



Our ElderHouse Staff

Julia Schwartz-Leeper, LMSW  
Executive Director

Wendy Bolton, LMSW  
Director of Client Services

Mary Beth Hogan  
Director of Operations  
and Marketing

Donna Madalon, RN  
Staff Nurse

Kathy Fitzgerald  
Therapeutic 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



New Year's Resolutions for Caregivers

- I give myself permission to not keep the following resolutions or to keep them only partway.
- When I feel I am imperfect, I will remember that guilt is not an option as long as I know I did the best I could, given the circumstances.
- I will find time alone for myself, even though that seems impossible. That may mean asking for help from people and resources I've never considered before.
- Regardless of how deserving the source, I will say no to requests for my time when I know I can't add any more to my plate.
- I will remember that family members and friends who are not care receivers deserve some of my time, and that is okay.
- I will follow through with my own medical appointments and screenings.
- I will find a way to monitor my own energy levels so I can recharge my batteries before I hit the point of exhaustion and burnout.
- I will remember that seeking advice from professionals, organizations and fellow caregivers is a sign of strength, not weakness.
- I will remember that my care receiver didn't choose the illness or disability that he or she is living with. I didn't choose this life for my care receiver either, so I won't be a martyr to their illness.
- I will remember that taking care of my own needs isn't selfish. Taking care of myself benefits everyone I love.
- I will get appropriate help for myself if depression, anxiety or other mental health issues become apparent to me, my friends or my family.
- I will be open to alternative ways of caring for myself, whether it be massage, aroma therapy, meditation, exercise, attending a caregiver support group, participating in an online caregiver forum, seeking out respite care, or meeting with a therapist.

www.agingcare.com

12 Great Adult Caregiver Support Books

If you are looking for inspiration and guidance in the new year. Consider these books for caregivers of aging parents:

1. "The 36-Hour Day: A Family Guide to Caring for People Who Have Alzheimer Disease, Related Dementias and Memory Loss," by Nancy L. Mace and Peter V. Rabins
2. "A Bittersweet Season: Caring for Our Aging Parents – and Ourselves," by Jane Gross
3. "Caring for Your Parents: The Complete Family Guide," by Hugh Delehanty and Elinor Ginzler
4. "Chicken Soup for the Soul: Family Caregivers – 101 Stories of Love, Sacrifice and Bonding," by Joan Lunden and Amy Newmark
5. "The Complete Eldercare Planner: Where to Start, Which Questions to Ask and How to Find Help," by Joy Loverde
6. "The Conscious Caregiver: A Mindful Approach to Caring for Your Loved One Without Losing Yourself," by Linda Abbit
7. "Coping with Your Difficult Older Parent: A Guide for Stressed-Out Children," by Grace Lebow and Barbara Kane
8. "How to Care for Aging Parents: A One-Stop Resource for All Your Medical, Financial, Housing and Emotional Issues," by Virginia Morris
9. "How to Say It to Seniors: Closing the Communication Gap with Our Elders," by David Solie
10. "Passages in Caregiving: Turning Chaos into Confidence," by Gail Sheehy
11. "When Caregiving Calls: Guidance as You Care for a Parent, Spouse or Aging Relative," by Aaron Blight
12. "When the Time Comes: Families with Aging Parents Share Their Struggles and Solutions," by Paula Span

www.seniorlifestyle.com



A Certified Social and Medical Adult Day Center

ElderHouse Adult Day Center

7 Lewis Street  
Norwalk, CT 06851  
P: 203-847-1998

Caregiver Article of Interest

Staying Safe in Winter Weather: Tips for Older Adults

www.elderlawanswers.com

Winter can be an enjoyable time of the year, with holidays, time with family, and winter scenery. But it can bring challenges, especially for older adults. Keeping a home warm enough can be expensive, staying warm while outside is more difficult, and driving, and even walking can be more dangerous. By taking precautions, you can stay safe and comfortable throughout the winter season. Remember to keep emergency contacts on hand and communicate regularly with family and friends so they can assist if you need help. Stay warm, stay safe, and make the most of the winter months!

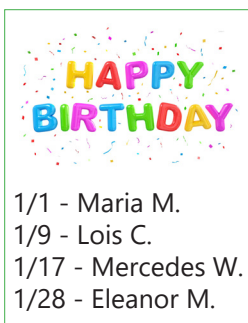
Scan the QR Code for ways older adults can stay safe and warm during the winter months.



Special Events and Birthdays at ElderHouse

Chair Exercise with Phil LiCastrì is offered every Thursday.  
Chair Yoga with Preeti is offered every Wednesday and Friday.  
GFA Students joins us every Tuesday and Friday.

