



Forster Woods Connection

March 2020

Supporting caregivers,
and their loved ones . . .

February Fun

Another busy month has come and gone here at Forster Woods. We had some special guests come in from Potter Park Zoo to educate us on wildlife from around the world, even giving our participants a hands-on experience as they brought animal hides for us to see and feel, and some live animals to visit with us! Not only did they come here, we took some of our participants to the zoo to find out how animals adapt in the wintertime, as well as learn about slimy, scaly & feathered creatures.

Of course as it was February, we celebrated Valentine's Day! Staff brought valentines for participants, some participants brought in

valentines for everyone, we had snacks, made crafts, and had live music. We celebrated so much that we couldn't even contain the festivities to one day and had to keep the party going on Monday! We even kept the Valentine's mood going with a paint party the following week where the picture that we learned to paint was Valentine-themed.

Another big event for us here in February was the poker tournament we hosted for our participants, since poker has proved to be a very popular activity at Forster Woods. There's even talk about turning it into a monthly activity!

Reminder: We are closed on March 10th due to the church being used for elections



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. Please call when a loved one will not be attending either the night before or the morning of the scheduled day.

Recipe of the Month

Lucky Poke Cake:

- 2(3 ounce) lime gelatin packets
- 1 cup boiling water
- 1/2 cup cold water
- 1 (15.25-ounce) box white cake mix, prepared according to the directions on the box in a 9 X 13-inch baking pan and cooled
- 1 (8-ounce) container whipped topping, thawed
- 3 tablespoons green sprinkles



Directions 1. Place gelatin and boiling water in a medium bowl, stirring until dissolved. Stir in cold water. Set aside. 2. Use a chopstick to poke holes 1–2 inches apart throughout the cake. Pour gelatin mixture evenly over the cake. Cover and chill until set, about 1 hour. 3. Top evenly with whipped topping and sprinkle evenly with sprinkles. Makes 24 servings

Craft Corner

Scrabble Name Coaster

You will need:

- Scrabble letter tiles (25 tiles, including letters to spell your name)
- Craft cork (3 1/2" X 4")
- Sharpie markers (assortment of colors)
- Tacky glue
- Mod Podge and paintbrush

Directions:

1. Select 25 Scrabble tiles, including the letters needed to spell your name.
2. Color just the letters of your name with permanent markers.
3. Figure out the arrangement of the tiles. You can spell out your name going down, across, diagonally, or in a zigzag formation. (This is necessary if your name has more than 5 letters.)
4. Cover the craft cork with a thin coat of tacky glue.
5. Apply the tiles to the cork, making 5 rows of 5 letters each.
6. Let the glue dry for 30 minutes.
7. Brush a generous coat of Mod Podge over the tiles. Let the project dry for another hour before using.



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 March 17th .

It was one of those March days when the sun shines hot and the wind blows cold: When it is summer in the light and winter in the shade

-Charles Dickens

Why Do We Forget Names?

By Dr. Rob Winningham

One of the most common complaints about memory is “I can’t remember their name.” In this short article, I will discuss this phenomenon and give some suggestions, and hopefully peace of mind.

There are a couple of primary reasons we sometimes are unable to remember someone’s name. First, we often don’t encode or make a new memory of someone’s name in the first place. We can’t later retrieve a name if we never stored it. The failure to make a new memory of someone’s name when you first meet them is probably the most common challenge.

The second main reason we might not remember someone’s name is *not* because we haven’t learned it but rather we can’t retrieve or find their name in our memory banks. This situation is known as the *Tip of the Tongue* state. With *Tip of the Tongue* experiences, we know the name, we know we know the name, we might even know what sound or letter the name starts with, but alas, it won’t come to us. I am happy to report that *Tip of the Tongue* states do not appear to be a sign of a more significant problem,

although they do often occur with increasing frequency during middle and late adulthood. However, middle age and older adults are more likely to solve a *Tip of the Tongue* state than a younger adult. One strategy for dealing with these situations is to simply stop thinking about the name for a while. Or, think about people and things related to the name, such as other people associated with the person, places you have been with the person, and so on.

If you want to remember someone’s name, you might want to do one or more of the following:

- When learning someone’s name, imagine someone else you know with the same name. Quickly imagine whether the two people you know with the same name could be friends or if they have some sort of commonality.
- Ask the person to spell their name. This will give you more time to rehearse and possibly create a visual image of the name.
- After learning someone’s name, you can try repeating it

back to them, hold it in your mind for a moment, and rehearse it by using it in a normal conversation. If you forget the name in the first few minutes, go ahead and ask them to remind you again. Be sure to address them by their name when you depart.

