



Our ElderHouse Staff

Julia Schwartz-Leeper, LMSW
Executive Director

Wendy Bolton, LMSW
Director of Client Services

Mary Beth Hogan
Director of Operations
and Marketing

Jean DesRochers
Finance Manager

Donna Madalon, RN
Staff Nurse

Nelly Birmingham
Activities Coordinator

Dani Abraham
Certified Nursing Assistant

Anita Palmer
Certified Nursing Assistant

Amanda Frazier
Certified Nursing Assistant

Elsie Simon
Nutrition Aide

Jane Nolan, RN
Part-Time Staff Nurse

Gary Dunn
Lead Driver

Paul Zislis
Driver

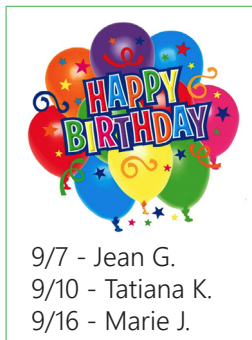
Esther Abramov
Off-site Outreach Coordinator



ELDERHOUSE
ADULT DAY CENTER
A Certified Social and Medical Adult Day Center
ElderHouse Adult Day Center
7 Lewis Street
Norwalk, CT 06851
P: 203-847-1998

September Special Events and Birthdays

- 9/2 - Labor Day: ElderHouse is Closed
- 9/12 - Live Music with Lizzie
- 9/16 - Adult Day Services Week
- 9/16 - September Birthday Bash
- 9/17 - Mayor Harry Rilling Visits
- 9/17 - Adult Day Services Week Celebration
- 9/23 - Haircuts with Kathy
- 9/23 - Caregiver Support Group
- 9/24 - Oktoberfest Party
- 9/23 - Fall Prevention Week
- 9/25 - Live Music with Steve



Chair Exercise with Phil LiCastrì of Pinnacle Health and Fitness is offered every Thursday.

Greens Farms Academy Students return to ElderHouse with projects and games throughout the month. Welcome Back!

Caregiver Support Group

Wendy Bolton, LMSW will hold the Caregiver Support Group at ElderHouse on Monday, September 23rd from 2:00pm - 3:15pm. Open to the public and free. If you know anyone who would like to attend, please ask them to contact Wendy at (203) 847-1998.

ElderHouse Adult Day Center
Monday - Friday 8:30am - 3:30pm
7 Lewis Street | Norwalk, CT 06851 | P: 203-847-1998 | elderhouse.org

Caregiver Article of Interest

Community Health Survey

Nuvance Health is pleased to be collaborating with local health departments on the 2024 Community Health Survey. It is now open for all adult residents to complete, and we hope you will be willing to provide your input. Your feedback regarding health issues and ideas for improvement are critical to helping to understand and address the health needs in our communities.

Please consider taking the survey and sharing the link with your friends, colleagues, family members, and neighbors. It should only take 10 minutes to complete. Individual responses are anonymous and confidential. Survey will be available until September 30, 2024.



Scan QR Code or go to: www.Nuvance-health.org/community. If you have any questions or require additional information, please contact community.health@nuvancehealth.org.



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ElderHouse Partners with First Congregational Church of Norwalk and Farmer's Market to Launch "Golden Harvest"

"Golden Harvest" is a community outreach program that provides fresh produce and bread to homebound seniors in need through the Farmer's Market located at the First Congregational Church of Norwalk. Open to the public on Saturdays from July through October between 9:00am and 2:00pm, fresh fruit and vegetables from Country Farms and fresh bread from Wave Hill Breads line the sidewalk across from the Norwalk Green. Each week, volunteers bag the extra produce and bread to be delivered to older adults who are unable to attend the market themselves. Notecards attached to each delivery are decorated with hand-painted artwork created by ElderHouse participants. Please stop by the Farmer's Market on Saturdays to support the vendors who help make "Golden Harvest" a grand success!



Take Control of Your Health:
6 Steps to Prevent a Fall

Every 11 seconds, an older adult is seen in an emergency department for a fall-related injury. Many falls are preventable. Stay safe with these tips!

