

LOOKING AT LIFE

Email Newsletter Issue #2, April 2024



WELCOME!

Spring is upon us and many exciting things are happening at LIFE. We have opened 2 new locations! Our Avon Lake location opened Feb. 19th and our Orrville location opened March 25th. In addition, our Wellington Cafe' has a new home at Bethany Lutheran Church.

A DAY AT THE MEMORY CAFE'

Our memory cafes' incorporate a variety of engaging ways to connect with your loved one. We have locations open Monday-Thursday from 10-2pm. Our locations are open to the public, arrive and leave as you please. Let's take a look at a typical day at one of our Memory Cafe's.

- 10:00 - Welcome - time for fellowship and visiting
- 10:15 - Exercise (caregivers meet for peer support)
- 11:15 - Music Therapy / Music Engagement
- 12:15 - Lunch (generously provided by one of our community sponsors)
- 12:45 - Art Expression / Seasonal Activities
- 1:45-2pm - Clean up / Depart for the day



SUPPORTERS SPOTLIGHT

Northridge Health Center is a valued supporter of our North Ridgeville Memory Cafe'. They provide our participants with a lovely lunch on the first, third and fifth Thursday of each month. In addition to lunch, Northridge staff lead our exercise program on those days too!



Thank You!



VALUABLE VOLUNTEERS

Pet Therapy and More with Laurie and Putter! Laurie King and Putter are regulars at several Memory Cafe' locations in Lorain County. Offering friendship, engaging conversation, showing off Putter's many talents and providing comfort that only a pet can! Laurie also helps out with our exercise program, while Putter gives snuggles!

Thank you both!!



DANCING WHEELS

"If dancing is an expression of the human spirit, then it is best expressed by people of all abilities."

As stated on their website, Dancing Wheels is a professional, physically integrated dance company that unites the talents of dancers with and without disabilities. LIFE is pleased to be connected with this group and to highlight their techniques at our Memory Cafe' locations. For more info check out dancingwheels.org.



FRIENDS FOR LIFE

Did you know that you can set up a monthly donation to support A Dementia Friendly LIFE? Each donation helps to provide weekly activities and programs at any one of our Memory Cafe Locations. SIGN UP today and become a Friend for Life!



SCAN HERE



TRY THIS AT HOME:

Stimulating the senses can help individuals living with dementia improve focus, concentration and to become better aware of their surroundings. Try these suggestions that aim to engage our loved ones' sense of sight, sound, touch, taste, and smell.

SIGHT - REMINISCE ABOUT THE PAST. USE OLD PHOTOS OR SCRAPBOOKS TO MAKE CONNECTIONS.

SOUND - LISTEN TO MUSIC. CREATE A PLAYLIST. OR SING FAVORITE TUNES TOGETHER.

TOUCH - KNEADING DOUGH. MOLDING CLAY. OR SORTING BUTTONS INTO A MUFFIN TRAY.

TASTE - COOKING OR BAKING TOGETHER. CREATE A SWEET, SOUR OR SAVORY SNACK TRAY.

SMELL - HERBS, FLOWERS OR ESSENTIAL OILS CAN BE USED ENGAGE OLFACTORY SENSES.

SAVE THE DATE:

*Wednesday, April 24th, 2024
Our own Carole Klingler and Mary Molnar from Senior Care Authority will be presenting an LNHA CEU Workshop at Southwest General Hospital. For more info call 440-212-4987 or email kelsey@eldercareofohio.com.*



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Get the details on our locations, staff, calendar of events and helpful resources from the comfort of your home. Questions can be sent to info@dflife.org. If you prefer to speak with someone directly, please contact Carole Klingler at 440.935.3506.