

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 will rejoin us in the fall.

- 6/5 Live Music with Lizzie
- 6/9 Live Music with Steven K.
- 6/12 National CNA Day
- 6/16 Live Music with Rory
- 6/19 Juneteenth
- 6/30 Live Music with Steve A.



- 6/5 David M.
- 6/18 Jim L.
- 6/23 Chuck B.
- 6/28 Charlotte P.



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

Celebrate Father's Day with Fun, Outdoor, Senior-Friendly Activities - [Dailycaring.com](https://www.dailycaring.com)

Spending quality time with the important man (or men) in your life is a thoughtful way to celebrate Father's Day and let him know how much you care. To help you plan something he'll enjoy, here are entertaining Father's Day activities:

1. Enjoy a game of mini golf.
2. Play fun outdoor games like cornhole, horseshoes, bocce ball, in the backyard.
3. Share a relaxed meal at their favorite restaurant or have a picnic or BBQ at a local park.
4. Take a walk and enjoy nature – in a local park or through the neighborhood.
5. Take a sports fan to watch a live game – whether it's a local or national team, it's sure to be a good time.
6. Visit a local museum, photography exhibit, or well-known sightseeing spot to enjoy the arts or take in the scenery.
7. Attend a local car show – classic cars, muscle cars, or whatever revs their engine!

ELDERHOUSE

ADULT DAY CENTER

A Certified Social and Medical Adult Day Center

ElderHouse Newsletter - June 2025



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



Five Wishes for Advance Care Planning

Five Wishes was developed as the first advance care plan (ACP) to address personal, emotional, and spiritual wishes, in addition to medical treatment. It's called the "living will with heart and soul" because their documents are based on what is most important – being able to define a roadmap for how you want to be cared for. It has been embraced by families, community groups, faith communities, medical and legal providers, and businesses who participate in the Five Wishes at Work program.

Today, Five Wishes is more than a workbook that becomes a legal advance directive when completed. It is a comprehensive, person-centered advance care planning program that offers a proven, easy-to-use approach to having effective and compassionate conversations. The hallmark of the Five Wishes program is its simplicity and clarity. Just as the Five Wishes advance directive document is widely known for being easy to follow and understand, the full program includes easy-to-use, scalable tools and resources.

Five Wishes continue to grow and find new ways to ensure that every person is allowed to have meaningful, compassionate conversations about what matters most so that however a person arrives at the end of life – whether through accident or illness - their wishes are known and documented, and their families are well-prepared and supported in making those end-of-life decisions. For more information on Five Wishes for Advance Care Planning, visit <http://www.fivewishes.org>

99-Days Inc Is Off and Running!



For 99 Days, from Memorial Day through Labor Day, "99-Days Inc." runs to recognize and honor those living with dementia. For the past 10 years, Donna Spellman, the founder of "99-Days"

dedicates each day to a person or family affected by dementia by running 3.1 miles (5K), wearing an honoree's photo, and telling their story. A photo and story are then posted on social media that day for family and friends to "like" and "share", raising awareness and reminding people that dementia doesn't define the person.

If you would like to dedicate a day to honor (or in memory of) a loved one, email 99daysinc@gmail.com with a picture, first name, and a few words about your loved one. Donations for 99-Days 2025 can be made at [SWCAA.org/99-days-inc](https://www.swcaa.org/99-days-inc).




Mozaic Visits ElderHouse to Discuss Elder Abuse

June is Elder Abuse Awareness Month. Thank you to Laura Snow Robinson, MPH of Mozaic Center for Elder Abuse Prevention for meeting with the ElderHouse staff to discuss elder abuse and available resources that help prevent it. The Center conducts outreach and education activities for older adults and their families, and provides professionals in a variety of fields with training about signs and symptoms of abuse, reporting requirements, and available intervention resources.






