

# joyful noise!



## Caregiver Newsletter

June 8, 2018 "Be your own kind of beautiful"- Anonymous

### Week in Review June 4-8<sup>th</sup>

**Monday:** Fishing games, floor basketball, team trivia were all a part of the fun in the house

**Tuesday:** Lifesaver toss, boats and pirate names were a few highlights from today

**Wednesday:** Weather Wednesday was a success with a puddle jumping game, weather words, Pictionary, weather craft and wind races.

**Thursday:** Music was in the air at the house today. We talked about musical instruments and created some of our own. There may have been a song or two sung during the day

**Friday:** I scream you scream we all scream for ice cream! Our theme of the day is ice cream and it was a perfect day to talk about this cool treat. Enjoy the ice cream cone shaped cards that we made today.

### Faces of Joy



We enjoyed a visit from Brandii and Journii on Tuesday. Seeing the two of them brought out a lot of smiles and parenting advice.

### A Day Away - Saturday, June 23

Joy's House invites you to a complimentary event for all caregivers. The day includes educational sessions, pampering massages, continental breakfast, friendship and more.

Adult day services are available at both Joy's House locations for your loved one from 8am to 4pm for a \$10 fee.

Space is limited! RSVP by Friday, June 15th to [jennifer@joyshouse.org](mailto:jennifer@joyshouse.org) or call Joy's House Broad Ripple at (317) 254-0828.

Northside Baptist Church 3021 E. 71st  
St. Indianapolis, IN 46220  
9:00 a.m. Registration  
12:00 p.m. Retreat concludes

### Reminders

Would you like to receive the newsletter electronically? Let Leah know and she will start emailing you a copy.

Please make sure to apply sunscreen on your loved one as the weather gets warmer and we are spending more time outside.

Please continue to use the electronic check in on the desk in for your loved one.

### A little bit of humor

Q: what do you call fake pasta?

A: an Im-pasta

### Caregiver Tip

It is no secret that caregivers are at higher risk for depression. Exercise has been found to reduce the effects of depression and a simple exercise is walking. It is unknown whether physical activity prevents the onset of depression or just helps modify the effects.

Arranging time for exercise is difficult for caregivers. This is the perfect opportunity for someone in your life to help out. They can stay with your loved one or they can go on the walk with you and your loved one. Walking is good for all of us.

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

