

# Weston's ADC May 2025 Communication

Weston Adult Daycare

1 Bassett Ave. New Castle, DE 19720

302-328-6425

## Staff

Lori - Assistant Director and Nurse

Sue- Activity Coordinator

Iram – CNA



## Special Dates in May

Weston Adult Daycare will be closed on May 26 for the Memorial Day Holiday.

- May 2 we will be celebrating the Kentucky Derby with our own horse race.
- May 9 we will be celebrating Mother's Day with a morning tea.  
Happy Mother's Day.
- May 16 we will be celebrating Armed Forces Day with patriotic music and discussion.
- May 19 is Victoria Day and we will be celebrating with tea and treats
- May 23 is the start of Memorial Day Holiday. Weather permitting, we will be playing outside games to celebrate.

## May Birthday

Happy 80<sup>th</sup> Birthday Lynne!



## Reminders

- Be sure to check May calendar for other dates
- Please bring a sweater.
- Our hours of operation are 8 to 4. Monday thru Friday. We ask if you are using the bus that you have a pick up time no later than 3:15 p.m. so if the buses are running late they will get here before 4:00 p.m.
- If you are running late in the morning, please drop off before 11:00 a.m. so it does not interfere with us serving lunch.
- If you call between the hours of 11:30 a.m. to 12:30 p.m. please leave a message and we will get back to you after lunch.
- When picking up your loved one we ask that you pick them up by 3:45 p.m. so our staff is able to clean up for the next day.
- We also have Depends and diapers for sale for 5 dollars a pack. If interested, please call the center at 302 328-6425 and talk to Lori.
- We do not supply breakfast we serve snacks at 9:30 a.m. (Breakfast bars, Pop-tarts etc.)
- Lunches – A menu is given at the beginning of each month. If your loved one cannot eat what is on the menu, please pack something from home. Peanut Butter and jelly is available for an alternative.
- We would also like to thank Gale and Pat for sharing their talents with us each week. Our clients look forward to their visits each week.
- With Spring here we will be spend more time outside enjoying the warmer weather.



## **Breathe into Balance**

Sometimes, contrary to our best interests, the mind has a mind of its own. It is constantly wandering off, distracted, fixated on things that do not calm or soothe us. Like so many things that improve with practice playing an instrument, passing a football, doing your taxes—maintaining a calm and clear mind takes practice, too. Just how does one train the mind to remain calm and focused? One way is meditation. As luck would have it, May is also Meditation Month.

What is the goal of meditation? For some, meditation is an important part of spirituality. A calm and open mind creates a space for divine influence, prayer, and worship. For others, meditation reduces stress, builds confidence, and even supports success of personal goals at work or in the home. Still others use meditation for pain relief.

There are a variety of meditation techniques.

One method is to repeat a mantra or sound. Some chant the Sanskrit syllable *om*, while others choose to repeat another meaningful phrase. The goal is to be comfortable, focus on the sound, and shut off the intellectual side of our brains. Other varieties, such as Zen Buddhist meditation, focus on the breath. Practitioners may practice in a seated position or lie flat on their backs, breathing deeply and focusing on individual body parts. Yoga, as opposed to exercise, blends breathing with stretching, gentle movement, and sometimes visualization. With “guided visualization,” participants concentrate on a peaceful environment, such as a grassy field or a waterfall.

These are just a few of the many forms of meditation. For anyone interested, it’s important to both check with your physician and, once approved for this activity, try a variety of types to find the one that works best for you. Luckily, there are 31 days in May to explore the options.

