

April 2021

AL'Z PLACE NEWS

Al'z Place* 1610 NW 23rd Ave Gainesville FL 32605* Phone(352)265-9200* Fax(352)265-9234

Important Dates:

**APRIL 18TH THROUGH 24TH
NATIONAL VOLUNTEER
WEEK**

**PLEASE HELP US LET OUR
VOLUNTEERS KNOW HOW
APPRECIATED THEY ARE!**

APRIL 26TH: FULL MOON

No Covid-19 News this month

**Please note the literature concerning
Comfort Activities for Dementia Care,
we hope you find it helpful. As always, if
you have any questions or concerns don't
hesitate to contact us.**

**Nancy Lewis - Program Director
Jessica Burley - LPN/ Case Manager
Mary Futch - CNA/Music Director
Lucy Frank - CNA/Activity Director**

A NOTE FROM NURSE JESSICA:

Tips for Caregivers:

1) See the Doctor

Trying to do everything by yourself will leave you exhausted. Don't do it alone. Seek support from family, friends, and your faith community. Be sure to visit your physician regularly (at least annually), and listen to what your body is telling you. Any exhaustion, stress, sleeplessness, or changes in appetite or behavior should be taken seriously. Ignoring these symptoms can cause your physical and mental health to decline.

2) Get Moving

No doubt you know that exercise is an important part of staying healthy — it can help relieve stress, prevent disease and make you feel good. But finding the time to exercise is another story.

Use these tips:

- Take friends and family members up on their offers to help.
- Exercise at home.
- Find something you love. If you enjoy the activity, it will be easier to make it a habit.
- Take a walk together outside to enjoy the fresh air
- Go to the mall and take a stroll indoors
- Do seated exercises at home
- Dance together to favorite music
- Garden or do other routine activities that you both enjoy

3) Eat Well

Heart-healthy eating patterns, such as the Mediterranean diet, are good for overall health and may help protect the brain. A Mediterranean diet includes relatively little red meat and emphasizes whole grains, fruits, vegetables, fish, nuts, olive oil and other healthy fats. Try new recipes and involve the person with dementia.

4) Be Realistic

The care you give does make a difference, but many behaviors can't be controlled. Grieve the losses, focus on positive times as they arise, and enjoy good memories. Remember that the care you provide makes a difference and that you are doing the best you can. You may feel guilty because you can't do more, but individual care needs change as Alzheimer's progresses. You can't promise how care will be delivered, but you can make sure that the person with the disease is well cared for and safe.

5) Take a Break

It's normal to need a break from care-giving duties. No one can do it all by themselves.

