



Forster Woods Connection

February 2020

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

Great Start to the New Year

By Micah Brown

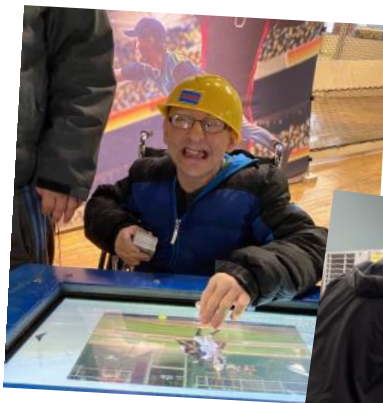
It's a new year, and we've already got a whole month under our belts! January was a busy month for us at Forster Woods, both here at the center and out in the community. A perennial favorite outing among our participants is a trip to the bowling alley. Bowling is not just an entertaining pastime; this athletic activity exercises large motor skills as well as cognitive abilities involving spatial reasoning and strategic thought.

Another favorite outing of our participants is Impression 5, a hands-on scientific learning experience featuring exhibits on electromagnetism, nuclear science, particle physics, and more!

Not only are we going out and exploring the community, we're participating with the

Kiwanis Aktion Club in assembling weekend survival kits benefiting Williamston Schools. The kits consist of easy-to-prepare meals for students of Williamston Schools. Forster Woods participants assembled approximately 200 kits in January!

Back at the Day Center, we're always trying new activities. One that we've just begun getting underway with the new year is a singing group, where musically-inclined participants can meet, working in concert together and sharing with each other the music that they love. We've brought in some new people as well, such as Rebecca, a special guest with a unique approach to art therapy.



SCHEDULE CHANGES

Please email Katie at katie.forsterwoods@gmail.com if there are any changes needed for you loved ones schedule. A two week notice for any type of changes would be greatly appreciated.



Forster Woods Connection

Caregiver Support and Resources



Forster Woods' Caregiver Support Group: Meets on the 3rd Tuesday of every month in the Caregiver Café at St. Katherine's Episcopal Church. Members of St. Katherine's host the event and furnish coffee and a treat. We welcome you to join other caregivers to share your story, develop friendships, receive emotional support, discuss solutions and learn about resources. Our next meeting is scheduled for February 18th.

Diabetes PATH workshops are being scheduled for 2020. The next workshop will be held at Eaton Rapids Medical Center 1/2/20 – 2/6/20 from 1:30 – 4:00 pm. Diabetes PATH is designed for people with diabetes or pre-diabetes. The workshop includes diabetes education and support in an interactive style. Participants are taught effective tools to better self-manage their

condition and its impact on their life. You choose your own goals! Caregivers and significant others are also encouraged to sign up and attend as active participants. The workshop is free of charge but donations are accepted (\$25 suggested donation, but it is not required). Visit www.tcoa.org for updated workshop information. For more information, call Tri-County Office on Aging at 517-887-1465.

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.

Chronic Pain PATH workshops are being scheduled for 2020. This workshops are FREE of charge courtesy of Michigan State Medical Society. Chronic Pain PATH is a 6-week workshop designed for people with chronic pain. In this interactive workshop, people are taught effective tools to better self-manage their condition and its impact on their life. Managing chronic pain is more than taking medications. We address a variety of topics including fatigue management, dealing with difficult emotions, and pacing & planning. Includes the Moving Easy Program: safe exercises to improve strength, flexibility, and endurance. Caregivers and significant others are also welcome to sign up and attend as active participants. 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.

February 2020

How to Care for the Caregiver

By Ava M. Stinnett



More than 65 million family caregivers—29% of the U.S. adult population—provide an average of 20 hours of care per week; some provide care around the clock. The physical and emotional toll can be overwhelming. So how can you nurture yourself as the caregiver? Seek support from other caregivers. There are great benefits from knowing that there's a network of other caregivers you can turn to for encouragement and problem-solving.

Take care of your own health. You need rest, healthy food, plenty of water, and time away—whether it's taking a walk, meeting a friend for a movie, or taking a nap.

