

## Autumn Joy

Fall is off to a great start here at the center! With smiles and laughter making it's way around, we can certainly say that autumn joy is here. October was an eventful month for us, with multiple special guests each week, we never fell short of fun and exciting activities.

Our first guests of the month were Nursing Students from Michigan State University, they'll be here every other week participating in activities and getting to know everyone. At the end of November we'll be participating in their Health Project, more on that in the special events section!

Next, we welcomed Tucker and his owner Jim for Pet Therapy. This was an extremely relaxing activity for everyone, and don't worry, Tucker and his calm aura will be back for more therapy on November 6th!

An interesting event that had everyone moving was

Seated Tai Chi, led by Sheilah from Michigan State University Extension. Her session provided a low impact, relaxing form of exercise and combined mental and spiritual aspects of health and wellness. The participants who enjoyed this activity will be happy to know this is a monthly event!

We didn't miss out on the thrill of Halloween by any means, our Elephant Toothpaste Experiment was spine-chilling to conduct. With an instant reaction and a roar of 'oohhs' and 'aahhs' our science project segment seemed to be a hit. Later this month we have another science experiment, this one is about leaf color change!

Throughout the month we've had multiple performances, Marcy, Judy, Kari and Carl get the center roaring with music. The interactive sing-alongs are a real sensation here, you can't help but to sing-along

and smile with everyone around you!

It's safe to say we're settled in here, in fact it feels our program is home! Come join for our Welcome Home Celebration at Forster Woods in the East Lansing location, the event is on November 8th, and we hope to see you there!



# Forster Woods Connection

## Recipe of the Month

### Ice Cream Cone Teepees

#### Ingredients:

- Ice Cream Sugar Cones
- Chocolate Chips
- Pretzel Sticks
- Colored Sprinkles



#### Directions:

1. Line baking sheet with parchment paper. Break a few pretzel sticks in half. Set aside a few whole ones.
2. Carefully remove about 1/2 inch from the point of the ice cream cone. Allow about enough room for one pretzel to pass through. Set the cones aside.



3. Melt the chocolate and dip the ice cream cone 1/4 inch into it. Drop your sprinkles onto the chocolate ring and gently press them into place. Place the cone on the parchment paper.
4. Dip a whole pretzel stick into the melted chocolate and slide the pretzel into the cut opening of the cone, angle it to the side. Take two halves of a pretzel and dip one end in chocolate and place the pieces at the top of the teepee next to the other pretzel stick. Hold in place until chocolate is set.
5. Place in freezer for 20 minutes until fully set and enjoy your masterpiece!

## Craft Corner

### Coffee Filter Turkeys

#### Materials:

- Wooden Clothespins
- Round White Coffee Filters
- Assorted Googly Eyes
- Washable Markers
- Glue Gun
- Brown Paint
- Red and Yellow Paper or Craft Foam
- Water Spray Bottle



#### Instructions:

1. Flatten out round coffee filters.
2. Color the filters with red, yellow, and orange.
3. Place filters on a mat and spray with water. Set aside to dry.
4. Paint the entire clothespin brown.
5. Glue on two eyes using the glue gun, cut out a yellow triangle beak, and a red wattle from the paper or craft foam.
6. Glue the beak and wattle below the eyes, like the picture.
7. Fold the dry coffee filters in half and crinkle slightly to fluff them.
8. Insert filter into the top clip of the clothespin to be the turkeys feathers.

# November 2023

## Great Gifts for People with Memory Loss

By Brooke DeNisco



It can be hard to know what kind of holiday gifts to buy for loved ones with memory loss. In general, keeping gifts fun but modest is suggested. The goal is to keep anxiety low and avoid making someone feel like they should have gotten you a present. Here are a few suggestions for gifts priced at about \$25 and under that we recommend.

- Douglas makes a variety of stuffed animals, including dogs. They can be purchased online or in stores like Walmart. If you go to the Douglas website, you get a lot of choices. For example, you can pick what breed, size, and color of stuffed dog you prefer. Some of the many choices include a small French bulldog in a cute carrying bag, a mixed-breed dog with rescue tags on it, a black Labrador puppy, or a large Goldendoodle.
- New puzzles geared toward adults with memory loss are always on the market. Some may be great, but we've found that Ravensburger make adult

appropriate puzzles with 20 to 30 pieces. The pieces are large, sturdy, and hand-cut to fit together precisely. Ravensburger puzzles look nice and hold up well.

- Digital photos are wonderfully convenient but not always easy for older people to see. Turn photos into a softcover or hardcover photo book. You can intersperse people with pretty photos of landscapes, flowers, or animals. Mixbook allows you to create a 25-page softcover photo book with your choice of templates and styles. Walmart has a variety of photo books, too.
- Indoor/outdoor house shoes that are unisex and can be worn in the shower are a fun and stylish gift, although socks and slippers, especially with grips on the soles, are also appreciated.
- Adult coloring pages and books are very popular. Quality markers and coloring equipment make using them more enjoyable and practical. Magic Stix markers have a nice pencil-like grip, are washable, and last without drying out for about a week with the lid off.







