

May 2021

The MODS Connection

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

Happy Birthday!

Helen L.	May 2
Liza G.	May 8
Bill V.	May 10
Paul K.	May 29

Staff Birthdays

None this month

Happy Birthday Friends!



Welcome

Newt F., Gary M., Dee H.,
Char McC.,

Welcome back

Kathy D., Michael B., Nasrin N.,
Terry M.

Happy Anniversary

Carol T.	4 years
Clarice B.	3 years
Louis J.	3 years

MODS will be closed Monday, May 31st in honor of Memorial Day

From the Director

Those of you attending are welcoming new and returning participants. We continue to increase our numbers to a maximum number of ten per cohort. We offer two 4-hour sessions per day at this time, one AM and one PM, for different cohorts, with disinfecting between

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the sessions, while continuing our Health and Safety protocols. Per CDC and MN DHS, the guidelines for Adult Day Services have changed very little. Staff continue to wear surgical masks and eye coverings, and participants wear masks and/or shields as appropriate. Vaccinated participants wear the mask only, if coverage is adequate. Our adult day services organization affiliated with Leading Age continues to advocate for our participants and caregivers to the MN Dept. of Health, DHS, and CDC. As the cohort size changes, which I anticipate will happen over the next months, we will adjust our program hours and length of session as appropriate. If you are considering re-joining our group either in-person or virtually, or have questions regarding the protocols, please contact me. We are celebrating staff member Julie Bonamie's two years of being a member of our team. And what a time she has had! For the last year she has been THE activity person. Her creativity and knowledge has been put to good use in adapting programs during the pandemic. I thank her for carrying us through

this last year, and on as we re-build our program. Thank you!

We have been receiving fresh flowers from Trader Joe's all these months, and now also Bluebirds and Blooms. We are so appreciative-major day brightener!

Happy spring!

Ginny

Lovely Limericks

I started the crisis quite slender
Filled time using mixer and
blender.

The cakes and the shakes
That I daily did make
Quite soon had ballooned my rear-
ender. Lisa Backer

"How long will this pandemic last?"
Is a question I frequently ask.
Still I must concede
Though it's painful indeed,
That my looks are improved by a
mask. Karen Reamer

Star Tribune Limerick contest

May is:
Architecture Appreciation Month
Better Sleep Month
Creative Beginnings Month

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Dandelion Month
Gardening for Wildlife Month
Inventors Month
Military Appreciation Month
Smile Month
Travel Month
Turtle and Tortoise Month

Zodiac Signs: Taurus (The Bull),
May 1-20, Gemini (The Twins) May
21-31.

Birthstone: Emerald

Flower: Lily of the Valley

Animal of the Month: Ferret

Special Days in May

May 1st- May Day
May 5th-Cinco de Mayo
May 9th-Mother's Day
May 15th-Armed Forces Day
May 31st-Memorial Day (Closed)
Tax Day moved to May 17th!

Special Events

Intergenerational activities with our young friends through the windows of the Muscle Room: We will welcome May with a May Pole Dance. For Cinco de Mayo we'll have a dance party with the Tiny Tugs, and a dance party with the Young Toddlers on the 14th. On the 21st, the Infants will have a Teddy Bear Picnic.

May 5th-Cinco de Mayo-Let's celebrate this Mexican Holiday by **wearing bright colors**, doing the Macarena, and a Mexican Hat game. We'll also enjoy a nacho and guacamole snack.

May 7th-Mother's Day is on Sunday, so we'll celebrate today. Moms are special and deserve more than one day. Share a special memory of your Mom, read a Mother's Day poem, and play a word game.

May 20th-Ferret Day-The ferret is the animal of the month. The highly social ferret has become a very popular pet, with several million now living in homes across America. They are furry, social, affectionate and loveable. We'll learn all about these wonderful pets and Karla (one of our staff) will join us on Zoom to show us her pet ferrets.

May 28th-Celebrate Memorial Day (May 31st) by wearing Red, White, and Blue. Memorial Day is celebrated each year on the last Monday of May. Americans pause to remember the fallen soldiers who have served in the U.S. Military. We'll have Patriotic music, look at a newsreel from 1950, and honor our veterans.

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Virtual Visits

May 4, 18, 25: Brain Games with Jane, a variety of interactive activities to motivate thinking.

May 19th: Musical Enjoyment with Erin. Enjoy the beautiful voice and piano music of Erin Roe.

May 7, 11, 20, and 26: Honey and Lori visit. Honey is our favorite Golden Retriever and Lori tells us about her travels as a flight attendant.

Onsite visits

May 13th-Prayer and Praise with Pastor Lori.