Keep your own doctor appointments. Let your doctor know that you are a caregiver and be sure to mention any signs of depression (e.g., overeating or loss of appetite;

difficulty concentrating, remembering details, and making decisions; feelings of hopelessness).

Be flexible. Why argue for 30 minutes to get your loved one to wear matching socks only to realize that you went out with your own shirt on backward?

Keep things in perspective and embrace humor whenever possible.

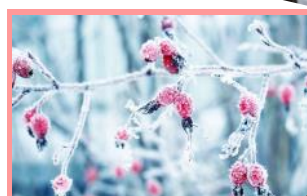
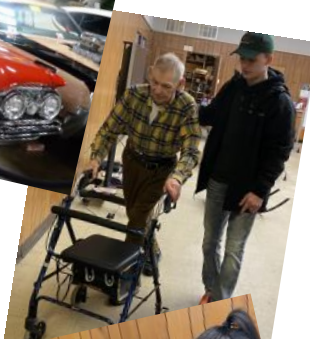
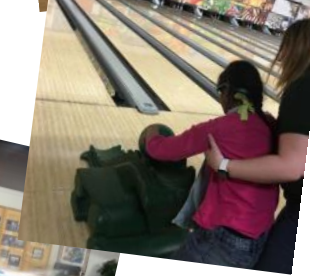
Realize that there is no “perfect” way to be a caregiver except by providing the most love and patience you can gather that day.

Look for helpful online resources, such as the Alzheimer's Association (www.alz.org), the National Institute on Aging (www.nia.nih.gov), or the National Alliance for Caregiving (caregiving.org).

Consider seeking respite care. Besides residential facilities, there are day and drop-in centers for adults, and in-home services that can take some burden off caregivers. You can call your local aging care offices or research options online at eldercare.acl.gov.

While your loved one may be resistant at first, they may actually enjoy the opportunity to be around peers.

Know that even if they don't know who you are, you know who they are. Most importantly, remember that caregiving often calls us to lean into love we didn't know possible.



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.





EMPLOYEE OF THE MONTH

Congratulations to Wendy for being named January's Employee of the Month. Wendy started with us just a short time ago as a Life Enrichment Assistant and quickly advanced to a Life Enrichment Coordinator. Wendy always has a warm, happy smile to greet our participants. Her energy and enthusiasm enhances all of our activities. Wendy is committed to participant care and is a wonderful leader to our team members. Wendy, we thank you for your dedication, passion and all you do for our participants!