Monday

Tuesday

Wednesday

Thursday

Friday

April 2021

ALZ PLACE ACTIVITY CALENDAR

<p>8:00 Morning Social 10:00 Daily Chronicle 10:30 Fitness 11:00 Famous April Fools Day Pranks 11:30 Horseshoes 1:00 Sing Along 1:30 Easter Around The World Discussion/Bunny Funnies 2:30 PM Snack 2:45 Toss & Talk 3:15 Circle Talk</p>	<p>8:00 Morning Social 10:00 Daily Chronicle 10:30 Fitness 11:00 EZ Does It Music Discussion 11:30 Ring Toss 1:00 Sing Along 1:30 BINGO! 2:30 PM Snack 2:45 Ball Toss 3:15 Circle Talk</p>	<p>8:00 Morning Social 10:00 Daily Chronicle 10:30 Fitness 11:00 Short Story: For The Birds 11:30 Horseshoes 1:00 Sing Along 1:30 Craft Hour 2:30 PM Snack 2:45 Ring Toss 3:15 Circle Talk</p>	<p>8:00 Morning Social 10:00 Daily Chronicle 10:30 Fitness 11:00 Can You Picture This? 11:30 Golf 1:00 Sing Along 1:30 BINGO! 2:30 PM Snack 2:45 Ball Toss 3:15 Circle Talk</p>	<p>8:00 Morning Social 10:00 Daily Chronicle 10:30 Fitness 11:00 Renaissance Man: Leonardo da Vinci 1:00 Sing Along 1:30 Craft Hour 2:30 PM Snack 2:45 Toss & Talk 3:15 Circle Talk</p>	<p>8:00 Morning Social 10:00 Daily Chronicle 10:30 Fitness 11:00 Remembering Going To The Zoo 11:30 Horseshoes 1:00 Stations: Bingo, Puzzle Group, Homemaking Therapy, Doll Therapy 2:30 PM Snack 2:45 Toss & Talk 3:15 Ball Toss</p>
<p>8:00 Morning Social 10:00 Daily Chronicle 10:30 Fitness 11:00 Amazing & Amusing Stories 11:30 Horseshoes 1:00 Sing Along 1:30 Stations 2:30 PM Snack 2:45 Ball Toss 3:15 You Be The Judge</p>	<p>8:00 Morning Social 10:00 Daily Chronicle 10:30 Fitness 11:00 Unique Endangered Animals 11:30 Corn Hole 1:00 Sing Along 1:30 Blow Out The Candles 2:30 PM Snack 2:45 Noodle Doodle 3:15 Circle Talk</p>	<p>8:00 Morning Social 10:00 Daily Chronicle 10:30 Fitness 11:00 Mean, Green Mushrooms 11:30 Ring Toss 1:00 Sing Along 1:30 Craft Hour 2:30 PM Snack 2:45 Toss & Talk 3:15 Circle Talk</p>	<p>8:00 Morning Social 10:00 Daily Chronicle 10:30 Fitness 11:00 Earth Day Facts & Trivia 11:30 Golf 1:00 Sing Along 1:30 BINGO! 2:30 PM Snack 2:45 Short Story Jokes 3:15 Ball Toss</p>	<p>8:00 Morning Social 10:00 Daily Chronicle 10:30 Fitness 11:00 Carine Superstars Quiz 11:30 Horseshoes 1:00 Sing Along 1:30 Short Story: The Rare Bird 2:00 Corn Hole 2:30 PM Snack 3:15 Riddle Time</p>	<p>8:00 Morning Social 10:00 Daily Chronicle 10:30 Fitness 11:00 The History Of Arbor Day 11:30 Horseshoes 1:00 Sing Along 1:30 Blow Out The Candles 2:30 PM Snack 2:45 Short Story Jokes 3:15 Circle Talk</p>
<p>8:00 Morning Social 10:00 Daily Chronicle 10:30 Fitness 11:00 Tongue Twister Fun 11:30 Ring Toss 1:00 Sing Along 1:30 BINGO 2:30 PM Snack 2:45 Toss & Talk 3:15 Circle Talk</p>	<p>8:00 Morning Social 10:00 Daily Chronicle 10:30 Fitness 11:00 Fun With Limericks 11:30 Pepponi Toss 1:00 Sing Along 1:30 Stations 2:30 PM Snack 2:45 Ball Toss 3:15 Circle Talk</p>	<p>8:00 Morning Social 10:00 Daily Chronicle 10:30 Fitness 11:00 Stand Up Comedy 11:30 Golf 1:00 Sing Along 1:30 Wacky Wordies 2:30 PM Snack 2:45 Noodle Doodle 3:15 You Be The Judge</p>	<p>8:00 Morning Social 10:00 Daily Chronicle 10:30 Fitness 11:00 Trees Of The World Quiz 11:30 Corn Hole 1:00 Sing Along 1:30 Dog BINGO! 2:30 PM Snack 2:45 Toss & Talk 3:15 Circle Talk</p>	<p>8:00 Morning Social 10:00 Daily Chronicle 10:30 Fitness 11:00 Carine Superstars Quiz 11:30 Horseshoes 1:00 Sing Along 1:30 Short Story: The Rare Bird 2:00 Corn Hole 2:30 PM Snack 3:15 Riddle Time</p>	<p>8:00 Morning Social 10:00 Daily Chronicle 10:30 Fitness 11:00 The History Of Arbor Day 11:30 Horseshoes 1:00 Sing Along 1:30 Blow Out The Candles 2:30 PM Snack 2:45 Short Story Jokes 3:15 Circle Talk</p>