## MSU Nursing Students



The nursing students from Michigan State University, led by their instructor Patty West, have put together a special exercise for our participants! On November 29th we'll be participating in a Chair Yoga Exercise for their Health Promotion Project. Get ready for some mindfulness and relaxation! It will be a bittersweet farewell to the nursing students, we've really enjoyed having them at the center and we wish them luck with the rest of their semester!

### CHAIR YOGA



FORSTER WOODS - ACTIVE LIVING FOR ALL

### JOIN US IN PRACTICING MINDFULNESS & MOVEMENT

EVERYONE IS WELCOME!

30 MINUTES

EASY SLOW FLOW



WEDNESDAY - NOVEMBER 29TH

### November Birthdays

Nov. 7th— Vanessa T.

Nov. 18th— Janet D.

Nov. 22nd— Allen O.

Nov. 23rd— Casey K.

Nov. 27th— John W.



## Events &



## Special Guests

- Nov. 3rd  Osteopathic Volunteers
- Nov. 6th  Jim & Tucker Pet Therapy
- Nov. 7th  Music with Marcy
- Nov. 8th  Music with Judy
- Nov. 8th  Welcome Home Event
- Nov. 9th  Storytellers
- Nov. 10th  Music with Carl
- Nov. 20th  Music with Judy
- Nov. 21st  Music with Marcy
- Nov. 27th  Seated Tai-Chi
- Nov. 28th  Ukelele Players
- Nov. 29th  Chair Yoga












## Join us Welcome Home

Celebrating Forster Woods Adult Day Center's  
New Location  
201 Hillside Court | East Lansing, MI 48823

Wednesday, November 8, 2023 | 5:45 p.m. ~ 7:00 p.m.

*Wine and appetizers will be served*

# November Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Special Dates:</b> Nov. 3rd—Osteopathic Volunteers, Nov. 6th—Jim & Tucker Pet Therapy, Nov. 7th—Music w/ Marcy, Nov. 8th—Music w/ Judy, Nov. 9th—Storytellers, Nov. 10th—Music w/ Carl, , Nov. 20th—Music with Judy, Nov. 21st—Music with Marcy, Nov. 27th—Seated Tai-Chi, Nov. 28th—Ukelele Players, Nov. 29th—Chair Yoga, TBD—Kari Holmes Music	<b>Journaling</b>  Family Feud Jim & Tucker Pet Therapy Veterans Paint Party	<b>Journaling</b>  Family Feud Music with Marcy <b>Beaded Corn</b> Jeopardy Trivia Nail Care & Sports Talk	November IQ LUNCH Categories <b>Watercolor Spider Web</b> BINGO	On the Job Match “Maize” Day <b>Fall Windsock</b> Osteopathic Volunteers
6 Double Trouble VALOR Categories Veterans Day Mining <b>Journaling</b> Pet Paint Party	7 Homemade Bread Quote Music with Marcy  <b>Beaded Corn</b> Jeopardy Trivia Nail Care & Sports Talk	8 Veterans Day Secret Quote Monopoly Scramble Music with Judy <b>Scarecrow Painting</b> BINGO	9 Patriotic Song Match  <b>Apple Tissue Paper Craft</b> Apple Cider & Donuts What am I?	10 MEDAL Categories Heroic Secret Quote  Music with Carl <b>Leaf Color Experiment</b> BINGO
13 VALOR Categories Veterans Day Mining <b>Journaling</b> Pet Paint Party	14 Lovely Weather Match Brain Teasers Mining <b>Paper Turkey</b> Brownie Oatmeal Bake What am I?	15 Exposing the Secret Word Right as “Rain” Rhyme <b>Dream Catchers</b> EZ Does it Trivia Nail Care & Sports Talk	16 Family Feud LANDS Categories <b>Fall Leaf Chalk Art</b> BINGO	17 Bowling Scramble The Raven Secret Quote <b>Paper Plate Owl</b> BINGO
20 Thanksgiving Scramble Celebrating Thanks Match Music with Judy <b>Journaling</b> Thanksgiving Paint Party	21 Roasted Turkey Mining Music with Marcy  <b>Tissue Paper Pumpkin Pie</b> Price is Right Nail Care & Sports Talk	22 FEAST Categories Thankfulness Mining <b>Coffee Filter Turkeys</b> Ice Cream Cone Teepees What am I?	23 Day Center Closed  Happy Thanksgiving! 	24 Day Center Closed 
27 THANK Categories Family Feud <b>Thank You Cards</b> Seated Tai-Chi  Snack Mix/ Who am I?	27 Cranberry Sauce Mining <b>Dancing Popcorn</b>  Ukelele Players Thanksgiving Trivia Nail Care & Sports Talk	28 Word Builder Break out the “Rake” <b>Magic Scratch Leaves</b> Chair Yoga Game Pieces Paint Party	29 Exposing the Secret Word Great Mustache Match <b>Snowflake Suncatchers</b> BINGO	<b>Daily Activities:</b> Small Group Activities, Breakfast Club Discussion, Exercise/Active Game, Puzzle & Craft, Music & Meditation, and Table Games.



