



January 2019

The MODS CONNECTION

The Newsletter for Mount Olivet Day Services' Adults and Caregivers
5601 Lyndale Avenue South, Mpls., MN 55419 612-861-3305

Welcome Aboard!



We are proud to welcome Lu S., and Kathy D. to our center.

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

Happy Anniversary

James D.	1 Year
Lesley J.	9 Years
Val K.	3 Years
Jerry P.	1 Year
Rodel W.	5 Years

Thanks for sharing your Smiles!



Happy Birthday!

Annette J.	Jan. 2
Sandy C.	Jan. 12
Dick S.	Jan 12
Chuck B.	Jan. 13
Val K.	Jan. 15
Mattie W.	Jan. 27
John J.	Jan. 29

Staff Birthdays

Willie J.	Jan.4	Tawmeah E.	Jan. 17
Karen J.	Jan. 5	Alex B.	Jan 18
Emily S.	Jan. 8	Ken P.	Jan. 19

Happy Birthday Friends!



Quotes for the New Year

“We make a living by what we get, but we make a life by what we give.” **Winston Churchill**

“If all my pain and all my tears, and all that I have learned throughout the years could make one perfect song to lift some fallen head, to light some darkened mind, I should feel that not in vain I served mankind.” **Marguerite Few**

“It is well to give when asked, but it is better to give unasked, through understanding.” **Kahlil Gibran**

“Giving is the secret of a healthy life. Not necessarily money, but whatever a person has of encouragement and sympathy and understanding.” **John D. Rockefeller, Jr.**



January is.

National Bread Month
National Wellness Month
National Hobby Month
National Oatmeal Month
National Soup Month
National Folk Music Month

Birthstone- Garnet (Constancy)

Flowers- Carnation

Colors- Black & Dark Blue

Outings



MIA

Join us when we go see this incredible exhibit; “All Flowers in Bloom”, porcelain from China’s Last Dynasty 1644-1911 which explores the artistry and skill that the makers were able to achieve. The motifs of flowers and birds that are ubiquitous in Chinese art are breath taking!

Date: Thursday, Jan. 10

Time: 9:45-12:15/FREE



Town Hall Lanes

During the long, dark winter days it is always fun to get out and do something different, like bowling! Even if you have never tried bowling here is your chance to find out how fun it can be. Join us and cheer each other on!

Date: Tuesday, Jan. 15
Time: 10:30-12:30/\$5.50



The Malt Shop

This iconic restaurant is all that you would hope it would be. They serve a large variety of flavored malts, shakes, and sundaes in old fashion glasses with an ambience that makes you feel like your back in the 1950's. Please join your friends and sip away!

Date: Friday, Jan. 25
Time: 12:45-2:30/\$5

Como Conservatory

If you haven't seen the winter flower shows at this indoor garden now is

your chance. Close your eyes and smell the sweetness and then open your eyes to a summer panorama of flowers! We are so fortunate to have this opportunity at this time of year.

Date: Monday, Jan. 28
Time: 10-12:15/FREE

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



Recipe Swap

Snowball Cookies

- 4 ripened bananas
- 2 cups of quick oats
- 1 cup raisins OR chocolate chips
- 2 heaping Tbsp. peanut butter
- 2 ½ cups shredded coconut

1) Mix the first four ingredients together in a bowl.

2) Roll the dough into 24 small balls then roll in the coconut, coating the outside of each cookie.

3) Bake at 350 degrees oven for 15-18 minutes. Yield: 24 cookies

Enjoy!



Let Us Entertain You!

Jim Berner-Singer-Tuesday, Jan. 2

Carol Moller- Pianist-Friday, Jan 4

Tawhnee Plonski-Massage Therapist-
Jan. 8 &17

Maren Hinderlie-Storyteller- Wed.,
Jan. 9

Jim Roth-Accordion- Fri., Jan. 11

Caren Grantz-Folkdance teacher-
Wednesday, Jan. 23

Mary Hall-Singer- Mon., Jan. 28

Joyce Rhines-Drum Leader-Thursday,
Jan. 31

SPECIAL EVENTS

HAPPY★NEW★YEAR

Happy New Year!