- | | |
|--|---|
| <p>1 Find a good balance and exercise program Look to build balance, strength, and flexibility. Contact your local Area Agency on Aging for referrals. Find a program you like and take a friend.</p> | <p>2 Talk to your health care provider Ask for an assessment of your risk of falling. Share your history of recent falls.</p> |
| <p>3 Regularly review your medications with your doctor or pharmacist Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.</p> | <p>4 Get your vision and hearing checked annually and update your eyeglasses Your eyes and ears are key to keeping you on your feet.</p> |
| <p>5 Keep your home safe Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.</p> | <p>6 Talk to your family members Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue.</p> |

To learn more, visit ncoa.org/FallsPrevention.

Falls Prevention Week is September 23-27

As a part of a nationwide effort to raise awareness that falls are preventable, ElderHouse encourages older adults to remain free of falls and independent. At our adult day center, we offer exercise programs that assist with strength and balance. Floors are kept tidy and clear to prevent tripping hazards. Handrails are available in main hallways and restrooms. Participants are under the supervision of our nurse and assisted when needed by our health aides.

Falling is not a normal part of aging, yet falls remain the leading cause of injury or death for older Americans. Help prevent falls by doing the right exercises, making your home safer, and getting regular health check-ups! Take the Falls Free Check-Up to check your risk of falling. Visit the National Council on Aging website or scan the QR Code.





