

January

2021

THE MODS CONNECTION

Mount Olivet Day Services Adult and Caregiver Newsletter

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Welcome Aboard!

We are proud to welcome David E.,
Robert W. and Joan S.

Thank you for joining us and being part
of our Mt. Olivet Day Services family!

Happy Birthday

Annette J. January 2
Chuck B. January 13
Willie L. January 25
Danal A. January 27

Happy Birthday Friends!



Happy Anniversary

LaVerne J. 2 years
Nasrin N. 2 years
Michael B. 3 years
Lesley J. 12 years



*****Due to the ongoing Covid pandemic, we will be postponing all outings from MODS until further notice. Thanks!*****

Special Days

Monday January 10- Jersey Day- Celebrate the College National Football game by wearing your favorite football (or other sports) jersey!

Tuesday January 18-Winnie the Pooh Day- Wear any Winnie the Pooh apparel or colors (red,yellow/gold)

Tuesday January 25- Mismatch Day- Come wearing

Entertainment



Monday January 3- Bobby & Christine (vocals)

Friday January 7- James Shaw (vocals)

Tuesday January 11- Mark Stillman (accordion)

Tuesday January 18- Bloomingtones (vocals)

Thursday January 27- Curtis & Loretta (vocals)

Friday January 28- Carol Moller (piano)

Monday January 31- Jo Bolles (vocals)

From the Director:

Tis the Season and a Happy New Year to all! As we look ahead to the upcoming year COVID continues to be ever present. To do our part in helping stop the spread we ask if experiencing any cold/flu like symptoms to stay home until symptoms have resolved. If you have had contact with someone who is positive it is required that you quarantine for 14 days before returning to MODS. Masks and/or face shields are required to be worn at all times when at MODS. MODS will be providing Boosters for all participants. The first clinic will be Wed. Jan 5th. Winter is here to stay and with that it brings unexpected weather at times. Make sure to dress appropriately- hat, gloves, mittens etc. Staff will notify if opening late/closing early due to inclement weather.

-Lucy Palmer, Director-

Activity Update

Happy New Year! We have finally arrived at a brand new year and look forward to what's to come! We are excited to welcome staff from Northern Clay 3 Wednesday mornings this month when they will teach us how to work with clay and sculpt beautiful creations! This month we will venture out and visit the Museum of Russian Art and tour Northern Clay for our monthly outings. If you are interested in one of the outings please let Chelsea know and we will get you signed up. Note that there may be a fee for certain outings. We welcome multiple musical guests and look forward to dancing and singing along with the music.

-Chelsea Wingenbach, Activity Lead/Volunteer Coordinator-

Health Talk with Heidi, RN

Today's focus is going to be on Diabetes. It's one of the most common diseases amongst Americans. But what is diabetes? And how do I eat properly for a 'diabetic diet'? Diabetes is a disorder of metabolism. It is a dysfunction in the way the body uses digested food for growth and energy. Insulin is secreted by the pancreas in order to 'fit into the lock' and 'turn the key' for the food we consume to be 'unlocked' to create energy. As a non-diabetic, you also have stored sugar to nourish your body while you sleep or if you fast. If your body has diabetes, your body doesn't make enough insulin, maybe the 'key doesn't fit', if you will, so that when you consume food, it isn't automatically evolved into 'unlocking' energy. The result is elevated blood sugar levels which are doing no favors to your body because what your body wants in to 'unlock' some energy. This is where diet and insulin or an oral anti-diabetic medication comes into play. By not feasting solely on carbs, your body can more efficiently digest its food. By taking insulin, your 'unlocking' potential goes up, meaning your body can benefit from the food you ate, in order to give your mind and muscles some energy. Let's focus our attention now on the diet part of this lifestyle. Macronutrients are the carbs, fat and protein found in our diet. We will discuss each class in more detail. Carbs are going to increase your blood sugar and the more simple the form of carb, the FASTER it will raise your blood sugar. Protein has minimal impact on your blood sugar, thus it helps to stabilize sugar levels when combined with a carb. Fats will slow the digestion of carbs and delay the peak of sugar levels, which is also a good thing.

There is no such thing as a forbidden food. What you should do is make small gradual changes to your eating habits. Choose food based on balance, variety, and moderation. Ask yourself what else you have been eating and what you are likely to eat later. Such as: Have I eaten a variety of fruits and vegetables today?

Do I eat too much protein or not enough?
Do I feel tired when I eat too many carbs in one meal? As you work on these choices, also keep a food log and glucose testing log. This will give you feedback on the choices you have been making.

When alcohol is consumed, the liver essentially cuts back on the release of sugar so it can process the alcohol. This can cause low blood sugars which can be fatal. It is recommended you check your blood sugars more frequently when you are drinking alcohol, as to avoid any unintended permanent brain damage.

Here are a few quotes from people living with diabetes:

"I enjoy a variety of healthy, satisfying foods."

"I eat what I love and love what I eat."

"I choose balance, variety and moderation in my eating."

"I trust myself to eat in a way that nourishes my body, mind and spirit."