May 27th-Health Talk with Sandy and Karen

Guacamole

Ingredients

2 ripe avocados
1/2 t. salt
1/2 t. red pepper flakes
1 T. cilantro, chopped
1 sm. or med. Onion, diced
Juice of 1/2 lime or 1 T.
1/2 t. cumin
1 clove garlic, minced
1/2 Anaheim pepper, chopped in

small pieces

Scoop avocado into a bowl. Add lime juice and seasonings and mash until smooth. Add remainder of ingredients and mix well. Refrigerate.

Great with nacho chips or raw veggies. Also a good spread on toast.

If you have a recipe you'd like to share, please contact us!

Nurse's Notes for January

Allergic to Tree Pollen?

Although tree pollination can begin as early as February, it can last through May. That means you might need to slog through spring allergies for four months. Grass pollen can also emerge this time of year in some parts of the country. What's the difference between COVID-19 and seasonal allergies? Unlike COVID-19, seasonal allergies aren't caused by a virus. Seasonal allergies are immune system responses triggered by exposure to allergens, such as seasonal tree or grass pollens. COVID-19 and seasonal allergies cause many of the same signs and

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symptoms. However, there are some differences.

Symptoms **usually** associated with COVID-19: Cough, fever, muscle aches, tiredness, sore throat, runny or stuffy nose, new loss of taste or smell. Occasional symptoms include pink eye, nausea or vomiting, and diarrhea.

Symptoms **usually** associated with allergies: Itchy nose, eyes, mouth or inner ear, sneezing, runny or stuffy nose. Occasional symptoms include cough, tiredness, pink eye, or new loss of taste or smell. Also, while COVID-19 can cause shortness of breath or difficulty breathing, seasonal allergies don't usually cause these symptoms unless you have a respiratory condition such as asthma that can be triggered by pollen exposure.

Treatment of seasonal allergies may include over-the-counter or prescription antihistamines, nasal steroid sprays and decongestants, and avoidance of exposure to allergens where possible. Seasonal allergies may last for several weeks.

Above provided by Mayo Clinic

Sandy Connell, R.N.

Resource Column

Trellis (formerly Metropolitan Area Agency on Aging) offers information on Medicare, senior resources, wellness and physical health. Options include a phone appointment for one to one counseling and free online presentations. Visit www.trellisconnects.org to schedule a phone appointment or to register for virtual presentations. You can also call 1 800 333-2433 for support. The Senior Linkage Line can also be reached at the above number.

Dr. Joseph Gaugler from the University of Minnesota School of Public Health is seeking adult volunteers for a brief interview about their lives with students interested in aging. The students are to complete a brief life review of an older adult. He is asking for volunteers who are willing to join students via Zoom on Thursday, June 3rd from 10:15-11:00 AM. Volunteers will receive a \$25 gift card for participating. Dr. Gaugler can be reached at 612 626-2485 or email at gaug0015@umn.edu.

Sunday

Monday

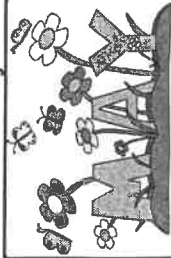
Tuesday

Wednesday

Thursday

Friday

Saturday



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Activity Calendar



<p>2</p>	<p>3</p> <p>Welcome to May Day: I.G. Maypole Dance 10:30 May IQ Participants Council</p>	<p>4</p> <p>10:00 & 2:00 Brain Games w/Jane (V)</p>	<p>5</p> <p>Cinco de Mayo Let's Celebrate! Wear Bright Colors Trivia, Hat Game 10:30 I.G. Dance Party w/TinyTugs</p>	<p>6</p> <p>Bingo Anniversary of Bob Hopes 1st USO Show</p>	<p>7</p> <p>Celebrate Mothers: Mom Memories Word Games 2pm Lori & Honey Visit(V)</p>	<p>8</p>
<p>Mother's Day</p>	<p>10</p> <p>Bingo Guess the Year</p>	<p>11</p> <p>Tour a State: Fun Facts, Quiz Attractions 2pm Lori & Honey Visit(V)</p>	<p>12</p> <p>Outburst Game Oldies Sing-a-long</p>	<p>13</p> <p>Creative Crafts: Nature Bookmarks 2:30pm Prayer and Praise with Pastor Lori</p>	<p>14</p> <p>Creative Crafts: Nature Bookmarks 10:30 I.G. Dance Party w/Toddlers</p>	<p>15</p> <p>Armed Forces Day</p>
<p>16</p>	<p>17</p> <p>Farkle Dice Game Trivia Challenge</p>	<p>18</p> <p>10:00 & 2:00 Brain Games w/Jane (V)</p>	<p>19</p> <p>10:00 & 2:00 Music w/Erin (V) 20 Questions</p>	<p>20</p> <p>Ferret Day 10am Lori & Honey Visit(V) 2pm Learn about Ferrets w/Karla(V)</p>	<p>21</p> <p>Bingo 9:45 Infants Teddy Bear Picnic Virtual Museum Tour</p>	<p>22</p>
<p>23</p>	<p>24</p> <p>Creative Crafts: Watercolor Daisies</p>	<p>25</p> <p>10:00 & 2:00 Brain Games w/Jane (V)</p>	<p>26</p> <p>10am Lori & Honey Visit(V) Bingo</p>	<p>27</p> <p>Tour a State Attractions, Quiz Fun Facts 2:00 Health Talk w/Sandy & Karen</p>	<p>28</p> <p>Celebrate Memorial Day: Wear Red, White & Blue Patriotic Sing-along</p>	<p>29</p>
<p>30</p> <p>Memorial Day</p>	<p>31</p> <p>Closed</p>	<p>Daily Activities V=Virtual</p> <p>Greet the Day/Current Events Exercise Music Devotions</p> <p>Floor Games COVID Guidelines Review Lunch & Snack</p>				

