June 2020

The MODS Connection
The Newsletter for Mount Olivet Day Services’ Adults and Caregivers
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From the Director
We are now in the “infancy” stages of offering alternative adult day services, including virtual programming (using technology-Ipads, tablets, computers), and individual (one person at a time) in-home or in-center interaction. We are doing two face to face virtual Zoom sessions daily, two hours each, one AM and one PM. In-center programming involves offering service to one person at a time, two 4-hour sessions daily. During this first week of June we are experiencing what seemed to look good on paper. I’m sure we’ll be tweaking activities and timing a bit as we learn which options are the best for each participant. If you have any interest in the alternative services we are offering, please contact me.

There will be no intergenerational interaction at this time. Our primary goal continues to be the

Happy Birthday!

Jim B.  June 5
Ann J.  June 8
Paul C.  June 17
Ann D.  June 26
Mary Beth H.  June 28
Rodel W.  June 29

Happy Birthday Friends!

Happy Anniversary

Joyce F.  2 Years
Lloyd G.  7 Years
Peter J.  6 Years
Harley M.  1 Year
Terry M.  1 Year
Duane S.  1 Year
provision of quality programming in a way that is safe and beneficial to all of you.

As I wrote in May’s newsletter, eventually we plan to return to a familiar MODS, but it will not be exactly as “the way we were”. We need to adapt to the new normal—“pivot”, as I’ve heard a lot lately.

I think of you all daily and wish I could retrace my doorstep visits. It did me a world of good! I wish you all the best in these unusual times.

Stay healthy and stay safe.
Ginny

Limericks by Jane Michaels

With everyone staying inside,  
Silver linings cannot be denied.  
All are lending a hand,  
The quiet is grand!  
And the skies are much cleaner worldwide.

June 2020 is here  
And we’re missing our friends, so dear.  
Even though we’re apart  
You’ve a place in each heart  
Just thoughts of you bring us good cheer!

Nurse’s Notes by Karen Johnson, RN

Invisible Connections: Kicking our Response into Gear!

The COVID 19 virus and our immune system response factors share some mutual sensory characteristics! These traits are invisible to the eye, taste, hearing, touch, and smell, causing rampant loss with one and awareness to boost response of the other. What to do? Coping strategies abound to help us cope with isolation, uncertainty, and anxiety. Boosting our immune system is really an “essential business”, fostering a feeling of control, satisfaction, and reflection on how to boost a healthy immune system.

One of our participant couples shared their successful approach: having a routine. Northwestern Medicine says this: “Having a routine is shown to promote health and wellness through structure and organization. Having a routine can greatly improve your health”. Their routine: a caregiver arrives for morning/evening cares, followed by breakfast, sometimes a late breakfast, reading the newspaper, and doing brainteasers.
At 11:00 AM they watch Ch. 5 News followed by lunch. They use the radio and also Netflix-Gunsmoke is a favorite. The afternoon includes a nap, Kings in the Corner card game, sitting outside when it’s nice out. Dinner happens at 6 PM, which they have prepared together and allowing for shared activity. Trying new recipes twice a week is rewarding for both! Evening television programs fill the time until the evening caregiver arrives and tops off the day. 

Our immune system is our body’s defense system! Kicking our response into gear with new ways to address our shared challenges is impactful, allowing us to relax with less anxiety, and better outcomes.

**Editor’s Note:** This couple has recently celebrated their 63rd wedding anniversary. I guess their routine is working well!

**Father’s Day wit:** “I’ve been to war. I’ve raised twins. If I had a choice, I’d rather go to war”. George W. Bush

If you ever want to torture my dad, tie him up and right in front of him, refold a map incorrectly. Cathy Ladman

Dad taught me everything I know. Unfortunately he didn’t teach me everything he knows. Al Unser

Willie the driver says a special “Hi!” to all of you.

**Resource Column**

The following is available through the Alzheimer’s Association: 

**24/7 Helpline:** Professional Care Consultants are available on the 24/7 Helpline at 1 800 272-3900. No charge for the Helpline.

Another resource can be found on this website: **Caregiving.scrippsoma.org:** This website is a Creative Caregiving Guide filled with short video lessons that guide users through hands-on learning experiences, from paintings, poetry, music, storytelling, to drama and dance exercises. It is a FREE, community-shared, web-based resource specially designed for family and professional caregivers of adults with cognitive challenges.
Trivia Corner

The Month of June.....

1888-The poem “Casey at the Bat”, by Ernest Lawrence Thayer, was published in the San Francisco Examiner. The poem concludes, “But there is no joy in Mudville—mighty Casey has struck out.”

1949-Lawrence Welk and his band first performed as the house orchestra for the radio show High Life Review. Two years later, Welk transitioned to television.

1977-The first mass-produced personal computer, the Apple 11, went on sale for nearly $1300. It looked more like a home appliance than today’s electronic equipment.

Graceland is the 2nd most-visited house in the U.S., second only to the White House.

Prayer for our Uncertain Times

May we who are merely inconvenienced remember those whose lives are at stake.

May we who have no risk factors remember those most vulnerable.
May we who have the luxury of working from home remember those who must choose between preserving their health and making their rent.
May we who have the flexibility to care for our children when their schools close remember those who have no options.
May we who have to cancel trips remember those who have no place to go.
May we who are losing our margin money in the tumult of the economic market remember those who have no margin at all.
May we who settle in for a quarantine at home remember those who have no home.
As fear grips our country, let us choose love.
And during this time when we may not be able to physically wrap our arms around each other, let us yet find ways to be the loving embrace of God to our neighbors. Amen

By Fr. Michael Graham, S.J.

And this, as they say, is all she wrote 😊.

GC