- 1/7 - Garden Club of Darien
- 1/7 - Live Music with Steve K.
- 1/9 - Live Music with Lizzie
- 1/13 - Live Music with Steve A.
- 1/20 - ElderHouse is Open - MLK Jr. Day
- 1/20 - Craft with NCL
- 1/20 - Caregiver Support Group**
- 1/28 - Birthday Celebration



- 1/1 - Maria M.
- 1/9 - Lois C.
- 1/17 - Mercedes W.
- 1/28 - Eleanor M.

Caregiver Support Group

Wendy Bolton, LMSW will hold the monthly Caregiver Support Group at ElderHouse on **Monday, January 20th from 2:00pm - 3:15pm**. This support group is open to the public and free to attend. If you know anyone who may benefit from attending, please ask them to contact Wendy at (203) 847-1998.





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY				
<p><b>1</b></p>	<p><b>1</b></p>	<p><b>2</b></p> <p>08:30 Coffee and Table Talk 09:30 Daily Chronicles 10:00 New Year Discussion 10:30 Brain Teasers <b>11:30 Chair Exercises with Phil</b> 01:00 Lavender Hand Massages 02:00 Jingo-Bingo 03:00 Video Travelogue</p>	<p><b>3</b> Nat'l Mind, Body, and Wellness Day</p> <p>08:30 Coffee and Table Talk 09:30 Daily Chronicles <b>10:00 Chair Exercises</b> 10:30 Importance of Exercise <b>11:30 Recreational Games</b> 01:00 Stress Management <b>01:30 Chair Yoga with Preeti</b> 02:00 Jingo-Bingo 03:00 Hobbies Discussion</p>	<p><b>6</b></p> <p>08:30 Coffee and Table Talk 09:30 Daily Chronicles <b>10:00 Chair Exercise</b> 10:30 Active Minds - Complete the Phrase or Idiom <b>11:30 Recreational Games</b> 01:00 Winter Wonderland Craft 02:00 Jingo-Bingo 03:00 Name That Tune</p>	<p><b>7</b></p> <p>08:30 Coffee and Table Talk 09:30 Daily Chronicles <b>10:30 Garden Club of Darien</b> 11:00 Brain Teasers <b>11:30 Recreational Games</b> <b>12:30 Greens Farms Academy</b> <b>01:00 Live Music with Steven K.</b> 02:00 Jingo-Bingo 03:00 The Price is Right</p>	<p><b>8</b></p> <p>08:30 Coffee and Table Talk 09:30 Daily Chronicles <b>10:00 Chair Exercise</b> 10:30 Trivia <b>11:30 Recreational Games</b> <b>01:00 Chair Yoga with Preeti</b> 02:00 Jingo-Bingo 03:00 Funny Baby Videos</p>	<p><b>9</b></p> <p>08:30 Coffee and Table Talk 09:30 Daily Chronicles <b>10:15 Live Music with Lizzie</b> <b>11:30 Chair Exercises with Phil</b> 01:00 Group Abstract Art Project 02:00 Jingo-Bingo 03:00 Video Travelogue</p>	<p><b>10</b></p> <p>08:30 Coffee and Table Talk 09:30 Daily Chronicles <b>10:00 Greens Farms Academy</b> 10:45 Brain Teasers <b>11:30 Recreational Games</b> <b>12:30 Greens Farms Academy</b> <b>01:30 Chair Yoga with Preeti</b> 01:00 Lavender Hand Massages 02:00 Jingo-Bingo 03:00 Funny Mom Videos</p>
<p><b>13</b></p> <p>08:30 Coffee and Table Talk 09:30 Daily Chronicles <b>10:00 Chair Exercise</b> 10:30 Brain Teasers <b>11:30 Recreational Games</b> <b>01:00 Live Music with Steve A.</b> 02:00 Jingo-Bingo 03:00 Jeopardy!</p>	<p><b>14</b> Strawberry Ice Cream Day</p> <p>08:30 Coffee and Table Talk 09:30 Daily Chronicles 11:00 Brain Teasers <b>11:30 Recreational Games</b> <b>12:30 Greens Farms Academy</b> 01:00 Group Abstract Art Project 02:00 Strawberry Ice Cream 02:30 Jingo-Bingo 03:00 Funny Cat Videos</p>	<p><b>15</b></p> <p>08:30 Coffee and Table Talk 09:30 Daily Chronicles <b>10:00 Chair Exercise</b> 10:30 Active Minds Word Games <b>11:30 Recreational Games</b> <b>01:00 Chair Yoga with Preeti</b> 02:00 Jingo-Bingo 03:00 The Price is Right</p>	<p><b>16</b></p> <p>08:30 Coffee