Cinco de Mayo Search and Solve

Find each of the items from the categories listed below.
Search vertically, horizontally, diagonally, forward, and backward.
Disregard spaces between words.



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

Find four items that are mariachi instruments.

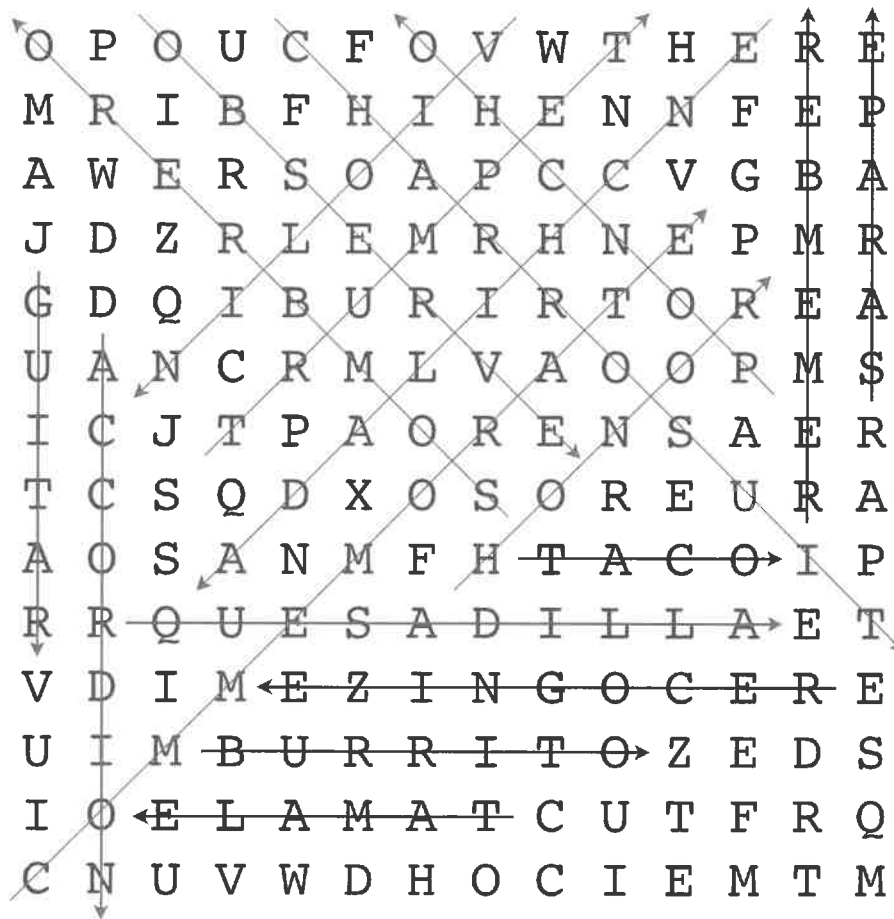
Find five foods that are Mexican cuisine.

Find five words synonymous with *celebrate*.

Find four items that are traditional Mexican clothing.

Cinco de Mayo Search and Solve

(solution)



Find four items that are mariachi instruments.

accordion, guitar, trumpet, violin

Find five foods that are Mexican cuisine.

burrito, enchilada, quesadilla, taco, tamale

Find five words synonymous with *celebrate*.

commemorate, honor, observe, recognize, remember

Find four items that are traditional Mexican clothing.

charro suit, poncho, sarape, sombrero