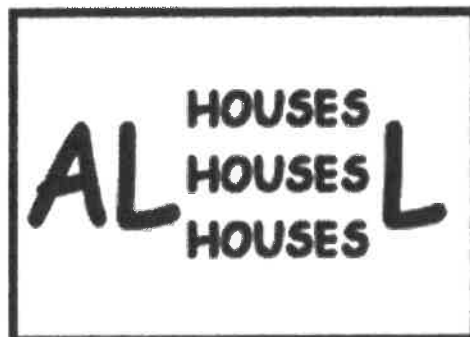
*Reference: Michelle May MD with Megrette Fletcher, Med, RD, CDE from Eat what you love, Love what you eat with Diabetes

RECIPE CORNER

WHITE CHICKEN CHILI

WUZZLES

COME SERVED <---
COME SERVED
COME SERVED
COME SERVED
COME SERVED



INGREDIENTS

- *1 1/4 pounds skinless, boneless chicken breast
- *2 (15 ounce) cans great Northern beans
- *1 (15 ounce) can white corn
- *1 (14 ounce) can chicken broth
- *1 (10.5 ounce) can cream of chicken soup
- *1 (4 ounce) can chopped green chile peppers
- *1 (1.25 ounce) package taco seasoning
- *1/2 cup sour cream
- *1/2 cup shredded pepper Jack cheese, or to taste

DIRECTIONS

Layer the beans and corn on the bottom of the slow cooker pot.
Place the chicken on top of the beans and corn.
In a medium bowl, stir together the chicken broth, chicken soup, green chile peppers, and taco seasoning.
Pour the broth mixture over the chicken in the slow cooker pot.
Put the lid on and cook on low for eight to ten hours. Check the chicken's internal temperature after eight hours (it should be over 165 degrees when cooked).
When the chicken is cooked, stir in the sour cream and shredded cheese, leaving the cheese to melt for three to five minutes.
Serve in a bowl with a big piece of cornbread.



Winter Word Search



S K I I N G S N O W B O O H T
 S F I R E P L A C E I N G E O
 L I E A R M U F F S C N Y T S
 E W S B C O L T R A E S T A C
 D I M L R O W S N O U G H E A
 D N U I A U L O W P S H T O R
 I T F Z E S A D E H A T A O F
 N R B Z B A E R O W P L Y I I
 G C O A T O T L Y D M W L C R
 I T O R H A F R O T A S U I E
 P O T D E C E M B E R I L C L
 L A S N C R O V I N C L O L R
 O A D H J K T C E S H O V E L
 W J A N U A R Y O E S A H S T
 M I T T E N S W E A T E R E L

BLIZZARD

BOOTS

COAT

COCOA

COLD

DECEMBER

EARMUFFS

FEBRUARY

FIREPLACE

FROSTY

HAT

ICE

ICICLES

JANUARY

MARCH

MITTENS

PLOW

SCARF

SHOVEL

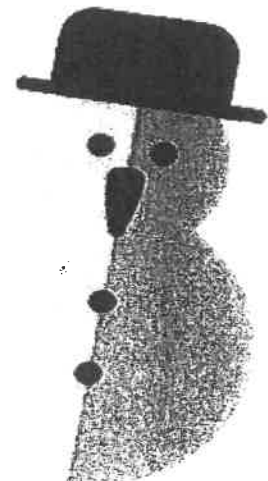
SKIING

SLEDDING

SNOW

SWEATER

WINTER



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 12/31/22*

Signed: _____

Date: _____

January 2021 Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 <i>Participant Council</i> Magnetic Darts Craft Corner Music with Bobby & Christine</p>	<p>4 Trivia Day Light Up the New Year (IG) Ring Toss Cards Tic Tac Toe Trivia Crazy 8's</p>	<p>5 National Bird Day Putting Green Craft Corner Flower Arranging Travel 9-Square Game Uno</p>	<p>6 Wheel of Fortune Day Elvis Dance Party (IG) Bean Bag Toss Cards Pokeno Inquiring Minds w/ Julie</p>	<p>7 Futuristic Day Shuffleboard Art Express Cards Music w/ James Shaw</p>
<p>10 Jersey Day-J Football Toss (IG) Football Games Cards Table Games</p>	<p>11 Croquet Craft Corner Cards Music w/ Mark Stillman</p>	<p>12 Northern Clay (10am) Circle Bocce Bingo Inquiring Minds w/ Scott</p>	<p>13 Baby, Buckets & Brooms (IG) Snow Ball Toss Craft Corner Cards Word Puzzles Crazy 8's</p>	<p>14 Snowman Races Art Express Cards Wheel of Fortune Baking Group</p>
<p>17 Ring Toss Craft Corner Card Dingo Inquiring Minds w/ Karla</p>	<p>18 Winnie the Pooh Day-J Puppet Show (IG) Game Stations Music w/ the Bloomingtones</p>	<p>19 Northern Clay (10am) Bean Bag Twister 20 Questions/Who, What Where? Craft</p>	<p>20 Winter Storytime (IG) Magnetic Darts Flower Arranging Cards Putting Green Painting</p>	<p>21 Noodle Soccer Art Express Health Talk with Heidi (1:45) Word Puzzles</p>

Monday	Tuesday	Wednesday	Thursday	Friday
24 Ring Toss Cards Jeopardy Jigsaw Puzzles	25 Mismatch Day- J Shuffleboard Craft Corner Cards Jingo Inquiring Minds w/ Chelsea	26 Northern Clay (10am) Horseshoes Family Feud Cards	27 Circle Bocce Craft Corner Flower Arranging Cards Music with Curtis & Loretta	28 Bean Bag Toss Art Express Cards Music with Carol Moller
31 Croquet Craft Corner Cards Music w/ Jo Bolles	DAILY 10:00 Wake & Stretch 11:40 Current Events 12:00 Lunch 1:20 Devotions & Song			

Wuzzle Answers: 1) First come, first served 2) First Aid 3) Too little, too late 4) All Around the Houses