

Mount Olivet Adult Day Services

MODS Monthly Digest

May 2024

5601 Lyndale Ave S, Minneapolis. MN.55419

612-861-3305

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Welcome Aboard!

We are proud to welcome Sandra. H and Susan. H to our program.
Thank you for joining us and being a part of our MODS family!



Birthdays this Month:

David. W- May 2
Elizabeth. G- May 8
Lennie. M- May 11
Cheriane. G- May 15
Robertha. C- May 20
Robert.L- May 25
Sherrie.L-May 25



Anniversaries this Month:

Sherrie. L- 1 Year
Susan. H- 1 Year
Jymie. A- 3 Years
Marie. B- 3Years

Thank you for sharing your smiles with us!

Staff Anniversary this Month:

Happy 2nd work Anniversary to Desiree. S.! Thank you for your continued dedication to our program and for all that you do to help meet the needs of our participants. We appreciate you!

Outings:

- **Wednesday, May 8th.** Join us as we take a self-guided tour of the Peace Garden at Lyndale Park and enjoy the beauty of the beauty of the Pasque and Creeping Flowers along with the art and structures.
Time: 10:00-11:30 a.m./ FREE
- **Wednesday, May 15th** Come enjoy a guided tour with Chole at the Textile Art Center and enjoy their current exhibits, retail shop, library and learn a brief history of textiles which includes tactile and touchable samples.
Time: 10:00 a.m. - 12:00 p.m./ \$10.00
- **Tuesday, May 21st.** Enjoy a scenic drive around the Lake of the Isles and peek at South Minneapolis' famous Tulip House!
Time: 1:15- 2:15 p.m.
- **Tuesday, May 28th Minnesota Landscape Arboretum**
Time: 10:00 a.m. - 12:00 p.m.

*Please let us know if you are interested in any of these outings so we can sign you up right away.



Let Us Entertain You!

James Shaw- Singer and Piano- Tuesday, May 7

Scott Beaumont- Singer and Guitar- Monday, May 13

Val & Phil- Ukulele Sing along- Wednesday, May 14

Caren Keljik- Dancing w/ participants- Wednesday, May 15

Jan & Dr Johanthan- Piano and Violin- Friday, May 17

Val & Phil- Ukulele Sing along- Tuesday, May 21

Carol Moller- Piano- Thursday, May 23

James Kellerman- Various Instruments- Wednesday, May 29



Health Talk with Nurse DeDe

I thought we would talk about seasonal allergies, also called hay fever. What are seasonal allergies? They come from an allergic reaction to the growth cycle for plants and mold. As they grow, plants and mold release pollen and spores into the air. When you breathe in pollen and spores, it can cause inflammation, irritation and other symptoms.

Here are some common seasonal allergy signs and symptoms:

- Itchy, watery or red eyes
- Circles under eyes
- Itchy mouth, nose or throat
- Runny or stuffy nose
- Drainage from the nose down the back of the throat (postnasal drip)
- Temporary loss of smell
- Headache, sneezing, dry cough
- Tiredness (due to difficulty sleeping from other symptoms)
- Scratchy or sore throat (rarely)
- Snoring (due to congestion)

How do you know if you have seasonal allergies? Talk with your primary care doctor or clinician. An allergy specialist can provide an official allergy diagnosis.

What causes seasonal allergies? Pollen is a powdery substance produced by trees, grasses and weeds as part of their reproductive cycle. Mold typically appears as black, white or green splotches on damp surfaces. It commonly grows in bathrooms and basements but can be on fallen wet leaves and plants.

Get the care you need to keep seasonal allergies under control.

Over-the-counter allergy medications work reasonably well, especially for itching and sneezing. But make sure you continue to take your allergy medication consistently and as directed to help maintain that relief throughout the allergy season.

I look forward to seeing you all for my Seasonal Allergy talk in person at MODS!

Activity Update:

April was a lot of fun. We welcomed new participants and enjoyed several indoor entertainments and a few outings in the community. May will be another fun and exciting month. We will be celebrating May Day, Mother's Day, Cinco de Mayo, just to name a few. We have some fun outings scheduled and are excited to start enjoying the great weather outdoors!

Happy Mother's to all our wonderful mothers!

~ Allison~



Director's Chair:

Thank you all for the warm welcome these past few weeks at MODS! It has been such a pleasure to get to know our participants, wonderful families, and caregivers. Truly a blessing! We have a few new faces in the building this month as well! Please join me in welcoming our new nurse, DeDe W., and our new program assistant, Julia M. We are so excited for them to join our team! **One last note, we will be closed on Monday, May 27th in observation of Memorial Day.**

May is also a fun time to recognize any outstanding staff and the many positive ways they impact the lives of our participants. **The week of May 6th- 10th** has been chosen Staff Appreciation Week. If you would like to share a note or any other tokens of appreciation for a specific person or the staff in general, please do so and I will pass it along. Thank you.