- Try writing the name down as soon as possible and rehearse it over the next day or two.
- Finally, don’t worry if you are unable to remember a name. It is normal and something that most of us find challenging at times.



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.



Events & Special Guests



EMPLOYEE OF THE MONTH

Congratulations to Donovan for being named one of February's Employees of the Month. Donovan goes above and beyond everyday always seeking ways to do better for our participants! He always walks in with a positive attitude and a contagious smile. Donovan, we thank you for your dedication, passion, and all you do for our participants!



EMPLOYEE OF THE MONTH



Congratulations to Nicole for being named one of February's Employees of the month. Nicole has only been with us for a short time and has quickly advanced to a Life Enrichment Specialist! Nicole does an amazing job working with our participants and ensuring that they enjoy their day with us. Nicole, we thank you for your dedication, passion, and all you do for our participants!

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

Music Therapy with Erin from MSU
Community Music School
March 24th

Mindbenders with Jacalyn

Tech Time with Courtney
March 12

Michele Hollis ~ Exercise Specialist
2x week

Kathleen and Gibbs
Pet Therapy each week



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1	10:00 Daily Chronicle 10:30 Outing: Library 10:30 Searching for March Categories 11:30 Basketball, Table Tennis 12:00 Music 1:00 Bell Choir, Horse Race 2:00 Outing: Library 3:00 March IQ 4:00 Meditation 4:30 Bowling 5:00 Small Group Activities	2	10:00 Daily Chronicle 10:30 Outing: Library 10:30 Mixed-Up Family Tree Genealogy secret Quote 11:30 Balloon Volleyball, Horseshoes 12:00 Music 1:00 Bell Choir, Horse Race 2:00 Outing: Library 3:00 Family Tree Facts 4:00 Meditation 4:30 Bowling 5:00 Small Group Activities	3	10:00 Daily Chronicle 10:30 Outing: Bowling 10:30 DIY Coffee Sleeve 11:30 Exercise with Michele 12:00 Music 1:00 Sports Talk, Science Workshop 2:00 Table Games 3:00 100 Years of Names 4:00 Meditation 4:30 Corn Hole 5:00 Small Group Activities	4	10:00 Daily Chronicle 10:30 Outing: Mail Therapy 10:30 Nifty Nicknames, Pet Therapy 11:30 Exercise with Michele 12:00 Music 1:00 Art Workshop, Hand and Nail Care 2:00 Outing: Mail 3:00 Sporty Nickname Trivia 4:00 Meditation 4:30 Swat Ball 5:00 Small Group Activities	5	10:00 Daily Chronicle 10:30 Outing: Impression 5 11:30 Women's History Crossword 12:00 Music 1:00 Current Events, Baking, Weekend Survival Kit Packing 2:00 Table Games 3:00 Women's History Month Quiz 4:00 Meditation 4:30 Twister Toss 5:00 Small Group Activities	6	10:00 Daily Chronicle 10:30 Outing: Humane Society 10:30 Singing Club, Bible Study, Yarn Leprechaun Hat 11:30 Baseball Toss, Swat Ball 12:00 Music 1:00 Bingo 2:00 Outing: Swimming 3:00 Shacquille O'Neal Trivia 4:00 Meditation 4:30 Horseshoes 5:00 Small Group Activities	7	10:15 Daily Chronicle 10:45 Monopoly Word Search 11:30 Table Tennis 12:00 Music 1:00 Yarn Painting 2:00 What Am I? 3:00 Table Games
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8	10:00 Daily Chronicle 10:30 Outing: Library 10:30 Mixed-Up Family Tree Genealogy secret Quote 11:30 Balloon Volleyball, Horseshoes 12:00 Music 1:00 Bell Choir, Horse Race 2:00 Outing: Library 3:00 Family Tree Facts 4:00 Meditation 4:30 Bowling 5:00 Small Group Activities	9	CENTER CLOSED		10	CENTER CLOSED		11	10:00 Daily Chronicle 10:30 Outing: Humane Society 10:30 Pet Therapy, Monster Match 11:30 Exercise with Michele 12:00 Music 1:00 Art Workshop, Hand and Nail Care 2:00 Outing: Mail 3:00 Mary Shelley Biography 4:00 Meditation 4:30 Swat Ball 5:00 Small Group Activities	12	10:00 Daily Chronicle 10:30 Outing: Impression 5 10:30 Girl Scout Crossword, Tech Time 11:30 Baseball Toss, Swat Ball 12:00 Music 1:00 Current Events, Baking 2:00 Table Games 3:00 Juliette Low Biography 4:00 Meditation 4:30 Twister Toss 5:00 Small Group Activities	13	10:00 Daily Chronicle 10:30 Outing: Bowling 10:30 Singing Club, Bubble Painting 11:30 Putt, Putt Golf, Twister Toss 12:00 Music 1:00 Bingo 2:00 Outing: Swimming 3:00 Benefits of Blowing Bubbles 4:00 Meditation 4:30 Horseshoes 5:00 Small Group Activities	14	10:15 Daily Chronicle 10:45 Butterfly Word Search 11:30 Bowling 12:00 Music 1:00 Butterfly Handprint 2:00 Butterfly Facts 3:00 Table Games
