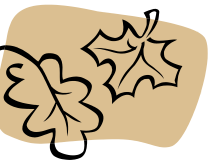




# LEAF Center

# January

# 2019



Monday

Tuesday

Wednesday

Thursday

Friday

## LEAF Daily Schedule

7:30—9:30 am Snack/Orientation  
 9:30 am Craft  
 10:30 am Exercise  
 11:00 am Music  
 12:00 pm Lunch/Rest

1 CLOSED

## LEAF Daily Schedule

1:30 pm Trivia  
 2:00 pm Game Time  
 2:30 pm Reminiscing  
 3:00-3:30 pm Snack  
 4:00 pm Van Load & Departure

2 Beef Pot Pie

9:30 am— New Year's Resolutions  
 10:30 am— Vitals  
 12:00 pm—Lunch /Rest  
 1:30 pm— Trivia  
 2:00 pm— Exercise  
 2:30 pm— Music  
 4:00 pm— Departure



3 Carved Turkey

9:30 am— Bingo  
 10:30 am— Vitals  
 12:00 pm—Lunch /Rest  
 1:30 pm— Trivia  
 2:00 pm— Exercise  
 2:30 pm— Music  
 4:00 pm— Departure



4 Beef BBQ Sandwich \*Foot Doctor On-Site\*

9:30 am— Junk Drawer Detective  
 10:30 am— Vitals  
 12:00 pm—Lunch /Rest  
 1:30 pm— Trivia  
 2:00 pm— Exercise  
 2:30 pm— Music  
 4:00 pm— Departure



7 Smothered Chopped Steak

9:30 am— Snow Day Mural  
 10:30 am— Vitals  
 12:00 pm—Lunch /Rest  
 1:30 pm— Trivia  
 2:00 pm— Exercise  
 2:30 pm— Music  
 4:00 pm— Departure



8 BBQ Chicken

9:30 am— Snow Day Mural  
 11:00 am— Minister Gunn  
 12:00 pm—Lunch /Rest  
 1:30 pm— Trivia  
 2:00 pm— Exercise  
 2:30 pm— Music  
 4:00 pm— Departure



9 Pot Roast

9:30 am— Snow Day Mural  
 10:30 am— Exercise/Music  
 12:00 pm—Lunch /Rest  
 1:30 pm— Trivia  
 2:00 pm— Game Time  
 2:30 pm— Reminiscing  
 4:00 pm— Departure



10 Pork Loin

9:30 am— Magazine Scavenger Hunt  
 10:30 am— Exercise/Music  
 12:00 pm—Lunch /Rest  
 1:30 pm— Trivia  
 2:00 pm— Nurse Talk  
 2:30 pm— Reminiscing  
 4:00 pm— Departure



11 Chicken & Dumplings

9:30 am— Tin Can Wreath  
 10:30 am— Exercise/Music  
 12:00 pm—Lunch /Rest  
 1:30 pm— Trivia  
 2:00 pm— Game Time  
 2:30 pm— Reminiscing  
 4:00 pm— Departure



14 Stroganoff \*Dementia Support Group\*

9:30 am— Water Color Class  
 10:30 am— Exercise/Music  
 12:00 pm—Lunch /Rest  
 1:30 pm— Trivia  
 2:00 pm— Game Time  
 2:30 pm— Reminiscing  
 4:00 pm— Departure



15 Mac & Beef \*Beautician\*

9:30 am— Wine Cork Angels  
 10:30 am— Exercise  
 11:00 am— Music  
 12:00 pm—Lunch /Rest  
 1:30 pm— Trivia  
 2:00 pm— Game Time  
 2:30 pm— Reminiscing



16 Meatloaf

9:30 am— Mason Jar Tissue Holder  
 10:30 am— Exercise/Music  
 12:00 pm—Lunch /Rest  
 1:30 pm— Trivia  
 2:00 pm— Game Time  
 2:30 pm— Reminiscing  
 4:00 pm— Departure



17 Pork Tips

9:30 am— Mad Science Day  
 10:30 am— Exercise/Music  
 12:00 pm—Lunch /Rest  
 1:30 pm— Trivia  
 2:00 pm— Dancing Science  
 2:30 pm— Reminiscing  
 4:00 pm— Departure



18 Hot Dogs

9:30 am— Wind Chime or Sun Catcher  
 10:30 am— Exercise/Music  
 12:00 pm—Lunch /Rest  
 1:30 pm— Trivia  
 2:00 pm— Game Time  
 2:30 pm— Reminiscing  
 4:00 pm— Departure



21 CLOSED

22 Hamburger \*Book Mobile\*

9:30 am— Tea Sensory  
 10:00 am— Music  
 11:00 am— Minister Gunn  
 12:00 pm—Lunch /Rest  
 1:30 pm— Trivia  
 2:00 pm— Exercise  
 2:30 pm— Reminiscing



