



# Forster Woods Connection

January 2020

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

## From Our Executive Director

By Jennifer Putmon



We hope you all enjoyed the holiday season with friends and family! We have been having a great time at Forster Woods! Our participants have been enjoying our new choir group that meets once a week. During their first segment they worked on some song selections and worked on determining their voice types. We can't wait to hear the music they create!

We would like to thank everyone that came out to join us at our Holiday Concert and Bake Sale. The DeWitt

Community Concert Band did a fabulous job playing wonderful Christmas music. Thank you to everyone that donated baked goods for our bake sale; they were delicious!

We have had a wonderful time on all of our Community Outings in December. Our participants really enjoyed going to the movies as well as the outings to Impressions 5 and the R.E. Olds Transportation Museum. Thank you to everyone that sponsored our participants for their community outings. Enclosed you will find a list of Community Outings scheduled for January; please be sure to return it to us as soon as possible so that we can plan for those that would

like to attend. Also, if you would like to sponsor one of our participants on a few of the community outings we would greatly appreciate it!

Our special guests in the month of December included Elvis Presley and Frank Sinatra; the participants really enjoyed their performance and the photo ops after! Amanda from Paint Your Poison provided a wonderful paint party for our participants; with her instructions the participants were able to paint beautiful Christmas trees.

We are looking forward to a wonderful new year here at Forster Woods with our participants!



# 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 January 21st.

**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](http://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](http://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](http://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](http://www.tcoa.org) for updated workshop information. To register, call Tri-County Office on Aging at 517-887-1465.



## Home Safety Checklist

By Ava M. Stinnett



According to the Alzheimer's Association, 1 in 9 Americans aged 65 and older has Alzheimer's disease. There are approximately 48 million people worldwide with Alzheimer's or other dementias. More than 65 million caregivers, 29% of the U.S. adult population, provide an average of 20 hours of care per week; some provide care around the clock at home. Here are some tips for making your home dementia friendly.

- Display emergency numbers and your home address near all telephones. Put all cell phones and portable equipment in a safe place so they will not be easily lost.
- Install smoke alarms and carbon monoxide detectors in or near the kitchen and all sleeping areas. Check their functioning and batteries frequently.
- Install secure locks on all outside doors and windows. Install alarms that notify you when a door or window is opened, and hide a spare house key outside in case the person with Alzheimer's disease locks you out of the house.
- Avoid the use of extension cords if possible. Place lamps and appliances close to electrical outlets. Tack extension cords to the baseboards of a room to avoid tripping. Cover unused electrical outlets with childproof plugs.
- Check all rooms for adequate lighting. Place light switches at the top and the bottom of stairs. Add night-lights in dark areas.
- Remove throw rugs throughout the house. Use textured strips or nonskid wax on hardwood and tile floors to prevent slipping.
- Install childproof door latches on storage cabinets and drawers designated for breakable or dangerous items. Lock away all household cleaning products, matches, knives, scissors, blades, small appliances, and anything valuable.
- In the bedroom, use a monitoring device (such as those used for infants) to alert you to any sounds indicating a fall or other need for help. This also is an effective device for bathrooms.
- In the bathroom, place nonskid adhesive strips, decals, or mats in the tub and shower. If the bathroom is uncarpeted, consider placing these strips next to the tub, toilet, and sink. Use a raised toilet seat with handrails or install grab bars beside the toilet as well as in the tub/shower. Remove the lock from the bathroom door to prevent the person with Alzheimer's from being locked inside.
- Keep all medications (prescription and over-the-counter) in a locked cabinet. Use child-resistant caps as needed.

Keep in mind that it may not be necessary to make all of the suggested changes. This article covers a wide range of safety concerns that may arise, and some modifications may never be needed. It is important, however, to re-evaluate home safety periodically as behavior and abilities change.

### Source

Allen, K. (2019). Making Your Home Dementia Friendly. BrightFocus Foundation. Retrieved from <https://www.brightfocus.org/alzheimers/article/making-your-home-dementia-friendly>



### 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 Isaiah, one of Forster Woods Life Enrichment Coordinators, for being named December's Employee of the Month. Isaiah is kind, caring and compassionate. He goes above and beyond each day making sure that each of our participants is enjoying their day! We appreciate his dedication, passion, and all that he does for our participants!

Happy Birthday!



