

# joyful noise!



Caregiver Newsletter

May 4, 2018 "Live life in full bloom"-Anonymous

## Week in Review April 30- May 4<sup>th</sup>

- Monday-** The Guests has a chance to discuss the pink moon play phases of the moon bingo and made moon cards.
- Tuesday-** We talked about May day and the different traditions that go along with the first of May. We made May day baskets and enjoyed time in the sunshine playing games
- Wednesday-** What word doesn't belong on the whiteboard, emoji ball toss, time outside, and shape puzzles were all part of the fun of the day
- Thursday-** Hot potato, in a pickle and making donut thank you cards were all a part of the day's events. There might have been some hungry Guests by the end. We enjoyed making cards for our friends at the Altenheim for being our donut sponsor.
- Friday-** We headed to the horse races today. Derby hats, horse racing games and talking about horse terms were just a few things to be seen going on before the weekend.



## Faces of Joy



There is something magical about time spent outside in the garden and on the deck with our Guests. The above photos show just a small glimpse of that magic. Miss Georgia and Katie smiling and laughing for the photo. Mr. Joe and Linda playing a game of ball bounce. Look for more magical moments!

## Caregiving Tips

Agitation refers to a range of behaviors associated with dementia, including irritability, sleeplessness, and verbal or physical aggression.

Agitation may be triggered by a variety of things, including environmental factors, fear, and fatigue. Most often, agitation is triggered when the person experiences "control" being taken from him or her.

How to help: Reduce noise, clutter, or the number of persons in the room. Keep household objects and furniture in the same places. Familiar objects and photographs offer a sense of security.

## A little bit of humor

I dropped a bottle of ketchup on my foot it caused immense pain in my To ma toes

## Simple activity idea

Buy a package of punch balloons from the dollar store. Take the rubber band off the end. Blow up the balloon and throw it around with your loved one

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