Marilyn

George

Daniel

Jacob

Rose

Samantha

Michael M

Events & Special Guests

Packing Weekend Survival Kits
For the kids in Williamston
February 6th & 20th

Music Therapy with Erin from MSU
Community Music School
February 11th & 25th

Mindbenders with Jacalyn
February 11th

Potter Park Zoo Outreach Program
February 5th

Michele Hollis ~ Exercise Specialist
2x week

Kathleen and Gibbs
Pet Therapy each week

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

February 2020

Forster Woods Activities Calendar

<h1>February 2020</h1> <h2>Forster Woods Activities Calendar</h2>		<p>10:15 Daily Chronicle 10:45 Ice Cream Crossword 11:30 Putt Putt 12:00 Music 1:00 Cupcake Liner Ice Cream Core 2:00 History of Ice Cream 3:00 Table Games</p>		<p>10:15 Daily Chronicle 10:45 Which Queen Am I? 11:30 Table Tennis 12:00 Music 1:00 Fidget Tool 2:00 Potato Fun Facts 3:00 Table Games</p>	
		<p>10:15 Daily Chronicle 10:45 Which Queen Am I? 11:30 Table Tennis 12:00 Music 1:00 Fidget Tool 2:00 Potato Fun Facts 3:00 Table Games</p>		<p>10:15 Daily Chronicle 10:45 Which Queen Am I? 11:30 Table Tennis 12:00 Music 1:00 Fidget Tool 2:00 Potato Fun Facts 3:00 Table Games</p>	
Center Closed	Groundhog Day	<p>10:00 Daily Chronicle 10:30 Outing: Movie 10:30 Rosa Parks Word Search, Crossword, Skiing Figurines, Pet Therapy 11:30 Exercise with Michele, Bowling 12:00 Music 1:00 Sports Talk, Hand and Nail Care 2:00 Table Games 3:00 Who Am I? 4:00 Meditation 4:30 Corn Hole 5:00 Small Group Activities</p>	<p>10:00 Daily Chronicle 10:30 Outing: Mail 10:30 Pet Therapy: Kathleen & Gibbs, Elvis Presley Secret Quote 11:30 Exercise with Michele, Twister Toss 12:00 Music 1:00 Potter Park Zoo Outreach Program 2:00 Outing: Mail 3:00 30 Fun Facts About the Weather 4:00 Meditation 4:30 Swat Ball 5:00 Small Group Activities</p>	<p>10:00 Daily Chronicle 10:30 Outing: Impression 5 10:30 Babe Ruth Crossword 11:30 Balloon Volleyball, Horseshoes 12:00 Music 1:00 Red Cap Society, Baking, Weekend Survival Kit Packing 2:00 Table Games 3:00 Babe Ruth Biography 4:00 Meditation 4:30 Twister Toss 5:00 Small Group Activities</p>	<p>10:00 Daily Chronicle 10:30 Outing: Humane Society 10:30 Choir Practice, Bible Study, Frog Door Hanger 11:30 Baseball Toss, Swat Ball 12:00 Music 1:00 Bingo 2:00 Outing: Humane Society 3:00 Frog Facts 4:00 Meditation 4:30 Horseshoes 5:00 Small Group Activities</p>
		<p>10:00 Daily Chronicle 10:30 Outing: Movie 10:30 MSU Music Therapy, Mixed-up Dog Breeds, Mind Benders 11:30 Exercise with Michele 12:00 Music 1:00 Sports Talk, Hand and Nail Care 2:00 Table Games 3:00 History of the Westminster Dog Show 4:00 Meditation 4:30 Corn Hole 5:00 Small Group Activities</p>	<p>10:00 Daily Chronicle 10:30 Outing: Bowling 10:30 Pet Therapy, Extraterrestrial Word Search 11:30 Exercise with Michele, Noodle Ball 12:00 Music 1:00 Valentine Heart Figurine 2:00 Outing: Mail 3:00 20 Fun Facts About Aliens 4:00 Meditation 4:30 Swat Ball 5:00 Small Group Activities</p>	<p>10:00 Daily Chronicle 10:30 Outing: Movie 10:30 Snack Time Word Match, Snack Word Search 11:30 Baseball Toss, Ring Toss 12:00 Music 1:00 Red Cap Society, Baking, 2:00 Table Games 3:00 Most Popular Snacks of the Decades 4:00 Meditation 4:30 Twister Toss 5:00 Small Group Activities</p>	<p>10:00 Daily Chronicle 10:30 Valentines Day Party 10:30 Choir Practice, 3D Things I Love 11:30 Putt Putt, Twister Toss, Hot Potato 12:00 Music 1:00 Bingo 2:00 Outing: Humane Society 3:00 Love is in the Air Trivia 4:00 Meditation 4:30 Horseshoes 5:00 Small Group Activities</p>
