

# joyful noise!



## Caregiver Newsletter

January 26, 2018 "Courage doesn't mean you don't get afraid. Courage means you don't let fear stop you."- Anonymous

### Faces of Joy



Our house during the day is filled with a wide range of activities and lots of laughter! Guests and staff are always willing to try something new. One day our activities might include water coloring painting with the addition of salt to add texture to the painting (pictured above left). Laundry basketball might be listed as an activity on another day and does our laundry basketball game get competitive!

### Reminders

We ask for all of our families to fill out an attendance calendar. The attendance calendar is available on the desk. This helps us to keep track of who is going to be at the house on a daily basis and our house is starting to get full.

### A little bit of humor

- Q. Can February  
March?  
A. No but April May

Listen with your ears, eyes, and heart. Be patient in waiting for your loved one's reply. If she is struggling for an answer, it's okay to suggest words. Watch for nonverbal cues and body language, and respond appropriately. Always strive to listen for the meaning and feelings that underlie the words.

### Caregiver Tip

### Week in Review Jan 22-26<sup>th</sup>

**Monday-** Snowball fights, snowflake crafts and listening to Miss Jennie play the piano were on the agenda for today

**Tuesday-** More or less than 4, things to do in winter, snowflake artwork were a portion of today's fun **Wednesday-** Tabletop bowling, advice from a snowman and creating structures were some of the highlights from today.

**Thursday-** Bingo by Oak Street Health and necklaces made by our

Guests rounded out the day

**Friday-** Snowball fight, list of words using the word snow and lots of laughs were heard in the house

### Lunches for Jan 29-Feb 2<sup>nd</sup>

**Monday-** Fish sandwich, tater tots and coleslaw

**Tuesday** -Pizza casserole, salad and breadstick

**Wednesday** -Vegetable soup, egg salad & cheese puffs

**Thursday** -Chicken alfredo, broccoli, salad and garlic toast

**Friday-** Sloppy joe, potato triangle and cornbread salad

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

