

joyful noise!



Caregiver Newsletter

June 22, 2018 "Our tans may fade but memories of summer will last." - Anonymous

Week in Review

June 18-22nd

Monday: Picnic games, cup on the head and things that start with either a C or a P were on the agenda for today

Tuesday: Star painting with watercolors, three of a kind and tabletop bowling were a small part of what you would have seen going on at the house today

Wednesday: Beach ball games, ocean animals, ocean craft and sharks and minnows were some of the adventures of the day. It was nice to go on a beach vacation and not have to pack the sunscreen

Thursday: First day of summer! We celebrated with pool noodle games, word game with the word summer, and flip flop cards

Friday: Bunco, a small time outside in between the raindrops, talk about insects and a butterfly craft were on the daily to do list today. If you popped in, you would have also heard some really cheesy jokes and maybe seen a Guest or two dancing!

Faces of Joy



Yoga and silly games happened at the house this week. In the photo on the far left you get a glimpse of the smile on Miss Jennifer's face as she throws cereal into the cup on Linda's head. The photo in the middle shows Mis Harriet and Miss Jennie working as a team to fill the cup. The photo on the left shows Miss Kelly enjoying the yoga demonstration by Linda's daughter and granddaughter. They are doing a pose called "Throne". Look for more photos in next week's newsletter!

A little bit of humor

I had a dream last night I was a muffler. I woke up exhausted this morning

Reminder

A reminder that we will be closed on Wednesday the 4th of July

Caregiver Tips

Caring for a loved one strains even the most resilient people. Caregiving is rewarding but stressful. Caregiving can have many rewards. For most caregivers, being there when a loved one needs you is a core value. It is natural to feel frustrated, exhausted, alone or sad. Caregiver stress — the emotional and physical stress of caregiving — is common.

Focus on what you are able to provide. It's normal to feel guilty sometimes, but understand that no one is a "perfect" caregiver. Believe that you are doing the best you can and making the best decisions you can at any given time.

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

