November's Employee of the Month. Zoe is kind, caring and compassionate. She has a willingness to help out wherever needed. We thank you for your dedication, passion, and all you do for our participants!



PARTICIPANT OF THE MONTH

Earl has been attending Forster Woods since May of 2018. Growing up he worked on a dairy farm where he performed a wide variety of jobs, from driving tractors, starting at the age of twelve, to building silos when he was 17. At age 21 he volunteered to serve in the Marine Corps, but he was turned down because his work as a farmer was considered a more valuable service for him to provide at the time.

In addition to being a skilled farmer, Earl is also a very talented musician. He would go sing at local folk shows and play the guitar and banjo for fun. He's even been known to pick up a ukulele from time to time here at Forster Woods! Earl told us that he grows out his beard every Winter so that he can look like Santa Claus.

December 2019

Ways to Support



Giving Tuesday is a global movement to celebrate and encourage giving after Black Friday and Cyber Monday. During this time of year when we all spend so much time and money buying gifts for the holidays, Giving Tuesday is an opportunity to celebrate the spirit of the season by giving to your favorite charity.

Please take a moment to reflect on the caregivers and their loved ones that we support at Forster Woods. Help support Forster Woods by making a tax-deductible donation today!

How you can help this #Giving Tuesday: Donate online at www.forsterwoods.org/donate (you could even set it up for a reoccurring monthly gift) or mail your donation to, Forster Woods Adult Day Center, 4656 Meridian Rd., Williamston, MI 48895. Thank you for your support!



We would like to recognize the following people for their monetary donations, wish list items, and volunteering their time in the month of November:

Sarah Hawley
Jacqueline Hagen
Beckie Corner
Sheila Fulger
Thomas & Sharon
Pease
Kelly Ryder
Jodie Lewis
Leonard & Judy
Mohre
Rebecca Branch
Andy Friar
Amy Ritter
Barbara McMillian
Zola Olson
Cindy Short
Carol Bappert
Kathleen and Gibbs
MSU Nursing
Students
Baker OT Students

Forster Woods Adult Day Center Invite you to join us for a Holiday Concert and Bake Sale



Wednesday, December 11, 2019 | 7:00 p.m.

Dewitt Community Concert Band
will be presenting Sounds of the Season
The Spirit of Christmas.

~ Admission is Free ~

Donations Gratefully Accepted and will benefit
Forster Woods Adult Day Center

4650 N. Meridian Rd. | Williamston, MI 48895
For more information call (517) 349-3101



An easy way to support Forster Woods is through Amazon Smiles. Amazon will donate a percentage of your purchase to Forster Woods if you log in through Amazon Smiles and select Forster Woods Adult Day Services as your nonprofit. Thank you for your support!



Supporting caregivers,

and their loved ones . . .

4656 N. Meridian Rd.

Williamston, MI 48895

Phone: 517-349-3101

E-mail: forsterwoods@tds.net

Website: www.forsterwoods.org



Forster Woods Adult Day Center is a professionally supervised day program serving the elderly and other adults with physical or mental impairments. We provide a structured day program that includes meaningful social, cognitive, creative, and sensory activities in a warm, caring and secure environment. The program is individualized for each person based on the participant's individual plan of care.

Our Mission

*To support caregivers and their loved ones
by providing a safe, comfortable and reliable day service
for adults who require assistance with daily living activities
and would benefit from a compassionate environment
with opportunities for socialization.*

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