

joyful noise!



Caregiver Newsletter

February 23, 2018 "Love is spelled T-I-M-E"

Favorite moments of the month



These are just a few of our favorite moments from the month of February. We are looking forward to see what other moments happen in the house during the coming months.

Week in Review Feb 12-16th

Monday- If I were President was a topic of discussion and Forest Creek Village helped us celebrate all the February birthdays in the house

Tuesday- Winter Olympic games were the topic of the day. We also made cards for Riley Children's hospital

Wednesday- Pass the snowball, Olympic ring craft were on the agenda for the day

Thursday- Cornhole, which word and making bookmarks were part of the fun today

Friday- Secret word game, washer games and playing for ten were some of the highlights for today

Upcoming Events

March 6th- Dine to Donate at City BBQ- flyers are available at the front desk

March 10th - A Day Away caregiver retreat at Calvary Lutheran Church. Information is available at the front desk

If you have any questions about upcoming events, please see Julie or Leah

Lunches for Feb 19-23rd

Monday- Fish sandwich, tater tots and coleslaw

Tuesday -Pizza pasta, salad and breadstick

Wednesday -Vegetable soup, egg salad and cheese puffs

Thursday -Chicken alfredo, salad and garlic toast

Friday- Sloppy joe, potato triangle and cornbread

Caregiver Tips

Don't wait until you are exhausted or overwhelmed to take a break. It is absolutely okay to take a break from caregiving.

Short breaks can prove to be effective. Plan carefully what you are going to do on your break. Take caution in scheduling too much during your break. It is okay for your break to include a nap or reading a book

A little bit of humor

Q: What do you call a cow with no legs?

A: Ground beef

Q. How are fish and music the same?

A: They both have scales

Joy's House serves families by providing exceptional adult day and caregiver services.