James  
Russell  
Taylor  
Jared  
Larry  
Barbara

Bryan  
Nicole  
Emony  
Seyni  
Aillyana

# Events & Special Guests

Packing Weekend Survival Kits  
For the kids in Williamston  
January 9th & January 23rd

Music Therapy with Erin from MSU  
Community Music School  
January 14th & 28th

Mindbenders with Jacalyn  
January 14th

Art Therapy with Rebecca  
January 10th

Michele Hollis ~ Exercise Specialist  
2x week

Kathleen and Gibbs  
Pet Therapy each week



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



<div>January 2020</div> <div>Forster Woods Activities Calendar</div>																	
Center Closed	5	10:00 Daily Chronicle 10:30 Outing: Library 10:30 Will Smith Word Search, Which Smith is Which Puzzle 11:30 Basketball, Table Tennis 12:00 Music 1:00 Bell Choir, Horse Race 2:00 Outing: Library 3:00 Facts About Captain John Smith 4:00 Meditation 4:30 Bowling 5:00 Small Group Activities	6	10:00 Daily Chronicle 10:30 Outing: Movie 10:30 Silly Putty Craft, Toys Word Scramble 11:30 Exercise with Michele 12:00 Music 1:00 Sports Talk, Hand and Nail Care 2:00 Table Games 3:00 Silly Putty History and Chemistry 4:00 Meditation 4:30 Corn Hole 5:00 Small Group Activities	7	10:00 Daily Chronicle 10:30 Outing: Impressions 5 10:30 Pet Therapy: Kathleen & Gibbs, Elvis Presley Secret Quote 11:30 Exercise with Michele 12:00 Music 1:00 Snow Globe Picture Frame Craft 2:00 Outing: Impressions 5 3:00 All About "The King" 4:00 Meditation 4:30 Swat Ball 5:00 Small Group Activities	Happy New Year!  New Year's Day		8	10:00 Daily Chronicle 10:30 Outing: Humane Society 10:30 Soup's On Crossword, Vegetable Soup Word Search 11:30 Balloon Volleyball, Horseshoes 12:00 Music 1:00 Red Cap Society, Baking, Weekend Survival Kit Packing 2:00 Table Games 3:00 Fun Facts About Wolves 4:00 Meditation 4:30 Twister Toss 5:00 Small Group Activities	9	10:00 Daily Chronicle 10:30 Outing: RE Museum 10:30 Choir Practice, Bible Study, Wolf Paper Plate Craft 11:30 Baseball Toss, Swat Ball 12:00 Music 1:00 Bingo, Art Therapy with Rebecca 2:00 Outing: RE Museum 3:00 Fun Facts About Wolves 4:00 Meditation 4:30 Horseshoes 5:00 Small Group Activities	10	10:00 Daily Chronicle 10:15 Hot Tea Word Search 11:30 Table Tennis 12:00 Music 1:00 Watercolor Painting 2:00 9 Health Benefits of Oatmeal 3:00 Table Games	11	10:15 Daily Chronicle 10:45 Boxing Match Puzzle Leather Bookmark Craft 11:30 Putt Putt 12:00 Music 2:00 30 Fun Facts About Pasta 3:00 Table Games	
	Center Closed	12	10:00 Daily Chronicle 10:30 Outing: Library 10:30 Football is a Kick Crossword, Football Word Search 11:30 Balloon Volleyball, Horseshoes 12:00 Music 1:00 Bell Choir, Horse Race 2:00 Outing: Library 3:00 College Athletes Going Pro 4:00 Meditation 4:30 Bowling 5:00 Small Group Activities	13	10:00 Daily Chronicle 10:30 Outing: Mail 10:30 MSU Music Therapy, Colorful Cacti Craft 11:30 Exercise with Michele 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	14	10:00 Daily Chronicle 10:30 Outing: Movie 10:30 Pet Therapy: Kathleen & Gibbs, Mythical Creatures Crossword 11:30 Exercise with Michele 12:00 Music 1:00 Paper Dragon Craft 2:00 Outing: Movie 3:00 History of the Dragon 4:00 Meditation 4:30 Swat Ball 5:00 Small Group Activities	15	10:00 Daily Chronicle 10:30 Outing: Bowling 10:30 Ice Cream Flavors Crossword, Ice Cream Word Search 11:30 Baseball Toss, Swat Ball 12:00 Music 1:00 Red Cap Society, Baking 2:00 Table Games 3:00 What Ice Cream Says About Your Personality 4:00 Meditation 4:30 Twister Toss 5:00 Small Group Activities	16	10:00 Daily Chronicle 10:30 Outing: Humane Society 10:30 Choir Practice, Shrinky Dink Keychains 11:30 Putt Putt Golf, Twister Toss 12:00 Music 1:00 Bingo 2:00 Outing: Humane Society 3:00 What Am I? 4:00 Meditation 4:30 Horseshoes 5:00 Small Group Activities	17	10:00 Daily Chronicle 10:15 Tulips Word Search 11:30 Bowling 12:00 Music 1:00 3D Paper Tulips 2:00 Tulip Facts 3:00 Table Games	18	10:15 Daily Chronicle 10:45 Robot Word Search Leather Bookmark Craft 11:30 Wii Sports 12:00 Music 1:00 Robot Scratch Ornament 2:00 Facts About Robots 3:00 Table Games		
