

**Mount Olivet Adult Day Services**

MODS Monthly Digest

April 2024

5601 Lyndale Ave S, Minneapolis. MN.55419

612-861-3305

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**Welcome Aboard!**

We are proud to welcome Barbara. K and Lucinda. N to our center. Thank you for joining our MODS family! We look forward to getting to know all about you!



### Birthdays this Month:

Roland. M- April 3

David. H- April 13

Ali .T- April 25

Happy Birthday to YOU!!



## Anniversaries this Month:

Jimmy. M	1 Year
Eugene. C	3 Years
Rick. N	3 Years

Thank you for sharing your smiles with us!

## Staff Anniversaries this Month:

Let's have a drum roll for Scott. N who has celebrated his 27<sup>th</sup> MODS work Anniversary on March 24<sup>th</sup>. Please help me thank Scott for his immeasurable contributions, dedication and commitment to our program. KUDOS!

## Outings:

**Wednesday, April 9<sup>th</sup>.** We will be visiting Lake Wood Nature Center and enjoy a self-guided tour. Put on your walking shoes and come stretch your legs.

Time: 1:15- 2:15 p.m./ FREE

**Thursday, April 18<sup>th</sup>.** Let's enjoy a free tour at Como Zoo and see some aquatic life and primates.

Time: 10:30- 11:30 a.m./FREE

**Tuesday, April 23<sup>rd</sup>** Scenic Drive / FREE Please let us know if you are interested in any of these outings so we can sign you up right away.

## Special Days:

- **Wednesday, April 3<sup>rd</sup>**- Wear Rainbow colors for National Find the Rainbow Day
- **Tuesday, April 9<sup>th</sup>**- Wear Pink/Purple for National Unicorn Day
- **Monday, April 15<sup>th</sup>**- Wear different shades of Purple for "Purple-Up Day.
- **Monday, April 22<sup>nd</sup>**. Wear shades of Blue and Green for Earth Day.



## Entertainment:

- **Tuesday, April 2<sup>nd</sup>** - Phil & Val Ukulele sing a-long
- **Wednesday, April 3<sup>rd</sup>**- Music with Mary Hall
- **Tuesday, April 9<sup>th</sup>**-Music with James Kellerman

- **Friday, April 12<sup>th</sup>** - Music with Bobby & Christine
- **Monday, April 15<sup>th</sup>**. Music with Jan Egge
- **Tuesday, April 16<sup>th</sup>** Phil & Val (Ukulele)
- **Friday, April 19<sup>th</sup>** Dance and music with Caren Keljik
- **Monday, April 22<sup>nd</sup>**. Music with Scott Beaumont
- **Tuesday, April 23<sup>rd</sup>**- Phil &Val (Ukulele)



### Health Talk with Nurse Heidi!

April showers bring May flowers. What can we expect to discuss in relation to the spring season? Because it is up to me, I say we talk about how fantastic it will be to have more sunlight per day and warmer weather! My hopes would be that we take advantage of this glorious change of season and spend time outside getting exercise and fresh air. Here are a few other spring health improvement ideas:

1. Go to the zoo on a weekday; because weekends can be busier and more crowded, try spending a day at the zoo watching animals and admiring their communication or behaviors.

2. Admire what's coming into bloom at the Minnesota Arboretum. Find a free day on the calendar and make reservations to get out to see the large arboretum collection of trees, flowers and other plants.
3. Go for a walk outside. It appears there are more and more walking paths than ever before. This makes it convenient to find and to follow.
4. Be a good steward of your medications and remember to arrive prepared for all doctor's appointments. Consistent care is valuable to both you and your care team. All ongoing concerns should be discussed with your doctor as well as new concerns.
5. Lastly, be in tune with what fresh ideas and opportunities come your way. Be open-minded and seek to understand rather than quickly dismiss or judge. Be your own best friend and know that you matter in this world!

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

## Activity Update:

Spring is a time for rebirth and new changes. As we roll into this new season we look forward to warmer temperatures and spending time outdoors. I am excited to be leading in this new capacity in my role as the Activities Lead and Volunteer Coordinator. Our goal is to continue providing meaningful and stimulating experiences for your loved ones here at MODS while providing a safe space for them to maintain their independence and make friendships.

Here's to a happy and healthy month ahead!

~ Allison~



## Director's Chair:

Hello! My name is Stephanie Matthews, and I am the new Executive Director here at Mount Olivet Adult Day Services. I am thrilled and honored to join the team and help carry out our mission to care for our participants' physical, spiritual, emotional, and intellectual health. I come to MODS with over 22 years of experience empowering individuals of all abilities to live their lives to the fullest. My career journey has truly been a privilege and I am so excited to continue the journey with the wonderful folks here at MODS. I was raised in Duluth MN, and currently reside in Richfield with my husband and 3 kids. In my free time I enjoy cooking, art, music, travel, and spending quality time with my family.

