

joyful noise!



Caregiver Newsletter

July 13, 2018 "We are lucky to have good people in our lives"- Anonymous

Faces of Joy



The Guests had an opportunity to make a lavender spray and a sugar scrub during an essential oils class on Monday. The photo on the left shows all of the hard work that went into the projects. The class was a success for our Guests! In the photo on the right, Miss Harriet is "milking" with Linda in celebration of cow appreciation day on Tuesday. Lots of laughter could be heard in the house during this and other cow themed events.

Upcoming Events

July 20th- Family Movie Night at the University of Indianapolis Health Pavilion
July 26th- Pam's Party Open House at Joy's House Broad Ripple
August 25th- A Day Away Caregiver Retreat at Copper Trace

A little bit of humor

Lucky is my middle name but unfortunately, Bad happens to be my first name.

Caregiver Tips

On an airplane, an oxygen mask descends in front of you. What do you do? As we all know, the first rule is to put on your own oxygen mask before you assist anyone else. Only when we first help ourselves can we effectively help others. Caring for yourself is one of the most important—and one of the most often forgotten—things you can do as a caregiver.

Week in Review July 9-13th

Monday: Beans were the topic of the day. We talked about the places we had "been", ways to fix beans and played a game of bean bag toss. Another highlight of the day was the essential oils class that was held in the afternoon

Tuesday: The activities today were very "moo-ving" Everything was cow themed in celebration of cow appreciation day. Our version of cow tipping occurred today. No actual cows were used in the course of any of the activities.

Wednesday: Pet photos, would you have it as a pet, cornhole, simple art and name game were just a portion of the fun programming for today.

Thursday: Making cards, going to Boston dice game, bad jokes and finish the song were on the agenda. Lots of good conversations were heard around the house. There is never a script for the conversations that occur with our Guests.

Friday: There wasn't any bad luck during our day. Filling a pot of gold, determining what is lucky and unlucky, colorful art were a portion of the activities we were lucky to share with the Guests on Friday the 13th

Yard Signs

The signs are free and please take one (or two!) to put in your yard. There is a suggested donation of \$5. Don't let the cost stop you, our goal is to get the signs out in the community. So take two or three and stake them with permission in high traffic areas. Please keep the stake after the event, as more signs are coming soon. Thank you!

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

