

WE ARE CLOSED
ON THANKSGIVING
11/24/2022



Mount Hood

ADULT DAY CENTER

OUR HOURS

9:00am-5:00pm

Monday thru
Friday

NOVEMBER
2022

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VOLUME 11 ISSUE 11

Monthly Gazette

HARVESTING COMMUNITY & FOSTERING FRIENDSHIPS

Staying socially connected is essential at any stage of life but is of particular importance in the elderly. As we grow older, connections with family and friends tend to slip away, and for those in aged care, this can be quite isolating. Attending a day center, like Mt. Hood Adult Day Center, can help to diminish that isolation. Studies have shown that increased social interaction is hugely beneficial to physical health. Socially active seniors have a slower progression of health decline, lower blood pressure, better sleep patterns and lower stress levels. Whether it's participation in our Fun & Fit program, time in the garden, making muffins with others, or simply listening to music while coloring with a group, the benefits of regular activity on the body are far reaching.

(<https://www.karingalgreen.com.au/the-importance-of-community-in-aged-care/>)

6 Ways to Persuade Seniors to Be Active Socially

1. Emphasize their desire to help
2. Do something completely new
3. Ask them to be teachers or mentors
4. Invite them to join conversations
5. Play matchmaker — connect
6. Develop their hobbies and interests

<https://homecareassistancevictoria.ca/>



THE RETURN OF FLANNEL FRIDAYS

Mt. Hood Adult Day Center has a long-standing tradition of "Flannel Fridays". When Fall approaches, it's natural for us Pacific Northwesterners to bring out our layers — join us and wear your Flannels on Fridays!



"November comes and November goes, With the last red berries and the first white snows." ~ Elizabeth Coatsworth

Mulled Cider Recipe

Ingredients

1 Whole Nutmeg
10 Allspice Berries
10 Cloves
2 Star Anise
4 Cinnamon Sticks
1/2 Gallon Apple Cider
1 Small Orange (Garnish)
Whole Cranberries

1. **Toast the spices:** Add the nutmeg, allspice, cloves, star anise and cinnamon to the bottom of a pot (or to a skillet for Slow Cooker instructions). Toast over medium heat for 2 to 3 minutes, stirring occasionally, until fragrant.
2. **Stovetop:** Turn the heat to low. Pour in the apple cider and bring to below a simmer, just barely bubbling. Warm for 1 hour on low heat (don't let it simmer). Skim off any particulate if desired, or stir to re-incorporate it.
3. **Garnish** with orange slices and cranberries, then serve.



NOVEMBER 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 All Souls Day	3	4 National Candy Day	5
6 CARTOON -O- RAMA	7	8 Election Day	9	10	11 Veteran's Day	12
13 PARADE ON THE PROMANADE	14 National Pickle Day	15	16	17 National Homemade Bread Day	18 Mickey Mouse Day	19
20 TURKEY WEEK	21 Odd Socks Day	22	23 National Jukebox Day	24 Thanksgiving 	25	26
27 INTO THE SNOW WE GO	28	29 Giving Tuesday	30			
November Birthdays: Ken A., John C., Lee C., Steve H., Susan R.						

Daily Club Meetings

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 AM Daily Chronicle AM Snack	9:00 AM Daily Chronicle AM Snack	9:00 AM Daily Chronicle AM Snack	9:00 AM Daily Chronicle AM Snack	9:00 AM Daily Chronicle AM Snack
10:00 AM Cooking Club Crosswords	10:00 AM Cooking Club Crosswords	10:00 AM Cooking Club Crosswords	10:00 AM Cooking Club Crosswords	10:00 AM Cooking Club Crosswords
11:00 AM Craft Club Wii Games Crochet Club	11:00 AM Fun & Fit Memory Enrichment Pamper & Polish	11:00 AM Gardening Club Fun & Fit Show & Tell	11:00 AM Dominoes Wii Games Whiteboard Games	11:00 AM Fun & Fit Wii Games Pamper & Polish
12:00 PM Seated Stretching LUNCH HOUR & KARAOKE	12:00 PM Seated Stretching LUNCH HOUR & KARAOKE	12:00 PM Seated Stretching LUNCH HOUR & OPEN PLAY	12:00 PM Seated Stretching LUNCH HOUR & KARAOKE	12:00 PM Seated Stretching LUNCH HOUR & KARAOKE
1:30 PM Card Making Dominoes Billiards	1:30 PM Bingo Billiards Open Play	1:30 PM Wii Games Community Action Billiards	1:30 PM Bingo Billiards Open Play	1:30 PM <i>Happy Hour</i> Bingo Billiards
2:30 PM Table Games Social Circle	2:30 PM Creative Fiction Wii Games Crochet Club	2:30 PM Nostalgia Mindfulness Retro Radio	2:30 PM Art as Therapy Current Events	2:30 PM Memory Enrichment Art as Therapy
3:00 PM PM Snack Jukebox	3:00 PM PM Snack Jukebox	3:00 PM PM Snack/Teatime Jukebox	3:00 PM PM Snack Jukebox	3:00 PM PM Snack Jukebox
4:00 PM Matinee	4:00 PM Matinee	4:00 PM Matinee	4:00 PM Matinee	4:00 PM Matinee

MT. HOOD SENIOR SOLUTIONS



Mt. Hood Senior Solutions is here to help you with referral and placement services.

Cathy Fallon can assist you in understanding your options and guide you through the process at no charge to you.

Contact Cathy today!

Direct: 971-400-7030

Email: Cathy@mthoodseniorsolutions.com

SUPPORT GROUPS & TOPICS

NOVEMBER MEETINGS WILL BE IN PERSON

Please call the MHSS team with any further questions 971-400-7030.

1st & 3rd Thursday **CAREGIVER**

Support Group: 11/3 & 11/17/2022

11am-12pm (Lunch provided; \$5 donation requested)

2nd Thursday **TRANSITIONS**

Support Group: 11/10/2022

11am-12pm (Lunch provided; \$5 donation requested)



ANNOUNCEMENTS

FREE Legal Clinic

This months lawyer: JONAS J. HEMENWAY

NOVEMBER 2022

Jonas is with Gravis Law, and will be meeting with people via a phone call or zoom video chat. He specializes in Estate Planning, Elder Law and Probate.

Bring your questions and concerns regarding

**To register for your free 30 min. consultation contact
Cathy at 971- 400 - 7030
or email Cathy@mthoodseniorsolutions.com.**