ELDERHOUSE

ADULT DAY CENTER

A Certified Social and Medical Adult Day Center

SEPTEMBER 2024

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|--|--|
| <p>2 ElderHouse is Closed</p>  | <p>3</p> <p>08:30 Coffee and Table Talk 09:30 Daily Chronicles 10:00 Chair Exercise 10:30 Patriotic Arts & Crafts 11:30 Recreational Games 01:00 News and Views 02:00 Jingo-Bingo / Book Club 03:00 Sensory One on One</p> | <p>4</p> <p>08:30 Coffee and Table Talk 09:30 Daily Chronicles 10:00 Chair Exercise 10:30 The Price is Right 11:30 Recreational Games 01:00 News and Views 02:00 Jingo-Bingo 03:00 X-Box Games</p> | <p>5</p> <p>08:30 Coffee and Table Talk 09:30 Daily Chronicles 10:00 Who Am I? 10:30 Daisy Arts & Crafts 11:30 Chair Exercises with Phil 01:00 News and Views 02:00 Jingo-Bingo 03:00 Recreational Games</p> | <p>6</p> <p>08:30 Coffee and Table Talk 09:30 Daily Chronicles 10:00 Chair Exercise 10:30 Fashion Fads Word Match 11:30 Recreational Games 01:00 News and Views Mayflower Discussion Fashion Brand Art 03:00 Discussions and Reminiscence Program</p> |
| <p>9</p> <p>08:30 Coffee and Table Talk 09:30 Daily Chronicles 10:00 Birthday Card Arts & Crafts 10:30 Chair Exercise 11:30 Pictures at the Photo Booth 01:00 News and Views 02:00 Jingo-Bingo / Book Club 02:30 Grandparents' Day Celebration 03:00 1960s Karaoke</p> | <p>10</p> <p>08:30 Coffee and Table Talk 09:30 Daily Chronicles 10:00 Chair Exercise 10:30 NASA Crossword Puzzle 11:30 Recreational Games 01:00 News and Views 02:00 Creative Fashion Show 03:00 Sensory One on One</p> | <p>11 Patriot Day</p> <p>08:30 Coffee and Table Talk 09:30 Daily Chronicles 10:00 Chair Exercise 10:30 Frederick Douglas Word Search 11:30 Recreational Games 01:00 News and Views 02:00 Jingo-Bingo 03:00 Price of Groceries Game</p> | <p>12</p> <p>08:30 Coffee and Table Talk 09:30 Daily Chronicles 10:15 Live Music with Lizzie 11:30 Chair Exercises with Phil 01:00 News and Views 01:30 Chocolate Milkshakes 02:00 Jingo-Bingo 03:00 Recreational Games</p> | <p>13</p> <p>08:30 Coffee and Table Talk 09:30 Daily Chronicles 10:00 Chair Exercise 10:30 Friday the 13th Arts and Crafts 11:30 Recreational Games 01:00 News and Views 02:00 Jingo-Bingo 03:00 X-Box Games</p> |
| <p>16 Adult Day Services Week</p> <p>08:30 Coffee and Table Talk 09:30 Daily Chronicles 10:00 Chair Exercise 10:30 Oktoberfest Arts and Crafts 11:30 Recreational Games 01:00 News and Views 02:00 Happy Birthday Bingo 02:15 September Birthday Bash</p> | <p>17 Constitution Day</p> <p>08:30 Coffee and Table Talk 09:30 Daily Chronicles 10:00 Chair Exercise 10:30 Discussion - The Constitution 11:00 Mayor Harry Rilling Adult Day Services Celebration 11:30 Recreational Games 01:00 News and Views 02:00 Jingo-Bingo 03:00 Sensory One on One</p> | <p>18</p> <p>08:30 Coffee and Table Talk 09:30 Daily Chronicles 10:00 Chair Exercise 10:30 The Price is Right 11:00 Air Force Keepsake Box Craft 11:30 Recreational Games 01:00 News and Views 02:00 Jingo-Bingo 03:00 Recreational Games</p> | <p>19</p> <p>08:30 Coffee and Table Talk 09:30 Daily Chronicles 10:00 Prehistoric Spelling Game 10:30 Sign Language Presentation 11:30 Chair Exercises with Phil 01:00 News and Views 02:00 Jingo-Bingo 03:00 Recreational Games</p> | <p>20</p> <p>08:30 Coffee and Table Talk 09:30 Daily Chronicles 10:00 Chair Exercise 10:30 Name That Tool Autumn Arts and Crafts 11:30 Recreational Games Mind Joggers 01:00 News and Views 02:00 Autumn Theme Jingo-Bingo 03:00 Discussions and Reminiscence Program</p> |
| <p>23 Falls Prevention Week</p> <p>08:30 Coffee and Table Talk 09:00 Haircuts with Kathy 09:30 Daily Chronicles 10:00 Chair Exercise 10:30 Learning Sign Language 11:30 Chair Exercise 01:00 News and Views 02:00 Jingo-Bingo 02:00 Caregiver Support Group 03:00 Math Riddles</p> | <p>24</p> <p>08:30 Coffee and Table Talk 09:30 Daily Chronicles 10:00 Chair Exercise 10:30 Alternative Medicine Presentation 11:30 Recreational Games 01:00 News and Views 01:30 Oktoberfest Jingo-Bingo 02:00 Oktoberfest Party 03:00 Recreational Games</p> | <p>25</p> <p>08:30 Coffee and Table Talk 09:30 Daily Chronicles 10:00 Chair Exercise 10:30 Who Am I? Wedding 11:30 Recreational Games 01:00 News and Views 01:30 Jingo-Bingo 01:45 Live Music with Steve 03:00 Recreational Games</p> | <p>26</p> <p>08:30 Coffee and Table Talk 09:30 Daily Chronicles 10:00 Women's Equality Day Discussion 10:30 Kraken Attack Dice Game 11:30 Chair Exercises with Phil 01:00 News and Views 02:00 Jingo-Bingo 03:00 Recreational Games</p> | <p>27</p> <p>08:30 Coffee and Table Talk 09:30 Daily Chronicles 10:00 Chair Exercise 10:30 Remember When - History of TV Shows 11:30 Recreational Games 01:00 News and Views 02:00 TV Show Theme Jingo-Bingo 03:00 X-Box Games</p> |
| <p>30</p> <p>08:30 Coffee and Table Talk 09:30 Daily Chronicles 10:00 Chair Exercise 10:30 Learning Sign Language 11:30 Recreational Games 01:00 News and Views 02:00 Jingo-Bingo 03:00 Math Riddles</p> |  <p>Hand-painted by ElderHouse Participants</p> |  |  |  <p>Autumn Begins September 22nd</p> |

OUR MEAL PROGRAM



ElderHouse serves:
Coffee at 8:30am
Lunch at 12:00noon
Snack at 2:00pm

Hydration is offered throughout the day

MEAL CALENDAR
SCAN HERE

