

Weston's ADC September 2024 Communication

Staff

Lori - Assistant Director and nurse
Sue- Activity Coordinator
Iram – CNA



September Birthdays

Lisa 9/11

Barbara 9/21

Sue 9/25

Please help us wish them all a Happy Birthday.

Special Days

**We will be closed on Monday,
September 2, 2024 for the Labor Day Holiday**

September 9- Grandparents Day

September 15-21-National Adult Day Services Week

September 20-Celebrating Oktoberfest



The festival originated on October 12, 1810 in celebration of the marriage of the crown prince of Bavaria who later became King Louis 1st to Princess Theresa. The festival included a horse race, and free food and beer for the public. It has become an important part of Bavarian culture and is held over a two-week period ending on the first Sunday in October. Other cities around the world are modeled after the Munich event.

**Flu Shots & Pneumonia shots will be given on 9/12/2024 at the Senior Center.
If anyone is interested, please call Lori at 1 302- 328- 6425 for more information.**

Make sure you look at our calendar for other special days and events

Reminders

- 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 after lunch.
- When picking up your love ones 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 ones cannot eat what is on the menu pleas pack something from home. Peanut Butter and jelly is available for an alternative.





The Health Advantages of Adult Coloring

Adult coloring is clearly beneficial for the mind, body, and spirit. The nature of coloring therapeutic, relaxing, calming, problem solving.

Benefits

- Coloring decreases stress.
- Activates the brain (Cerebral Cortex).
- Helps those that are ill.
- Reduces Anxiety.
- Brings adults into the present moment.
- Helps adults rediscover themselves.
- Reminds adults of childhood.
- Can transport an adult to a time a place far away.
- Coloring sparks creativity.

Why Adult Coloring Is a Viable Activity

- It is easy to implement.
- It can be done in almost any environment.
- It supports the dimensions of wellness: social emotional, physical, spiritual, vocational, and intellectual.
- It does not require expensive supplies.
- It offers health benefits not seen in other activities.
- It can be done anytime.
- It offers an unplugging from technology
- It can be done by anyone, not just artists or creative types.

We make coloring sheets and books available thru out the day. Many of our clients enjoy coloring and will do it while waiting in the morning and afternoon for their transportation.