Center Closed	Center Closed	<p>10:00 Daily Chronicle 10:30 Outing: Library 10:30 Valentine Llama Ornament, Chocolate Trivia 11:30 Balloon Volleyball, Bowling 12:00 Music 1:00 Bell Choir, Horse Race, Poker 2:00 Outing: Library 3:00 History of Chocolate 4:00 Meditation 4:30 Bowling 5:00 Small Group Activities</p>	<p>10:00 Daily Chronicle 10:30 Outing: Impression 5 10:30 Poker Tournament, Friendship Bracelet 11:30 Exercise with Michele, Bowling 12:00 Music 1:00 Sports Talk, Hand and Nail Care 2:00 Table Games 3:00 10 Classic Movies that Celebrate Friendship 4:00 Meditation 4:30 Corn Hole 5:00 Small Group Activities</p>	<p>10:00 Daily Chronicle 10:30 Outing: MSU Museum 10:30 Perfect Pet Word Search, Tech Time 11:30 Balloon Volleyball, Horseshoes 12:00 Music 1:00 Red Cap Society, Baking, Weekend Survival Kit Packing 2:00 Table Games 3:00 45 Fun Facts About Pets 4:00 Meditation 4:30 Twister Toss 5:00 Small Group Activities</p>	<p>10:00 Daily Chronicle 10:30 Outing: Bowling 10:30 Choir Practice, Bible Study, Yarn Safari Animals 11:30 Baseball Toss, Swat Ball 12:00 Music 1:00 Bingo 2:00 Outing: Mail 3:00 15 Interesting Facts About Safari Animals 4:00 Meditation 4:30 Horseshoes 5:00 Small Group Activities</p>
		<p>10:00 Daily Chronicle 10:30 Outing: Impression 5 10:30 Poker Tournament, Friendship Bracelet 11:30 Exercise with Michele, Bowling 12:00 Music 1:00 Sports Talk, Hand and Nail Care 2:00 Table Games 3:00 10 Classic Movies that Celebrate Friendship 4:00 Meditation 4:30 Corn Hole 5:00 Small Group Activities</p>	<p>10:00 Daily Chronicle 10:30 Outing: Mail 10:30 Types of Milk Word Search 11:30 Exercise with Michele, Hot Potato 12:00 Music 1:00 Build a Weather Station 2:00 Outing: Mail 3:00 25 Interesting Facts About Milk Products 4:00 Meditation 4:30 Swat Ball 5:00 Small Group Activities</p>	<p>10:00 Daily Chronicle 10:30 Outing: MSU Museum 10:30 Perfect Pet Word Search, Tech Time 11:30 Balloon Volleyball, Horseshoes 12:00 Music 1:00 Red Cap Society, Baking, Weekend Survival Kit Packing 2:00 Table Games 3:00 45 Fun Facts About Pets 4:00 Meditation 4:30 Twister Toss 5:00 Small Group Activities</p>	<p>10:00 Daily Chronicle 10:30 Outing: Bowling 10:30 Choir Practice, Bible Study, Yarn Safari Animals 11:30 Baseball Toss, Swat Ball 12:00 Music 1:00 Bingo 2:00 Outing: Mail 3:00 15 Interesting Facts About Safari Animals 4:00 Meditation 4:30 Horseshoes 5:00 Small Group Activities</p>
Center Closed	Center Closed	<p>10:00 Daily Chronicle 10:30 Outing: Library 10:30 Presidents Day Crossword, Searching for Presidents 11:30 Balloon Volleyball, Bowling 12:00 Music 1:00 Bell Choir, Horse Race, Poker 2:00 Outing: Library 3:00 Who Am I? 4:00 Meditation 4:30 Bowling 5:00 Small Group Activities</p>	<p>10:00 Daily Chronicle 10:30 Outing: Movie 10:30 MSU Music Therapy, Mardi Gras Crossword, Tech Time 11:30 Exercise with Michele 12:00 Music 1:00 Sports Talk, Hand and Nail Care 2:00 Table Games 3:00 What Am I? 4:00 Meditation 4:30 Corn Hole 5:00 Small Group Activities</p>	<p>10:00 Daily Chronicle 10:30 Outing: Potter Park Zoo 10:30 Polar Bear Word Search 11:30 Baseball Toss, Ring Toss 12:00 Music 1:00 Red Cap Society, Baking, 2:00 Table Games 3:00 10 Facts About Polar Bears 4:00 Meditation 4:30 Twister Toss 5:00 Small Group Activities</p>	<p>10:00 Daily Chronicle 10:30 Outing: Humane Society 10:30 Choir Practice, Aktion Club Meeting, Rocketship Magnet 11:30 Putt Putt, Twister Toss, Hot Potato 12:00 Music 1:00 Bingo, Bingo Store 2:00 Outing: Humane Society 3:00 20 Fun Facts About Leap Year 4:00 Meditation 4:30 Horseshoes 5:00 Small Group Activities</p>
		<p>10:00 Daily Chronicle 10:30 Outing: Movie 10:30 MSU Music Therapy, Mardi Gras Crossword, Tech Time 11:30 Exercise with Michele 12:00 Music 1:00 Sports Talk, Hand and Nail Care 2:00 Table Games 3:00 What Am I? 4:00 Meditation 4:30 Corn Hole 5:00 Small Group Activities</p>	<p>10:00 Daily Chronicle 10:30 Outing: Mail 10:30 Pet Therapy, Fable Categories 11:30 Exercise with Michele 12:00 Music 1:00 Paint Party with Sam 2:00 Outing: Mail 3:00 11 Fun Facts About Fairy Tales 4:00 Meditation 4:30 Swat Ball 5:00 Small Group Activities</p>	<p>10:00 Daily Chronicle 10:30 Outing: Potter Park Zoo 10:30 Polar Bear Word Search 11:30 Baseball Toss, Ring Toss 12:00 Music 1:00 Red Cap Society, Baking, 2:00 Table Games 3:00 10 Facts About Polar Bears 4:00 Meditation 4:30 Twister Toss 5:00 Small Group Activities</p>	<p>10:00 Daily Chronicle 10:30 Outing: Humane Society 10:30 Choir Practice, Aktion Club Meeting, Rocketship Magnet 11:30 Putt Putt, Twister Toss, Hot Potato 12:00 Music 1:00 Bingo, Bingo Store 2:00 Outing: Humane Society 3:00 20 Fun Facts About Leap Year 4:00 Meditation 4:30 Horseshoes 5:00 Small Group Activities</p>