		Center Closed	19	10:00 Daily Chronicle 10:30 Outing: Library 10:30 Dream Catcher, Martin Luther King Day Word Scramble 11:30 Basketball, Table Tennis 12:00 Music 1:00 Bell Choir, Horse Race 2:00 Outing: Library 3:00 Martin Luther King Day Trivia 4:00 Meditation 4:30 Bowling 5:00 Small Group Activities	20	10:00 Daily Chronicle 10:30 Outing: Movie 10:30 Pet Therapy: Kathleen & Gibbs, Fitness Crossword 11:30 Exercise with Michele 12:00 Music 1:00 Sports Talk, Hand and Nail Care 2:00 Table Games 3:00 Benefits of a Hug 4:00 Meditation 4:30 Corn Hole 5:00 Small Group Activities	21	10:00 Daily Chronicle 10:30 Outing: MI History Museum 10:30 Eye Word Scramble, Parts of the Eye Word Search 11:30 Exercise with Michele 12:00 Music 1:00 Welcome Winter Frame 2:00 Outing: MI History Museum 3:00 10 Best Foods for Eyesight 4:00 Meditation 4:30 Swat Ball 5:00 Small Group Activities	22	10:00 Daily Chronicle 10:30 Outing: Humane Society 10:30 Rock N Roll Crossword, Rock N Roll Word Search 11:30 Balloon Volleyball, Ring Toss 12:00 Music 1:00 Red Cap Society, Baking, Weekend Survival Kit Packing 2:00 Table Games 3:00 45 Facts About Rock N Roll 4:00 Meditation 4:30 Twister Toss 5:00 Small Group Activities	23	10:00 Daily Chronicle 10:30 Outing: Impressions 5 10:30 Choir Practice, Bible Study, Gold Rush Slime 11:30 Baseball Toss, Swat Ball 12:00 Music 1:00 Bingo 2:00 Outing: Impressions 5 3:00 History of the Gold Rush 4:00 Meditation 4:30 Horseshoes 5:00 Small Group Activities	24	10:00 Daily Chronicle 10:15 Daily Chronicle 10:45 Robot Word Search Leather Bookmark Craft 11:30 Wii Sports 12:00 Music 1:00 Robot Scratch Ornament 2:00 Facts About Robots 3:00 Table Games	25	10:15 Daily Chronicle 10:45 Robot Word Search Leather Bookmark Craft 11:30 Wii Sports 12:00 Music 1:00 Robot Scratch Ornament 2:00 Facts About Robots 3:00 Table Games	
			Center Closed	26	10:00 Daily Chronicle 10:30 Outing: Library 10:30 The Cowboy Way Crossword 11:30 Balloon Volleyball, Horseshoes 12:00 Music 1:00 Bell Choir, Horse Race 2:00 Outing: Library 3:00 10 Interesting Facts about the Wild West 4:00 Meditation 4:30 Bowling 5:00 Small Group Activities	27	10:00 Daily Chronicle 10:30 Outing: Humane Society 10:30 Chinese New Year Lantern 11:30 Chinese New Year Crossword 11:30 Exercise with Michele 12:00 Music 1:00 Sports Talk, Hand and Nail Care 2:00 Table Games 3:00 Chinese New Year Trivia 4:00 Meditation 4:30 Corn Hole 5:00 Small Group Activities	28	10:00 Daily Chronicle 10:30 Outing: Bowling 10:30 Pet Therapy: Kathleen & Gibbs, Oprah Winfrey Word Search 11:30 Exercise with Michele 12:00 Music 1:00 Puzzle Piece Letters 2:00 Outing: Humane Society 3:00 Sleeping Beauty Trivia 4:00 Meditation 4:30 Swat Ball 5:00 Small Group Activities	29	10:00 Daily Chronicle 10:30 Outing: Bowling 10:30 Pet Therapy: Kathleen & Gibbs, Spelling Bowling Ball 11:30 Baseball Toss, Swat Ball 12:00 Music 1:00 Red Cap Society, Baking 2:00 Table Games 3:00 Facts About Bowling 4:00 Meditation 4:30 Twister Toss 5:00 Small Group Activities	30	10:00 Daily Chronicle 10:30 Outing: Movie 10:30 Spares Categories, Spelling Bowling Ball 11:30 Baseball Toss, Swat Ball 12:00 Music 1:00 Red Cap Society, Baking 2:00 Table Games 3:00 Facts About Bowling 4:00 Meditation 4:30 Twister Toss 5:00 Small Group Activities	31	10:00 Daily Chronicle 10:30 Outing: Mail 10:30 Choir Practice, Painting with Bottles 11:30 Putt Putt Golf, Twister Toss 12:00 Music 1:00 Bingo, Bingo Store 2:00 Outing: Mail 3:00 15 Interesting Facts about Coca Cola 4:00 Meditation 4:30 Horseshoes 5:00 Small Group Activities	Chinese New Year	