and Table Talk 09:30 Daily Chronicles 10:00 Active Minds - Categories 11:00 Importance of Exercise <b>11:30 Chair Exercises with Phil</b> <b>01:00 Progressive Muscle Relaxation</b> 02:00 Jingo-Bingo 03:00 Funny Dog Videos</p>	<p><b>17</b></p> <p>08:30 Coffee and Table Talk 09:30 Daily Chronicles <b>10:00 Greens Farms Academy</b> <b>11:00 Chair Exercise</b> <b>11:30 Recreational Games</b> <b>12:30 Greens Farms Academy</b> 01:00 Trivia <b>01:30 Chair Yoga with Preeti</b> 02:00 Jingo-Bingo 03:00 Weekend Plans Discussion</p>				
<p><b>20</b> Martin Luther King Jr Day Nat'l Cheese Lovers Day</p> <p>08:30 Coffee and Table Talk 09:30 Daily Chronicles <b>10:00 Chair Exercise</b> 10:30 MLK, Jr. Project <b>11:30 Recreational Games</b> <b>01:00 NCL Craft-Making</b> <b>02:00 Assorted Cheese / Crackers</b> <b>02:00 Caregiver Support Group</b> 02:30 Jingo-Bingo 03:00 Video Travelogue</p>	<p><b>21</b></p> <p>08:30 Coffee and Table Talk 09:30 Daily Chronicles <b>10:00 Chair Exercise</b> 10:30 Brain Teasers <b>11:30 Recreational Games</b> <b>12:30 Greens Farms Academy</b> 01:00 Group Abstract Art Project 02:00 Jingo-Bingo 03:00 The Price is Right</p>	<p><b>22</b></p> <p>08:30 Coffee and Table Talk <b>09:00 Haircuts with Kathy</b> 09:30 Daily Chronicles <b>10:00 Chair Exercise</b> 10:30 Active Minds - Word Games <b>11:30 Recreational Games</b> <b>01:00 Chair Yoga with Preeti</b> 02:00 Jingo-Bingo 03:00 Funny Baby Videos</p>	<p><b>23</b> Nat'l Pie Day</p> <p>08:30 Coffee and Table Talk 09:30 Daily Chronicles <b>10:15 Live Music with Lizzie</b> <b>11:30 Chair Exercises with Phil</b> 01:00 Acrylic Painting on Canvas 02:00 Pie Celebration 03:00 50's Music Discussion</p>	<p><b>24</b></p> <p>08:30 Coffee and Table Talk 09:30 Daily Chronicles <b>10:00 Greens Farms Academy</b> 11:00 Guided Imagery <b>11:30 Recreational Games</b> <b>12:30 Greens Farms Academy</b> <b>01:30 Chair Yoga with Preeti</b> 02:00 Jingo-Bingo 03:00 Funny Dad Jokes</p>				
<p><b>27</b> Nat'l Chocolate Cake Day</p> <p>08:30 Coffee and Table Talk 09:30 Daily Chronicles <b>10:00 Chair Exercise</b> 10:30 Trivia 11:00 Active Minds <b>11:30 Recreational Games</b> 01:00 Winter Wreath Craft 02:00 Chocolate Cake Celebration 02:30 Jingo-Bingo 03:00 Relaxation Activity</p>	<p><b>28</b></p> <p>08:30 Coffee and Table Talk 09:30 Daily Chronicles <b>10:00 Chair Exercise</b> 10:30 Active Minds <b>11:30 Recreational Games</b> <b>12:30 Greens Farms Academy</b> 01:00 Birthday Celebration 02:00 Jingo-Bingo 03:00 Funny Baby Videos</p>	<p><b>29</b></p> <p>08:30 Coffee and Table Talk 09:30 Daily Chronicles <b>10:00 Chair Exercise</b> 10:30 Active Minds <b>11:30 Recreational Games</b> <b>01:00 Chair Yoga with Preeti</b> 02:00 Brain Teasers 03:00 Video Travelogue</p>	<p><b>30</b> Nat'l Croissant Day</p> <p>08:30 Coffee and Table Talk 09:30 Daily Chronicles 10:00 Active Minds 11:00 Stretching <b>11:30 Chair Exercises with Phil</b> 01:00 Art Therapy / Painting 02:00 Jingo-Bingo 03:00 Jeopardy!</p>	<p><b>31</b> Nat'l Hot Chocolate Day</p> <p>08:30 Coffee and Table Talk 09:30 Daily Chronicles <b>10:00 Greens Farms Academy</b> 11:00 Active Minds <b>11:30 Recreational Games</b> <b>12:30 Greens Farms Academy</b> <b>01:30 Chair Yoga with Preeti</b> 02:00 Hot Chocolate Celebration 02:30 Jingo-Bingo 03:00 Funny Horse Videos</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