23 Chicken Pot Pie

9:30 am— Snowflake Wine Bottles  
 10:30 am— Exercise/Music  
 12:00 pm—Lunch /Rest  
 1:30 pm— Trivia  
 2:00 pm— Game Time  
 2:30 pm— Reminiscing  
 4:00 pm— Departure



24 Herb Baked Chicken

9:30 am— Dump Cake/Cobble Cook Off  
 10:30 am— Exercise/Music  
 12:00 pm—Lunch /Rest  
 1:30 pm— Trivia  
 2:00 pm— Game Time  
 2:30 pm— Reminiscing  
 4:00 pm— Departure



25 Pot Roast

9:30 am— No Sew Aprons  
 10:30 am— Exercise/Music  
 12:00 pm—Lunch /Rest  
 1:30 pm— Trivia  
 2:00 pm— Game Time  
 2:30 pm— Reminiscing  
 4:00 pm— Departure



28 Chicken Salad

9:30 am— Wall Organizer  
 10:30 am— Exercise/Music  
 12:00 pm—Lunch /Rest  
 1:30 pm— Trivia  
 2:00 pm— Game Time  
 2:30 pm— Reminiscing  
 4:00 pm— Departure



29 Meatballs & Gravy

9:30 am— Valentine Wreath  
 10:30 am— Exercise/Music  
 12:00 pm—Lunch /Rest  
 1:30 pm— Trivia  
 2:00 pm— Game Time  
 2:30 pm— Reminiscing  
 4:00 pm— Departure



30 Hot Dogs

9:30 am— Tin Can Snowman  
 10:30 am— Exercise/Music  
 12:00 pm—Lunch /Rest  
 1:30 pm— Trivia  
 2:00 pm— Game Time  
 2:30 pm— Reminiscing  
 4:00 pm— Departure



31 Teriyaki Chicken

9:30 am— Ladies Spa Day  
 10:30 am— Exercise/Music  
 12:00 pm—Lunch /Rest  
 1:30 pm— Trivia  
 2:00 pm— Men's Movie Choice  
 2:30 pm— Reminiscing  
 4:00 pm— Departure





# LEAF Center News

## Dates to Remember

**Friday, January 4th**— Foot doctor on-site; call LEAF to schedule appt.

**Monday, January 14th**— Love & Dementia Support Group

**Tuesday, January 15th**— Beautician on site

**Monday, January 21st**— Mind Over Matter Support Group

**Tuesday, January 22nd**— Bookmobile

## January Birthdays

Chad 1/8 (25)

Josephine 1/15 (67)

Teresa Wi. 1/22 (56)



## \*DONATIONS NEEDED\*

Adult Coloring Books

Word search books

Kleenex

## Taking Reservations

### SPA SERVICES

Bathing with 1 staff person assist- \$10

Bathing with 2 staff person assist- \$15

Hair washing without bath- \$8

Shaving-\$5

Welcome KATRINA DAVIS

from

Pick's Beauty & Barber Salon

in Reidsville

All types and styles of hair welcomed!

\$20 for shampoo, trim, & style

\$30 for shampoo, trim, style, blowout

\$40 for chemical treatment

(includes, trim, style)

\$10 for male cuts

Call center to schedule an appointment!

## Caregiver Events @ L.E.A.F.

### *Loving Someone w. Memory Impairment*

*2nd Monday of Every Month: January 14th from 1:30-3pm*

### **PLEASE RSVP FOR EVENTS**

*LEAF Center is located at 104. N. Washington Avenue, Reidsville*

*336-347-2328*

## Communicating With a Person With Dementia

1. Set a positive mood for interaction— Your body language and attitude communicate stronger than words. Be kind & respectful.
2. Gain the person's attention by limiting noise and distractions. Meet them at their seating level & maintain eye contact.
3. Use simple words and sentences.
4. When the going gets tough; distract & redirect.

## Meet the LEAF Center Team

Asheley Cooper.....Director

Marilyn Thompson.....Nurse

Billie Whitener.....Nurse

Alison Stevens.....Program Coordinator

Michelle Broadnax.....Program Assistant

Sonya Brewer.....Program Assistant

Latoria Tinsley.....Program Assistant

Brooke Dejournette.....Program Assistant

## Participant & Community Event

### **MIND OVER MATTER**

### Stroke & Brain Trauma Support Group

Caregivers Welcomed Will Meet Separate

**3rd Monday of Every Month: January 21st**

**from 1:30-3pm**

RSVP, Asheley Cooper 336-347-2328



CONE HEALTH  
Annie Penn Hospital

## Caring for a Parent

1. Learn about your parents health issues so you know what to expect.
2. Attend a support group in person or online.
3. Anger is a natural emotion. Its okay to be angry.
4. Build your team of support (friends and professionals)
5. Encourage your parent to remain as independent as possible.