Please feel free to reach me anytime with questions, concerns, ideas, or just to say hello! My contact information is:

Email: smatthews@mtolivetdayservices.org

Phone: 612-861-3305

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Daily Activities</u> 8:30 Morning snack 9:45 Morning chat 11:00am Exercise 11:30am Current Events 12:00pm Lunch 1:10 Balloon Toss 1:20pm Devotions & Song 3:15-5:30pm 1:1 Visits/Music Memories</p>	<p>MAY 2024</p>	<p>1 "May Day" 10:00- Craft Corner/ Cards/ Basketball toss 1:30- May Pole Dance/ Flower Arranging/ Puzzles</p>	<p>2 "National Day of Prayer" 10:00-Sensory Stations/ Craft Corner Ladder Toss/Cards 11:30-Lori & Honey visit, Bingo/ Travel Log</p>	<p>3 "National Paranormal Day" 10:00- Cards/ Horseshoe/ Craft Corner 1:30- Puzzles/ Name that tune</p>
<p>6 "National Beverage Day" 10:00- Nail Care, Cup Toss, Cards, Sensory Stations/ Craft corner 1:30- Communion</p>	<p>7 "National Tourism Day" 10:00- Sensory Stations/ Cards/ Pool/ 1:30- Music w/ James Shaw</p>	<p>8 "National Coconut Cream Pie Day" 10:00-Flower Arranging/ Cards/ Golf 1:30- Puzzles, Yachtzee</p>	<p>9 "National lost Sock Memorial Day" 10:00- Sensory Stations/ Sock Toss/ Cards 1:30-Women' Group- Tea Party/ Travel Log</p>	<p>10 National Clean your Room Day" 10:00- Cards/ Craft Corner/ Ladder Toss 1:30- Bingo/ Puzzles</p>
<p>13" National Apple Pie Day" 10:00- Nail Care/ Cards/ Sensory Stations 1:30- Music w/ Scott. B</p>	<p>14 "National Dance Like a Chicken Day" 10:00- Lawn Darts/ Sensory Stations/ Tic Tac Toe 1:30- Val & Phil- Ukulele sing along. Chicken Dance</p>	<p>15 "National Chocolate Chip Day" 10:00- Baking/ Flower Arranging/ Cards/ Basketball Toss 11:30- Lori & Honey Visit 1:30- Music w/ Caren</p>	<p>16 "National BBQ Day" 10:00- Exercise 10:30- Health Talk w/ Nurse Dede 1:30- Sensory Stations/ Lawn Dart/ Cards</p>	<p>17" National Graduation Tassel Day" 10:00 - Cribbage/ Shuffleboard/ Craft Corner 1:30- Music w/ Jan Egge & Dr. Johnathan</p>

Monday	Tuesday	Wednesday	Thursday	Friday
20 "National Pick Strawberries Day" 10:00 Nail Care/ Cards/ Sensory Stations 11:30- Lori & Honey Visit 1:30- Fruits - "A-Z"	21 " Eat More Fruits & Vegetables Day 10:00- Sensory Stations/ Cards/ Cup Toss/ Craft Corner 1:30- Fruits and Vegetables Trivia/ Phil & Val - Ukulele sing along.	22" Buy a Musical Instrument Day" 10:00- Cards/ Flower Arranging/ Ladder Toss 1:30 Music w/ MODS marching band	23 "World Turtle Day" 10:00- Sensory Stations/ Lawn Darts/ Craft Corner Toss 1:30- Carol Muller- Piano Player	24 "National Tap Dance Day" 10:00- Cards/Bean bag Toss/ Craft Corner 1:30- History of Tap Dancing/ Puzzles
27 MODS CLOSED	28 National Brisket Day" 10:00- Sensory Stations/ Cards/ Nail Care/ Golf 1:30- Bingo/ Travel Log	29 National Senior Health & Fitness Day" 10:00- Sensory Stations/ Cards/ Lawn Darts/ Flower arranging. 1:30- Music w/ James. K	30 "National Water a Flower Day" 10:00- Craft Corner/ Sensory stations/ Ladder Toss 1:30- Flower- "A-Z"	31" National Macaroon Day" 10:00- Cards/Craft Corner/ Horseshoe 11:30- Lori & Honey Visit 1:30- Card dingo/ Puzzles

Scholarship Application:

(Participant name) _____

Would like to be included in the drawing for one additional day at Mount Olivet Adult Day Services, at no charge. There will be FOUR names drawn on the 15th of each month until the end of the year. You must re-submit this form for each month.

**Scholarship must be used by 5/31/24*

Name _____ Signature _____ Date _____