\*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\*



### THE DAWN

By: Stephanie McGee-Owens

A dawn . . .  
Can last forever  
Can start a romance  
Kiss the stars to bed  
Dance through water droplets  
It paints the skies  
It has short lives  
People seem to miss it  
But if you know when . . .  
At the right time when,  
The sun gets tired  
The dancing begins  
It smiles and yawns  
To enjoy the children of new times,  
The sunset sees more of the sweet  
romance  
As more stars come to talk, watch, and  
dance with mother moon



#### PARTICIPANT OF THE MONTH

This month we sat down with the writer of *The Dawn* (as featured here in our newsletter). Stephanie has been writing poetry for twelve years, so when we wanted to know the secret to great writing, we went to her.

**Forster Woods:** First, tell us a little bit about yourself.

Stephanie: "I like singing, riding horses, drawing, knitting, crocheting, everything; really"

**FW:** What inspired your poem, *The Dawn*?

S: "[I was] at school, frustrated, and it just popped into my head."

**FW:** Is that your usual MO? Write whatever comes to mind when you really need to express yourself?

S: "Yes. God writes in my brain, and I write it down."

**FW:** How long have you been writing?

S: "[Since] high school."

**FW:** Have you ever been published?

S: "Yeah. About a soldier."

**FW:** What inspired that piece?

S: "My dad was in the Army."

**FW:** Have you ever had any formal instruction in writing?

S: "No, it just comes naturally."



January 2020

## Ways to Support



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](https://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!

- Unscented Baby Wipes
- Blue Changing Pads
- Vinyl Gloves (size Medium and Large)
- Hand Sanitizer
- Kleenex
- Clorox Wipes
- Magic Erase Sponges
- Febreeze Air Freshener Spray
- Incontinence Briefs (size Medium, Large, and Extra Large)



*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!



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

Cindy Short  
Melissa Cochran  
Jackie Hagen  
Mike and Jennifer Gardner  
Carol Bappert  
Camilla Fritts  
Teri Nelson  
Jennifer Branch  
Andy Friar  
George and Carole Schneider  
Grace VanValkenburg  
Lille Foster  
Amy and Patrick Masi  
The Reverend Frederick Nestrock  
Tom and Beckie Corner  
Chuck Featherly  
David Devries  
Bruce and Cheryl Cochran  
Marilyn Ebaugh  
Kurt Temple  
Sarah Hawley  
Judith Green  
Patricia Garcia  
Jean and Jack Minnema  
Michelle Feldhauser  
Sheila Fulger  
Amy Ritter  
Sharon Pease  
Kelly Ryder



*Supporting caregivers,*

*and their loved ones . . .*

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Williamston, MI 48895

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Website: [www.forsterwoods.org](http://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