



**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*



A Certified Social and Medical Adult Day Center

ElderHouse Adult Day Center

7 Lewis Street

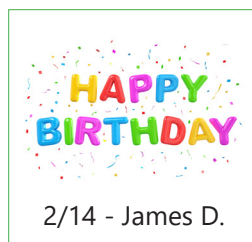
Norwalk, CT 06851

P: 203-847-1998

**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.

- 2/4 - Live Music with Steve K.
- 2/4 - Garden Club of Darien
- 2/5 - Live Music with Steve A.
- 2/10 - Super Bowl Monday
- 2/11 - Watercolor Painting with Colleen
- 2/11 - Live Music with Lizzie
- 2/12 - Live Music with Paul
- 2/14 - Valentine's Day Party
- 2/17 - Presidents Day ElderHouse is Open
- 2/18 - Caregiver Support Group**
- 2/25 - Live Music with Lizzie



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**

**Journaling to Reduce Caregiver Stress**

For many caregivers, stress is a constant companion. One effective way to reduce caregiver stress and keep burnout at bay is to write in a journal. Getting your thoughts and feelings down on paper and out of your head is surprisingly therapeutic. Studies have even found that journaling improves health and well-being. Chronic severe stress can have devastating effects on physical and mental health. That's why it's important to find stress reduction and coping techniques that fit your busy schedule. They'll help you stay as healthy as possible while you care for your older adult. To give you more options in addition to writing your thoughts, scan the QR Code for five ways you can use a journal to reduce stress and improve health.



www.dailycaaring.com



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**Finding Our Zen with Zentangles**

ElderHouse is finding our zen through mindful art therapy - Zentangles, a meditative abstract art program structured with repetitive patterns of dots, lines, curves, and orbs assembled into tiles. This art practice benefits people in different stages of dementia, offering a focused activity that inspires creativity, expands the imagination, relaxes the mind, and boosts social enjoyment. Participants are provided with pre-drawn patterned designs that are personalized with their choice of color and shading. Found to be very relaxing, zentangle activities help address anxiety, mood, dexterity, and self-confidence.



**Benefits of Art Therapy for Older Adults**

**Emotional Well-Being:** Art allows seniors to express feelings they might otherwise find difficult to articulate. Whether through painting, drawing, sculpting, or crafting, creating something beautiful can help manage stress, anxiety, and depression. For seniors dealing with the challenges of aging, such as loss of independence or health problems, art provides a therapeutic outlet for processing emotions.

**Cognitive Benefits:** Creative activities like painting or crafting stimulate the brain by encouraging problem-solving, planning, and critical thinking. These exercises activate various

parts of the brain, which can help slow cognitive decline and keep memory sharp. For seniors experiencing mild cognitive impairment or Alzheimer's disease, art therapy has been shown to improve attention and mental clarity.

**Physical and Motor Skills:** While the act of painting or sculpting may seem simple, it involves fine motor skills that can help improve coordination and dexterity. Activities such as knitting, drawing, or clay molding help strengthen hand-eye coordination and promote physical activity in a fun, non-strenuous way.

**Social Connection:** Art activities can also foster a sense of community and connection. In group settings, seniors can collaborate on projects, share ideas, and build friendships. Group art classes or communal projects create opportunities for seniors to connect with one another, share experiences, and feel part of something larger than themselves.

**Sense of Accomplishment:** Completing an art project can give seniors a sense of achievement. Whether it's finishing a painting, crafting a piece of jewelry, or constructing a model, the process of creating something from start to finish can boost confidence and self-esteem. These accomplishments can be especially meaningful for seniors who may feel like they no longer have control over other aspects of their lives.



