



# MID-ISLAND Y JCC Adult & Social Services Center

## Reflections News

QUARTERLY NEWSLETTER | SPRING 2019



### Who's New in Reflections



We would like to welcome **Hillary Cook, LCSW**, as the new Adult Center Social Worker who will be working closely with the Reflections program.

Hillary comes to us with 12 years of social work experience in medical and community settings. Aside from her time spent in the program and working with clients directly, Hillary is available to address questions, concerns, and provide support to families as needed. She can be reached via phone at x328. Hillary is excited to be part of the MIYJCC family and specifically the Reflections program.



We are also happy to welcome **Gary Piacentini**, "the Keyboard Wizard" who has been providing weekly musical entertainment in the

Reflections program. Gary is a singer and musician who utilizes custom MIDI arrangements to provide entertainment for people of all ages. We are excited to have Gary's talent and engaging personality to entertain our program participants.

### Education Corner

#### *The Benefits of Routines For People with Dementia*

Alzheimer's disease and other types of dementia can make it difficult to learn new things. Using established, consistent routines can be calming and reassuring for the person with dementia and those around him/her. Routines often reduce agitation and improve mood.



Routines are things that regularly happen, often on a daily basis, such as eating breakfast, reading the newspaper, or getting your hair done on Fridays. Routines may also consist of the order in which tasks are completed.

When creating a routine/plan for the day, consider the person's likes, dislikes, strengths and abilities. The type of activity and how well it is completed is not as important as the joy and sense of accomplishment the person gets from doing it.



Consider what time of day the person functions best. Leave a significant amount of time for meals, bathing and dressing as these activities may take longer than "usual", especially as disease progresses. Remember that the success of an activity can vary from day-to-day. It may be best to choose one activity per day. Don't feel you have to fill every minute with activity as people often need a balance of activity and rest.

Allow the person with dementia to make choices when able. Limiting the number of options will create less pressure and stress. Especially in the earlier stages of dementia, when people are more likely to be aware of their cognitive deficits, choice and independence can be encouraging.

Remember to make time for yourself and/or include the person with dementia in activities you enjoy.



## Reflections Reminders

### • Birthdays

If your loved one has a birthday or an event to celebrate with the group, please feel free to send in a nut-free, kosher dessert.

### • Absence

If your loved one is not going to be attending program, please contact Deb, x359, Bev, x359 or Hillary, x328 to advise them of the absence.

We care about our clients and tend to worry when we don't see them!

### • Policies

During their time here at the MIYJCC, pictures of our clients are often taken. General releases for the taking and use of these pictures were signed as a part of the emergency contact form by all family members upon admission to the program. UJA-specific releases had been mailed home as they were in the building filming a promotional video. If you do not want your loved one featured in pictures or media, please let us know as soon as possible.

The safety of our clients is of utmost concern. Many of our clients have aides that accompany them to program. In order to be available when needed, it is important that the aides remain at the MIYJCC and in the same room as the clients. Should you have any questions or concerns, please feel free to contact Sara, x335 or Hillary, x328.



## Helpful Resources

**Alzheimer's Association – 24/7 hotline (800) 272-3900**

**Dailycaring.com** – A website for caregivers with practical tips and resources.

**Gograndparent.com** – Connects seniors to ride sharing services.

## MIYJCC Caregiver Support Group

Led by a licensed social worker, this group is for primary caregivers providing care to individuals with dementia and other chronic health conditions. Participants are encouraged to share feelings and challenges, and realize they're not alone. Support, coping strategies, and unity are promoted along with respite for our caregivers.

This group is ongoing, free, and meets every Friday from 10:15-11:45 am. Take some time for yourself!

## Save the Date!

### Ice Cream Fun-raiser

On **Tuesday, May 7**, we will be partnering with Carvel (located at 130 Manetto Hill Road) to raise money for the Reflections program. From 6:30-9:00 pm, 10% of all purchases will be donated to the program. All you have to do is mention this fundraiser and/or the MIYJCC.

Hope to see you there!!



## Meet Our Reflections Staff



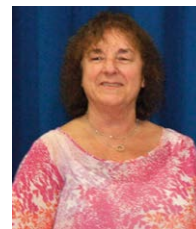
**Sara Shapiro, LMSW**  
Adult Center Director  
(516) 822-3535, x335  
sshapiro@miyjcc.org



**Hillary Cook, LCSW**  
Social Worker  
(516) 822-3535, x328  
hcook@miyjcc.org



**Debra Hearst, MS**  
Respite Program Coordinator  
(516) 822-3535, x359  
dhearst@miyjcc.org



**Beverly Gilbert, MS**  
Program Coordinator  
(516) 822-3535, x359  
bgilbert@miyjcc.org