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15	Daylight Saving Time Begins 10:00 Daily Chronicle 10:30 Outing: Library 10:30 Shrinking Words Puzzle, Calculation Crossword 11:30 Basketball, Table Tennis 12:00 Music 1:00 Bell Choir, Horse Race 2:00 Outing: Library 3:00 How Do The Senses Work 4:00 Meditation 4:30 Bowling 5:00 Small Group Activities	16	10:00 Daily Chronicle 10:30 Outing: Library 10:30 Shrinking Words Puzzle, Calculation Crossword 11:30 Basketball, Table Tennis 12:00 Music 1:00 Bell Choir, Horse Race 2:00 Outing: Library 3:00 How Do The Senses Work 4:00 Meditation 4:30 Bowling 5:00 Small Group Activities	17	10:00 Daily Chronicle 10:30 Outing: Impression 5 10:30 Pet Therapy, St. Patrick's Day Crossword 11:30 Exercise with Michele 12:00 Music 1:00 Science Workshop, Sports Talk 2:00 Table Games 3:00 History of St. Patrick's Day 4:00 Meditation 4:30 Cornhole 5:00 Small Group Activities St. Patrick's Day	18	10:00 Daily Chronicle 10:30 Outing: Mail 10:30 Wyatt Earp Crossword 11:30 Exercise with Michele 12:00 Music 1:00 Art Workshop, Hand and Nail Care 2:00 Outing: Mail 3:00 Wyatt Earp Biography 4:00 Meditation 4:30 Swat Ball 5:00 Small Group Activities	19	10:00 Daily Chronicle 10:30 Outing: MSU Museum 10:30 Mixed-Up Springtime, Horseshoes 11:30 Balloon Volleyball, Twister Toss 12:00 Music 1:00 Current Event, Baking, Weekend Survival Kit Packing 2:00 Table Games 3:00 Fun Facts About Springtime 4:00 Meditation 4:30 Twister Toss 5:00 Small Group Activities Spring Begins	20	10:00 Daily Chronicle 10:30 Outing: Humane Society 10:30 Singing Club, Bible Study, Yarn Leprechaun Hat 11:30 Baseball Toss, Swat Ball 12:00 Music 1:00 Bingo 2:00 Outing: Swimming 3:00 Benefits of Crafting for Adults 4:00 Meditation 4:30 Horseshoes 5:00 Small Group Activities	21	10:15 Daily Chronicle 10:45 Rainbow Fish Word Search 11:30 Wii Sports 12:00 Music 1:00 Painting Rainbow Fish with Celery 2:00 Facts About the Book "Rainbow Fish" 3:00 Table Games
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22	CENTER CLOSED		23	10:00 Daily Chronicle 10:30 Outing: Library 10:30 Mixed-Up Mythology, Greek Mythology Word Search 11:30 Balloon Volleyball, Horseshoes 12:00 Music 1:00 Bell Choir, Horse Race 2:00 Outing: Library 3:00 Greek Mythology Facts 4:00 Meditation 4:30 Cornhole 5:00 Small Group Activities	24	10:00 Daily Chronicle 10:30 Outing: Movie Therapy, Tech Time 11:30 Exercise with Michele 12:00 Music 1:00 Science Workshop, Sports Talk 2:00 Table Games 3:00 Fun Facts About U.S. Agriculture 4:00 Meditation 4:30 Cornhole 5:00 Small Group Activities	25	10:00 Daily Chronicle 10:30 Outing: Bowling 10:30 Pet Therapy, Kathleen & Gibbs, Mythical Creatures Crossword 11:30 Exercise with Michele 12:00 Music 1:00 Art Workshop, Hand and Nail Care 2:00 Outing: Mail 3:00 15 Facts About Art 4:00 Meditation 4:30 Swat Ball 5:00 Small Group Activities	26	10:00 Daily Chronicle 10:30 Outing: Pottery Park Zoo 10:30 Mixed-Up Baseball, Home Run Matching Game 11:30 Baseball Toss, Swat Ball 12:00 Music 1:00 Current Events, Baking 2:00 Table Games 3:00 Unbelievable Baseball Facts 4:00 Meditation 4:30 Twister Toss 5:00 Small Group Activities	27	10:00 Daily Chronicle 10:30 Outing: MSU Dairy Store 10:30 Singing Club, Embossed Monogram 11:30 Putt, Putt Golf, Twister Toss 12:00 Music 1:00 Bingo, Bingo Store 2:00 Outing: Swimming 3:00 The Evolution of Animation 4:00 Meditation 4:30 Horseshoes 5:00 Small Group Activities	28	10:15 Daily Chronicle 10:45 Washing Machine Word Search 11:30 Putt, Putt Golf 12:00 Music 1:00 Paint with Nature 2:00 History of the Washing Machine 3:00 Table Games
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29	CENTER CLOSED		30	10:00 Daily Chronicle 10:30 Outing: Library 10:30 Snoopy Word Search, Charlie Brown Crossword 11:30 Basketball, Table Tennis 12:00 Music 1:00 Bell Choir, Horse Race 2:00 Outing: Library 3:00 Fun Facts About Charlie Brown 4:00 Meditation 4:30 Bowling 5:00 Small Group Activities	31	10:00 Daily Chronicle 10:30 Outing: Movie Therapy, Daylight Savings Word Search 11:30 Exercise with Michele 12:00 Music 1:00 Science Workshop 2:00 Table Games 3:00 Facts About Daylight Savings 4:00 Meditation 4:30 Cornhole 5:00 Small Group Activities
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March 2020