# November Menu Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p> All food is made with love by our kitchen staff, if any foods interfere with dietary restrictions, we will make the appropriate accommodation! </p> <p><b>6</b> Scrambled Eggs &amp; Toast Alfredo w/ Chicken Salad Fruit Breadstick</p>	<p><b>7</b> Oatmeal &amp; Berries Broccoli Cheddar Soup Chicken Fruit Bread</p>	<p><b>1</b> Fruit Parfait Mac &amp; Cheese w/ Chicken Salad Fruit Bread</p>	<p><b>2</b> Blueberry Muffin &amp; Fruit Chicken Enchiladas Corn Fruit</p>	<p><b>3</b> Toast &amp; Fruit Spaghetti &amp; Meatballs Steamed Broccoli Fruit Dinner Roll</p>
<p><b>13</b> Cream of Wheat &amp; Peaches Chicken Sandwich Sweet Potato Fries Fruit</p>	<p><b>14</b> Chocolate Muffin &amp; Fruit Goulash Green Beans Fruit Bread</p>	<p><b>8</b> Fruit Parfait Baked Ziti Green Beans Fruit Bread</p>	<p><b>9</b> Cinnamon Toast &amp; Berries Shepard's Pie Fruit Bread</p>	<p><b>10</b> Pancakes &amp; Ham Calzones Salad Fruit</p>
<p><b>20</b> Oatmeal &amp; Berries Creamy Beef &amp; Shells Green Beans Fruit Dinner Roll</p>	<p><b>21</b> Fruit Parfait Chicken Pot Pie Soup Fruit Bread</p>	<p><b>15</b> Fruit Parfait Egg Salad Sandwich Salad Fruit Bread</p>	<p><b>16</b> Hash Browns &amp; Eggs Beef Tacos Corn Fruit</p>	<p><b>17</b> French Toast &amp; Fruit Meatloaf Mashed Potatoes Fruit Dinner Roll</p>
<p><b>27</b> Cream of Wheat &amp; Apples French Onion Beef Casserole Broccoli Fruit Bread</p>	<p><b>27</b> Toast &amp; Fruit Meatball Sub Green Beans Fruit</p>	<p><b>22</b> Gingerbread Muffin &amp; Fruit Ham &amp; Mashed Potatoes Fruit Salad Dinner Roll</p>	<p><b>23</b> Day Center Closed Happy Thanksgiving!</p>	<p><b>24</b> Day Center Closed</p>
<p><b>Afternoon Snacks:</b>  <b>Mon</b>—Cheese &amp; Pretzels  <b>Tue</b>— Cottage Cheese &amp; Fruit  <b>Wed</b>— Cheese &amp; Applesauce  <b>Thu</b>— Apples &amp; Peanut Butter  <b>Fri</b>— Applesauce &amp; Crackers</p>				

# November 2023

## Community Corner

### Local Support Groups



#### Caregiver Support Group

Support group for those who are largely responsible, directly or indirectly caring for a parent or older adult. Meeting are last Tuesday of each month from 7:00PM–8:00PM at Holt Methodist Church, 2321 Aurelius Rd. Holt, MI 48842. Contact Sue Nicholson at 517-420-3666 for more information.

#### Aphasia Support Group

Fourth Wednesday of each month from 2:00PM–3:00PM, located at 2275 East Lansing Dr, East Lansing. Call 517-332-1616 for more information.

#### National Alliance on Mental Illness (NAMI)

A support group for persons with any diagnosis or symptoms of mental illness, whether or not the person has received a formal diagnosis. This 90-minute free support group is held every week on Thursdays from 7:00PM–8:30PM. Located at Sparrow St. Lawrence Campus, 1210 W. Saginaw, Lansing, first floor. Call 517-484-3404 for more information.

### Ways to Support



A great way to support us this month would be to come out to our Welcome Home Celebration on November 8th from 5:45–7pm. Join us in celebrating our merger with Active Living for All (ALFA) at the East Lansing facility. Meet the team, learn about our program and services, and enjoy some appetizers and refreshments!

Your support makes all things possible here at Forster Woods, if you'd like to consider donating, please visit our website at [forsterwoods.org](http://forsterwoods.org) for more information—all donations go directly to supporting the needs of individual clients and their unique network of caregivers and providers.

Another way to support us would be to get hands on and volunteer here at the Day Program! We have been truly fortunate to benefit from the time, talent, and smiles from many dedicated volunteers, they are deeply cherished for the good work and unique interactions they provide. Everyone is welcome to offer their time and love!

### Congrats!

We'd like to give a special congratulations to one of our staff members, Marisol Pulliam.



Marisol is a loving wife and mother of two, she started working at the day center in 2019 as a Life Enrichment Assistant, and we are very happy to share that she is now our Life Enrichment Director! Marisol enjoys meeting and interacting with new participants and taking everyone out on community outings. In her free time she's with her boys at the park or movies. We're so glad to have her as part of our team here at Forster Woods!



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East Lansing, MI 48823

**Phone: 517-349-3101**

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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.*

**Return Service Requested**

Forster Woods Adult Day Center  
201 Hillside Ct.  
East Lansing, MI 48823