*We start and end each day with Small Group Activities**We offer 2 Nature Walks per day, weather permitting**Every day, we offer Morning Group Reading*.

Forster Woods Connection

Participant Artwork



PARTICIPANT OF THE MONTH

It's a cold, grey Friday morning, the sun only occasionally shining through small gaps in the thick clouds. At Forster Woods, however, the morning is bright and cheery; there's a low buzz of conversation throughout the hall as people sit around small round tables playing games and making crafts. One participant is making a point of greeting everyone she sees with a hug or a clasped hand.

Meet Martha, a Forster Woods participant of over two years. If you ask her what she likes to do with her free time, she'll reply "I love to come here!" and list some of her favorite activities (bowling, Yahtzee, bingo). But more important than playing her favorite games are the people with whom she plays; "I just love the people here," she says, which is made evident when she competes with other participants to be the first to hug someone who is just walking through the door.

Martha is clearly at home in this environment, which she explains by telling me that, right after graduating high school, she got a job taking care of twelve elderly people, "just like I am now," she says with a laugh. She enjoyed her work, and says she had considered going on to nursing school at one time. Two years after starting her job, however, Martha decided to marry and have four children, Verne, Tom, Tina, and Teresa. Now, in addition to those four children, Martha says she has too many grandchildren to count!

Always thinking of her loved ones, it comes as no surprise when Martha says that, if she could do anything she wanted, she would visit her daughter in Tennessee. Then, unconsciously underscoring her selfless and caring nature, Martha is sure to include that she has a very nice roommate who she loves where she lives now, and that she is happy.

February 2020

Ways to Support

Our Wish List

The following are some of our everyday use items that we would appreciate receiving. All of these could be purchased on Amazon go to smile.amazon.com and select Forster Woods Adult Day Services as the Nonprofit you are supporting, and we will receive a percentage of the purchase. Thank you!

- Markers
- Crayons
- Colored Pencils
- Coloring books
- Canvas (any size)
- Miscellaneous Craft Supplies

*We appreciate the generosity
of the community that
provides donations from our
wish list!*



amazon
smile

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!

A Special Thank You

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



Larry and Sue Kezele
Larry and Kim Keith
Brenda Harvey
Kim Bell
Dewitt Community
Concert Band
Karen Peasley
Joann Marshall
Jennifer Branch
Andy Friar
Grace VanValkenburg
David Devries
Jean and Jack Minnema
Sarah Hawley
Beckie Corner
Baker College
Occupational Therapist
Students
Kathleen and Gibbs



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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.*

NONPROFIT ORG.
Presorted Standard
U.S. POSTAGE PAID
WILLIAMSTON, MI
PERMIT No. 142

Forster Woods Adult Day Center
4656 N. Meridian Road
Williamston, MI 48895
Return Service Requested