

ADULT DAY HEALTH PROGRAMS / MEMORY LOSS PROGRAMS / FITNESS FIRST NEWS & RESOURCES – NOVEMBER/DECEMBER 2018

Happy Holidays from the Day Programs!



As we reflect on the start of this holiday season, the first word that comes to mind is **gratitude**. We have been blessed with compassionate participants, loving, hard-working staff members, supportive caregivers, and the collective desire to be a part of a vibrant and growing community. This time-of-year can also be stressful. There is so much to plan, and the combination of emotional and financial strain can feel like too much. We are here to help support your efforts in any way that we can. Call our social workers for extra support. Join us for program activities to help keep yourself engaged. Listen to the advice of our nursing department: Get rest, hydrate and don't forget to BREATHE!

ADHP Halloween Party:

The Adult Day Health Programs held their first joint activity social of the season with our Halloween Party. Ghouls, goblins and superheroes alike joined our Monster Mash. We are so grateful to Robert Peters, who kept the party rocking as our program DJ. The administrative offices volunteered their time to help keep our participants safe and happy during this event. There was much dancing and celebrating! Happy Halloween!!!

Staff and Participants from Roslindale and Egleston Adult Day Health Programs celebrated Halloween with a costume party in the Roslindale auditorium.

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Egleston Adult Day Health Program:

Egleston was getting Crafty!

Many of our attendees enjoyed creating the crafts for Halloween, between popsicle stick spiderwebs, or yarn pumpkin lanterns, some crafts were just as beautiful and creative with the fall leaf arrangement baskets!

We also started a new exercise program, something to get our blood pumping, ready for the cold weather to come! We will need our muscles when it comes to shoveling the snow (or to carry our Halloween trick-or-treat bags).

Some of our trips included an Apple Picking Farm, the Cheesecake Factory, and Ihop!

We're looking forward to next month's additions, including visits from PetPals for those who are looking for a furry friend to play with!

There's always new ideas and new places to visit! Let us know if you have any suggestions for what you'd like to see!



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Fitness First Holds 1st Annual Ceremony:

The adult day programs celebrated the participants' commitment to a healthy lifestyle with the Rogerson Communities Fitness First program. Each site held a Fitness First celebration ceremony, where each

member was recognized. This event was led by the day program Fitness First leaders Pierre-line Romaine, Andrew Jamieson and Latonia Wilson-Cox. Our fitness role models have created a community of health and vitality by adding cardio and strength-training to their weekly routines. Cheers to you all!



Veteran's Day Special Guest



The Roslindale day program celebrated honored veteran, George Sessoms, for Veterans Day. He shared his story with the participants and welcomed lively conversation around what it means to serve as an elder. We salute the brave men and women who have served this country.



Goodbye and Good Luck Michael Mosbach:



The Roslindale day program said a tearful goodbye to social work intern Michael Mosbach. Michael completed the last two semesters of his Masters' program with our participants, under the supervision of Lisa Talayco, LCSW and Darcey Adams, LICSW. We thank Michael for his compassionate approach to care and case management.



Both Roslindale and Egleston serve as experiential learning sites for undergraduate and graduate students. For more information regarding internship opportunities, please contact Brandi Derr at: derr@rogerson.org.