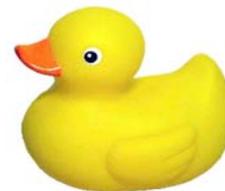
**The center will be closed on
Tuesday, Jan. 1**



Hat Day

Hats have been around forever, and who doesn't look good in a hat!? Wear your favorite hat and join the children for Story time on...

Wednesday, Jan. 16



Rubber Duckie Day

The yellow rubber duckie, an iconic status in Western pop culture. The earliest ducks were made from hard rubber when Charles Goodyear's vulcanized rubber. Then sculptor Peter Ganine created a sculpture of a duck in the 1940s. He then patented it and made them able to float, of which 50 million were sold! Maybe you owned one!? Join the kids for stories and songs about this icon on...

Tuesday, Jan. 22

Nat'l Pie Day

Mrs. Bakers Square is going to bake us some berry pies in honor of Pie Day.

Join your friends on...

Thursday, Jan. 24



Peace Day Celebration

In honor of Martin Luther King Jr. we will gather with the children to share our thoughts and ideas of what peace means to each of us and to the World. Feel free to share your favorite song, poem, stories about Peace during the gathering on...

Friday, Jan. 25



Winnie the Pooh Day

This is the birth anniversary of A. A. Milne (1882-1956), English author of Winnie the Pooh. Readings will be presented and shared with the children at our all center **story time**. Who can resist willy, nilly, silly, old bear Pooh!

Tuesday, Jan. 29



Health Talk by Karen Johnson, RN

BE ALERT! PEAK FLU SEASON HERE!

January and February are peak FLU months! Flu strikes suddenly with a high fever, sore throat, runny nose, muscle aches/pains, headache, extremely tired, cough. It can also be a mixture of symptoms of common cold, body aches/pains, pneumonia, headache, and fatigue, chills or chilly sensation. It usually lasts about a week, a cough two or more weeks. A common cold usually comes on more slowly, many of same symptoms, but not a fever.

Influenza is spread through the air by droplets of infected material coming from sneezing, coughing, spitting. It can also be spread by touching contaminated surfaces and then touching eyes, mouth, or nose. A person can be infectious to others both before and during the time they are sick! Complications of influenza may include viral pneumonia, secondary bacterial pneumonia, sinus infections, worsening health problems such as heart issues and asthma.

Influenza may be confirmed by testing the throat and sputum, although a person may still be infectious even if tests are negative.

It is important to see your doctor within the first two days of symptoms as an anti-viral medication can be given to lessen the severity and duration of the illness.

Prevention: WASH HANDS OFTEN while singing “Happy Birthday song twice.

GET A FLU SHOT! The Flu Vaccine is not a perfect vaccine, and manifests itself differently in different people. You cannot get sick from the Flu shot as it is NOT A LIVE VACCINE. It will decrease the severity and risk of getting the flu from another strain. It decreases missing work by 40%, and lessens hospitalization risk.

Stay home when you are sick! Social Distancing: stay 6 ft. away from a sick person if you must have a conversation.

Adequate sleep, drinking more fluids, Eating healthy diet, washing hands all help to avoid the Flu. Having a humidifier in your home helps decrease the flu virus population. Of those who died last year, many were not vaccinated-elderly, pregnant women, and those with underlying health issues.

From Wakefield Research on behalf of Clover Health, Medicare Advantage: About 1 in 4 Americans, age 60+, won't get the Flu shot this yr., due to: “shot might make me sick-43%”, don't believe it is effective-35%, don't expect to get the flu-35%, just don't like shots-22%.

Last year, Minnesota saw 435 flu-related deaths, most in several yrs., including five pediatric deaths. In addition, 6300 were hospitalized (Mpls. StarTribune, 12/25/18).