# ELDERHOUSE

ADULT DAY CENTER

A Certified Social and Medical Adult Day Center

# FEBRUARY 2025

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  |
|---|--|--|--|---|
| <b>3</b><br>08:30 Coffee and Table Talk<br>09:30 Daily Chronicles<br>10:00 <b>Chair Exercise</b><br>10:30 Active Minds<br>11:30 <b>Recreational Games</b><br>01:00 Word Games<br>02:30 Jingo-Bingo<br>03:00 Name That Tune  | <b>4</b><br>08:30 Coffee and Table Talk<br>09:30 Daily Chronicles<br>10:30 <b>Garden Club of Darien</b><br>10:30 <b>Chair Exercise</b><br>11:00 Brain Teasers<br>11:30 <b>Recreational Games</b><br>12:30 <b>Greens Farms Academy</b><br>01:00 <b>Live Music with Steven K.</b><br>02:00 Jingo-Bingo<br>03:00 The Price Is Right | <b>5</b><br>08:30 Coffee and Table Talk<br>09:30 Daily Chronicles<br>10:15 <b>Live Music with Steve A.</b><br>11:30 <b>Recreational Games</b><br>01:00 <b>Chair Yoga with Preeti</b><br>02:00 Jingo-Bingo<br>03:00 Funny Baby Videos                         | <b>6</b> Nat'l Frozen Yogurt Day<br>08:30 Coffee and Table Talk<br>09:30 Daily Chronicles<br>10:00 Hobbies and Mental Health<br>10:30 Active Minds<br>11:30 <b>Recreational Games</b><br>01:00 <b>Chair Exercises with Phil</b><br>01:30 Valentine's Day Craft<br>02:00 Frozen Yogurt Snack<br>02:30 Jingo-Bingo<br>03:00 Video Travelogue | <b>7</b><br>08:30 Coffee and Table Talk<br>09:30 Daily Chronicles<br>10:00 <b>Greens Farms Academy</b><br>11:00 Guided Imagery<br>11:30 <b>Recreational Games</b><br>12:30 <b>Greens Farms Academy</b><br>01:00 Word Scramble<br>01:30 Black History Discussion<br>02:00 Jingo-Bingo<br>03:00 X-Box Favorites   |
| <b>10</b> Super Bowl Monday<br>08:30 Coffee and Table Talk<br>09:30 Daily Chronicles<br>10:00 <b>Chair Exercise</b><br>10:30 Football Trivia<br>11:30 <b>Recreational Games</b><br>01:00 Peanut Auction<br>02:00 Wings and Veggie Sticks<br>02:15 Jingo-Bingo<br>03:00 Jeopardy | <b>11</b><br>08:30 Coffee and Table Talk<br>09:30 Daily Chronicles<br>10:00 <b>Chair Exercise</b><br>10:30 Trivia<br>10:30 <b>Watercolors with Colleen</b><br>11:30 <b>Recreational Games</b><br>12:30 <b>Greens Farms Academy</b><br>01:15 <b>Live Music with Lizzie</b><br>02:00 Jingo-Bingo<br>03:00 Funny Cat Videos         | <b>12</b><br>08:30 Coffee and Table Talk<br>09:30 Daily Chronicles<br>10:00 <b>Chair Exercise</b><br>10:30 Trivia<br>11:30 <b>Recreational Games</b><br>01:00 <b>Chair Yoga with Preeti</b><br>01:45 <b>Live Music with Paul</b><br>03:00 The Price Is Right | <b>13</b><br>08:30 Coffee and Table Talk<br>09:30 Daily Chronicles<br>10:00 Brain Teasers<br>11:00 Importance of Exercise<br>11:30 <b>Recreational Games</b><br>01:00 <b>Chair Exercises with Phil</b><br>01:30 Acrylic Painting on Canvas<br>02:00 Jingo-Bingo<br>03:00 Relaxation Activity   | <b>14</b> Valentine's Day<br>08:30 Coffee and Table Talk<br>09:30 Daily Chronicles<br>10:00 <b>Greens Farms Academy</b><br>11:00 <b>Chair Exercise</b><br>11:30 <b>Recreational Games</b><br>12:30 <b>Greens Farms Academy</b><br>01:00 Brain Teasers<br>01:30 <b>Chair Yoga with Preeti</b><br>02:00 Valentine's Day Party<br>03:00 Reminiscing about Love |