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

Email: [smatthews@mtolivetdayservices.org](mailto:smatthews@mtolivetdayservices.org)

Phone: 612-861-3305

**Monday****Tuesday****Wednesday****Thursday****Friday**

<p><b>1" National 1 cent Day"</b> "April Fools"</p> <p>10:00 Ring toss/Cards/Nail Care 11:30 Lori &amp; Honey Visit</p> <p>1:30- Communion</p>	<p><b>2 "National Ferret Day"</b></p> <p>10:00 Craft corner/pool/Darts</p> <p>1:45- Val &amp; Phil-Ukulele sing along.</p>	<p><b>3 "National find the Rainbow Day"</b> Wear Rainbow Colors today.</p> <p>10:00 Participant Council/ Trivia</p> <p>10:30- Health Talk with Nurse Heidi</p> <p>1:30 Music w/ Mary Hall</p>	<p><b>4 "National Burrito Day"</b></p> <p>10:00 Craft Corner/ Cards/ Ladder Toss</p> <p>1:30 Bingo/ Travelogue</p>	<p><b>5 "International Carmel Day"</b></p> <p>10:00 Craft Corner/Cards/ Cheese and Mouse</p>
<p><b>8 "National Zoo Lovers Day"</b></p> <p>10:00 Bean Bag Toss/Cards/Nail Cards</p>	<p><b>9 " National Unicorn Day</b> Wear Pink or Purple today</p> <p>10:00 Crafts/ Ping pong roll/Cards</p> <p>1:30: Music w/ James Kellerman</p>	<p><b>10 "National Siblings Day</b></p> <p>10:00 Flower arranging/ Cards/ Basketball Toss</p> <p>11:30- Lori &amp; Honey Visit</p> <p>1:30 Name that Tune</p>	<p><b>11 "National 8-Track Tape Day"</b></p> <p>10:00 Crafts/ Cup Tower Toss/Craft Flower Arranging</p> <p>1:30:</p>	<p><b>12 "National Licorice Day"</b></p> <p>10:00 Craft Corner/ /Cards/ Ring Toss</p> <p>1:30 Music w/ Bobby &amp; Christine</p>
<p><b>15 "National Laundry Day"</b></p> <p>10:00- Nails/ Cards/ Ladder Toss</p> <p>11:30 Lori &amp; Honey Visit</p> <p>1:30- Jan Egge</p>	<p><b>16 "National Orchid Day"</b></p> <p>10:00 Crafts Corner Cards/Hoops</p> <p>1:30 Val &amp; Phil- Ukulele sing a long</p>	<p><b>17 "International Bat Appreciation Day"</b></p> <p>10:00 Bowling/ Pool/ Cards/ Flower Arranging</p> <p>1:30 Travel Log/ Bingo</p>	<p><b>18 "National Velociraptor Awareness Day"</b></p> <p>10:00 Basketball Toss/ Flower arranging/Cards 11:30 Lori &amp; Honey Visit</p> <p>1:30 Dinosaur Trivia</p>	<p><b>19 "National Garlic Day"</b></p> <p>10:00 Craft Corner/ Cheese &amp; Mouse/ Cards</p> <p>1:30 Curtis &amp; Loretta</p>



<p><b>22 “National Jellybean Day”</b></p> <p>10:00/Ring Toss/Ball Toss/Penny Pitch</p> <p>1:30 Music w/ Russel</p>	<p><b>23 “Talk liked Shakespeare day.”</b></p> <p>10:00 Craft corner/ Cards/ Cup Tower game.</p> <p>1:45 Sing a-long w/ Val &amp; Phil</p>	<p><b>24 “National Pigs in the blanket day”</b></p> <p>10:00 Craft corner Flower arranging/ Golf</p> <p>1:30 card dingo/Inquiring Minds</p>	<p><b>25 “World Penguins Day”</b></p> <p>10:00 Cheese &amp; mouse Game/Cards</p> <p>1:30 Piano Music / Carol Moller</p>	<p><b>26 “National Pretzel Day”</b></p> <p>Good Friday\ 10:00 Craft Corner/ Cards/ Golf</p> <p>11:30 Lori &amp; Honey Visit</p> <p>1:30- Bingo/ Trivia</p>
<p><b>29</b></p> <p><b>“National Zipper Day</b></p>	<p><b>30</b></p> <p><b>“International Jazz Dy</b></p>		<p><u><b>Daily Activities</b></u></p> <p>8:30 Morning snack</p> <p>9:45 Morning chat</p> <p>11:00am Exercise</p> <p>11:30am Current Events</p> <p>12:00pm Lunch</p> <p>1:10 Balloon Toss</p> <p>1:20pm Devotions &amp; Song</p> <p>3:15-5:30pm</p> <p>1:1 Visits/Music Memories</p>	<p><b>APRIL</b></p> <p><b>2024</b></p>

**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 15<sup>th</sup> of each month until the end of the year. You must re-submit this form each month.

*\*Scholarship must be used by 4/30/24*

Name \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

29	30			

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