Our immune system is the defense our body has to battle these organisms, and we

need to keep it strong by practicing healthy strategies!

Source: Wikipedia

Nurse Karen



Laugh or Groan Riddles

Q. I weigh nothing, but you can still see me. If you put me in a bucket, I make the bucket lighter. What am I?

A. A hole!

Q. A man is washing windows on the 25th floor of an apartment building. Suddenly, he slips and falls. He has nothing to cushion his fall, and no safety equipment—but he doesn't get hurt. How is this possible?

A. He's washing windows *inside* the building.

Q. What question can you never answer "Yes" to?

A. What does "N-O" spell?



“Oh well”



Thank You & FYI

**Thank You, Thank You,
to all of you for your generous
gifts of love, sentiment and
goodies for Christmas 2018!**

A huge thank you goes out to all the families who contributed to the Christmas staff gift. You make us feel so appreciated!

Many more heartfelt thank you's to:

Lois and family for the delicious chocolates, Ruth C. for bringing in candies, Kathy and family for the fancy cupcakes, Helen and family for the bars and chocolates, Ed and Lorene for sharing his delicious birthday cake, Rodel for her scrumptious holiday cookies, Jack and Ginger for donating a darling x-mas tree to deck the halls, and Jodi and Channing (Betty's) family for gifting us with a new snow shovel!!!!

As you can see our New Year's Resolution will be dieting, no more sweets! But it's fun while it last!

The month of December was a rich and rewarding one. We welcomed new faces, had wonderful entertainment, and had memorable events. Thank you to all of you for making 2018 a great year. Now we welcome 2019 and look forward to making it another great year together here at the center.

Once again **Home Instead Senior Care** brought all of our participants fantastic Christmas gifts donated by the community through the help of Byerly's and Lunds. It was a thrill to watch each of you open your gift and be so touched by an act of kindness. Some of you have asked for the address to send a thank you note, here it is –

**Att: Chris Mathews
Home Instead Senior Care
4445 W. 77th St. #121
Edina, MN 55435**

May this New Year be full of **good health, laughter** and **love** for each of you!

To a wonderful 2019!

Marsha



From the Director

Thank you so much for your generosity during the recent holidays! Your contributions to the Staff Appreciation Fund (staff received a wonderful Target gift card), the special treats, cookies, cupcakes, apples, and kind words are all very much appreciated. You have been so generous! Know that your thoughtfulness is quite heartwarming and meaningful to us. Thank you again.

Happy Staff Anniversary to **Jane Michaels**, who has been employed here for sixteen years (1-17-2003). Thank you for your service, flexibility, creativity, and friendship!

We're in the throes of winter! Please mark all jackets, boots, caps, etc. One of our goals is to return all belongings to the proper owner at the end of the day. In the event of snowfall or severe cold, any changes to our schedule will be announced on **WCCO**. We will attempt to keep you as informed as possible.

Due to the generosity of a Mount Olivet member, we are able to offer scholarships for this month. We will be drawing the names of **four** participants who would like to come one extra day at no charge. See the form and guidelines included in this newsletter.

The Mount Olivet Lutheran Church Counseling Service is sponsoring a caregiver support group that will be held every Wednesday from January 16th through March 20 from 2:00 to 3:00 P.M. Free respite care is available (with a reservation) at Mount Olivet Day Services during the group. The meetings take place at the Counseling Center, 1804 W. 50th Street. Advance registration is required by phone at (612)927-7335.

Community Footworks will return here on Tuesday, January 29th to provide foot care to participants who want it. Each session lasts about 30 minutes and includes a footbath, toenail trimming, corn and callous removal, and a foot massage. The cost is \$35. If you are interested in this service, please contact me.

For your convenience, participants can visit the Mount Olivet Home Beauty Shop (across the street to the north) for haircuts and permanents. It is available to us on Tuesdays and Wednesdays. To schedule an appointment or inquire about cost, please check with Roberta. We will transport the participant to the shop.