| <b>17</b> President's Day<br>08:30 Coffee and Table Talk<br>09:30 Daily Chronicles<br>10:00 <b>Chair Exercise</b><br>10:30 Active Minds<br>11:30 <b>Recreational Games</b><br>01:00 Touch Therapy - Lavender<br>Hand Massages<br>02:00 Jingo-Bingo<br>03:00 Video Travelogue    | <b>18</b><br>08:30 Coffee and Table Talk<br>09:30 Daily Chronicles<br>10:00 <b>Chair Exercise</b><br>10:30 Active Minds<br>11:30 <b>Recreational Games</b><br>12:30 <b>Greens Farms Academy</b><br>01:00 Abstract Paper Collage<br>02:00 <b>Caregiver Support Group</b><br>02:00 Jingo-Bingo<br>03:00 The Price Is Right         | <b>19</b><br>08:30 Coffee and Table Talk<br>09:30 Daily Chronicles<br>10:00 <b>Chair Exercise</b><br>10:30 Active Minds<br>11:30 <b>Recreational Games</b><br>01:00 <b>Chair Yoga with Preeti</b><br>02:00 Jingo-Bingo<br>03:00 Funny Baby Videos            | <b>20</b> Nat'l Muffin Day<br>08:30 Coffee and Table Talk<br>09:30 Daily Chronicles<br>10:00 Brain Teasers<br>11:00 Importance of Exercise<br>11:30 <b>Recreational Games</b><br>01:00 <b>Chair Exercises with Phil</b><br>01:30 Muffin Making<br>02:00 Muffin Celebration<br>02:15 Jingo-Bingo<br>03:00 Name That Tune                    | <b>21</b> Nat'l Caregivers Day<br>08:30 Coffee and Table Talk<br>09:30 Daily Chronicles<br>10:00 <b>Greens Farms Academy</b><br>11:00 Card Making<br>11:30 <b>Recreational Games</b><br>12:30 <b>Greens Farms Academy</b><br>01:00 Brain Teasers<br>01:30 <b>Chair Yoga with Preeti</b><br>02:00 Jingo-Bingo<br>03:00 Funny Animal Video                    |
| <b>24</b><br>08:30 Coffee and Table Talk<br>09:30 Daily Chronicles<br>10:00 <b>Chair Exercise</b><br>10:30 Trivia<br>11:00 Brain Teasers<br>11:30 <b>Recreational Games</b><br>01:00 Progressive Muscle Relaxation<br>02:00 Jingo-Bingo<br>03:00 X-Box Favorites                | <b>25</b><br>08:30 Coffee and Table Talk<br>09:30 Daily Chronicles<br>10:00 <b>Chair Exercise</b><br>10:30 Active Minds<br>11:30 <b>Recreational Games</b><br>12:30 <b>Greens Farms Academy</b><br>01:15 <b>Live Music with Lizzie</b><br>02:00 Jingo-Bingo<br>03:00 Funny Baby Videos   | <b>26</b><br>08:30 Coffee and Table Talk<br>09:30 Daily Chronicles<br>10:00 <b>Chair Exercise</b><br>10:30 Active Minds<br>11:30 <b>Recreational Games</b><br>01:00 <b>Chair Yoga with Preeti</b><br>02:00 Jingo-Bingo<br>03:00 Video Travelogue             | <b>27</b><br>08:30 Coffee and Table Talk<br>09:30 Daily Chronicles<br>10:00 Active Minds<br>11:00 Importance of Exercise<br>11:30 <b>Recreational Games</b><br>01:00 <b>Chair Exercises with Phil</b><br>01:30 Painting - Art Project<br>02:00 Jingo-Bingo<br>03:00 Jeopardy   | <b>28</b><br>08:30 Coffee and Table Talk<br>09:30 Daily Chronicles<br>10:00 <b>Greens Farms Academy</b><br>11:00 Active Minds<br>11:30 <b>Recreational Games</b><br>12:30 <b>Greens Farms Academy</b><br>01:00 Trivia<br>01:30 <b>Chair Yoga with Preeti</b><br>02:00 Jingo-Bingo<br>03:00 Funny Horse Videos   |

## 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



## Caregiver Support Group

Wendy Bolton, LMSW will hold the monthly Caregiver Support Group at ElderHouse on **Tuesday, February 18 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.