Forster Woods Activities Calendar

*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 OF THE MONTH



If anyone could be described as a fixture around here at Forster Woods, it's Bob. Described by staff as a constant on our outings, you can always find Bob right in the middle of the action, whatever the activity. He's always up for anything even remotely athletic. Basketball, playing catch with a tennis ball, tossing a balloon back and forth; if it gets you moving, Bob is in!

Bob isn't afraid to get hands-on with anything, from learning a new game to picking up a guitar & playing rhythm for the pianist. What he may be best known for around here, though, is his unfailing willingness to help. A member of Forster Woods' staff calls Bob his "clean-up buddy" because Bob's always pitching in with any work that needs to be done. From helping another participant with a puzzle to joining volunteers from St. Katherine's in Forster Woods' garden, Bob will eagerly lend a helping hand.



Participant Artwork



Happy Birthday!

Lois Tommy P Robert D
Greg Isaiah Krysta Justin

March 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!

Cleaning Supplies

- Clorox Wipes
- Toilet Bowl Cleaner
- Mop Heads
- Sponges
- Glass Cleaner
- Vinyl Gloves (S,M,L)
- Febreze



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 February:

Jennifer Branch

Andy Friar

David Devries

Jean and Jack Minnema

Sarah Hawley

Beckie Corner

Baker College
Occupational Therapist
Students

Kathleen and Gibbs

Joan Marshall

Terry Ballinger

Karen Peasley

David Devries

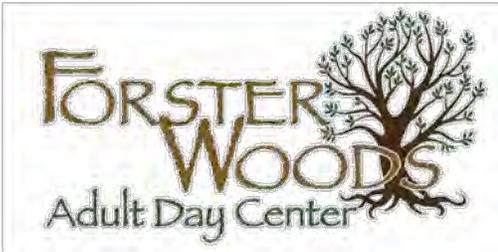
St. Katherines Episcopal
Church

Ruth Ann Smith

Mrs. R. Bedard

Cindy Suppnick

Grace VanValkenberg



Supporting caregivers,

and their loved ones . . .

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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.

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