Copies of our weekly menus are located in the brochure rack in the main hallway.

We will be closed Tuesday, January 1st, for the New Year's holiday. We will also be closed Monday, February 18th for our annual staff development day.

Happy New Year!

Ginny



Caregiver's Corner

The Caregiver's Daily Affirmations

I care for others with patience,
Love, and kindness.
I live with courage and grace.
I don't have to do it all.
I let go of things I cannot
change.
I accept myself and others
without judgment.
I make progress every day
whether I see it or not.
I care for myself with dignity,
love, and respect.
I am not alone. I am capable.
If nothing else, I am getting
stronger every day.
I am not afraid to ask for help.
I am appreciated.
I am loved.

From the Caregiver's Survivor's Network

January Activities 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>31</p> 	<p>1 Happy New Year!</p> <p style="text-align: center;">Center Will be closed</p>	<p>2 Winter Art TT Tic Tac Toe Craft Corner Kings in the Corner Music With Jim Berner</p>	<p>3 GWG Shuffleboard Spill & Spell Life Stories Inquiring Minds w/Heather Boggle</p>	<p>4 Guess the Year Bananagrams Life Stories Ladder Toss Sketching Music With Carol Moller</p>
<p>7 Elvis Presley Day Musikgarten Twister Elvis Kareoke Crazy 8's Elvis Life Trivia Elvis Treat</p>	<p>8 January B-day Party Tawhnees's Touch Rosary w/Betty Horseshoes Cribbage Craft Corner Brain Teasers</p>	<p>9 Crafts w/Jean Musical Babies Lawn Darts Stories w/Maren Inquiring Minds w/ Lee Wuzzles</p>	<p>10 MIA Puzzle Stations Craft Corner Basketball Scrabble Crossword Puzzle</p>	<p>11 True or False Rosary w/Betty Bolleyball Mandala Coloring Scrabble Music With Jim Roth</p>
<p>14 Famous Quotes Musikgarten Quirkle Putting Practice Table Chat LCR Doodlers</p>	<p>15 Town Hall Lanes Rosary w/Betty Basketball Phase 10 Chat A Chini Inquiring Minds w/ Jane Analogies</p>	<p>16 Hat Day J Story Time Craft Corner Darts Communion W/Pastor Lori Hat Show Yahtzee</p>	<p>17 GWG Putting Practice Cribbage Tawhnee's Touch Bunco Life Stories Boggle</p>	<p>18 Health Talk Rosary w/Betty Ball Bash Craft Corner Painting Baking Wii Word Scramble</p>
<p>21 Musikgarten UNO Putting Practice Craft Corner Pass the Pigs IN2L Words in a Words</p>	<p>22 Rubber Duckie Day Story Time Rosary w/Betty Shuffleboard Scrabble Giant Uffda Wii</p>	<p>23 Guess the Year Snow play w/babies Craft Corner Life Stories Flower Power Phase 10 Dancing With Caren Grantz</p>	<p>24 Nat'l Pie Day Lawn Darts Scrabble Phase 10 Doodlers Inquiring Minds With Scott Pie! 😊</p>	<p>25 Peace Day Peace Gathering Guess the Year Rosary w/Betty Bolleyball UNO What's My Line The Malt Shop</p>
<p>28 Como Zoo Musikgarten Shuffleboard Manicures Puzzles Music With Mary Hall</p>	<p>29 Pooh Day J Story Time Show N Tell w/RF Craft Corner Rosary w/Betty Ladder Toss Bingo</p>	<p>30 Welcome the Breck Students Crafts Corn Toss Painting With Simply Jane Wuzzles</p>	<p>31 Hobby Day Free Play/TT Share hobbies Drumming With Joyce Hobby Talk Cattagories</p>	



ZingerBug.com

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 **12/31/19**.

Sign: _____

Date: _____