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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>2</div> <div>08:30 Coffee and Table Talk 09:30 Daily Chronicles 10:00 Chair Exercise 10:30 Active Minds 11:30 Recreational Games 01:00 Importance of Exercise 01:30 Guided Imagery 02:00 Jingo-Bingo 03:00 Family Feud</div>	<div>3</div> <div>08:30 Coffee and Table Talk 09:30 Daily Chronicles 10:00 Chair Exercise 10:30 Brain Teasers 11:30 Recreational Games 01:00 Wallpaper Texture Collage 02:00 Jingo-Bingo 03:00 Video Travelogue</div>	<div>4</div> <div>National Cheese Day 08:30 Coffee and Table Talk 09:30 Daily Chronicles 10:00 Chair Exercise 10:30 Word Scramble 11:30 Recreational Games 01:00 Chair Yoga with Preeti 02:00 Cheese Snack Celebration 02:15 Jingo-Bingo 03:00 Jeopardy</div>	<div>5</div> <div>08:30 Coffee and Table Talk 09:30 Daily Chronicles 10:15 Live Music with Lizzie 11:30 Recreational Games 01:00 Chair Exercise with Phil 01:30 Stress Management Discussion 02:00 Jingo-Bingo 03:00 X-Box Favorites</div>	<div>6</div> <div>National Donut Day 08:30 Coffee and Table Talk 09:30 Daily Chronicles 10:00 Chair Exercise 10:30 Brain Teasers 11:30 Recreational Games 01:00 D-Day Discussion 01:30 Chair Yoga with Preeti 02:00 Donut Snack Celebration 02:15 Jingo-Bingo 03:00 Wheel of Fortune</div>
<div>9</div> <div>08:30 Coffee and Table Talk 09:30 Daily Chronicles 10:00 Chair Exercise 10:30 Active Minds 11:30 Recreational Games 01:15 Live Music with Steven K. 02:15 Jingo-Bingo 03:00 Video Travelogue</div>	<div>10</div> <div>National Iced Tea Day 08:30 Coffee and Table Talk 09:30 Daily Chronicles 10:30 Chair Exercise 10:30 Brain Teasers 11:30 Recreational Games 01:00 Patriotic Craft 02:00 Iced Tea Snack 02:15 Jingo-Bingo 03:00 The Price Is Right</div>	<div>11</div> <div>08:30 Coffee and Table Talk 09:30 Daily Chronicles 10:00 Chair Exercise 10:30 Trivia 11:30 Recreational Games 01:00 Chair Yoga with Preeti 02:00 Jingo-Bingo 03:00 Funny Baby Videos</div>	<div>12</div> <div>National PB Cookie Day National CNA Day 08:30 Coffee and Table Talk 09:30 Daily Chronicles 10:00 Stretching/Movement 10:30 Word Scramble 11:30 Recreational Games 01:00 Chair Exercise with Phil 01:30 Presidential Trivia 02:00 Peanut Butter Cookie Snack 02:15 Jingo-Bingo 03:00 Family Feud</div>	<div>13</div> <div>08:30 Coffee and Table Talk 09:30 Daily Chronicles 10:00 Chair Exercise 10:30 Active Minds 11:30 Recreational Games 01:00 Father's Day Discussion 01:30 Chair Yoga with Preeti 02:00 Jingo-Bingo 03:00 X-Box Favorites</div>
<div>16</div> <div>08:30 Coffee and Table Talk 09:30 Daily Chronicles 10:00 Chair Exercise 10:30 Active Minds 11:30 Recreational Games 01:15 Live Music with Rory 02:15 Jingo-Bingo 03:00 Jeopardy</div>	<div>17</div> <div>National Veggies Day 08:30 Coffee and Table Talk 09:30 Daily Chronicles 10:00 Chair Exercise 10:30 Brain Teasers 11:30 Recreational Games 01:00 Watercolor Painting 02:00 Veggie Snack 02:15 Jingo-Bingo 03:00 Video Travelogue</div>	<div>18</div> <div>08:30 Coffee and Table Talk 09:30 Daily Chronicles 10:00 Chair Exercise 10:30 Pet Therapy 11:00 Animal Trivia 11:30 Recreational Games 01:00 Chair Yoga with Preeti 02:00 Jingo-Bingo 03:00 The Price Is Right</div>	<div>19</div> <div>Juneteenth 08:30 Coffee and Table Talk 09:30 Daily Chronicles 10:00 Importance of Exercise 10:30 Brain Teasers 11:30 Recreational Games 12:00 Hot Dog Barbecue 01:00 Chair Exercise with Phil 01:30 Juneteenth Discussion 02:00 Jingo-Bingo 03:00 X-Box Favorites</div>	<div>20</div> <div>Nat'l Vanilla Milkshake Day 08:30 Coffee and Table Talk 09:30 Daily Chronicles 10:00 Chair Exercise 10:30 Brain Teasers 11:30 Recreational Games 01:00 Importance of Exercise 01:30 Chair Yoga with Preeti 02:00 Vanilla Milkshake Snack 02:15 Jingo-Bingo 03:00 Wheel of Fortune</div>
<div>23</div> <div>08:30 Coffee and Table Talk 09:30 Daily Chronicles 10:00 Chair Exercise 10:30 Active Minds 11:30 Recreational Games 01:00 Acrylic on Canvas 02:00 Jingo-Bingo 03:00 Travelogue</div>	<div>24</div> <div>08:30 Coffee and Table Talk 09:30 Daily Chronicles 10:00 Chair Exercise 10:30 Brain Teasers 11:30 Recreational Games 01:00 Memory Collage 02:00 Jingo-Bingo 03:00 The Price Is Right</div>	<div>25</div> <div>08:30 Coffee and Table Talk 09:30 Daily Chronicles 10:00 Chair Exercise 10:30 Active Minds 11:30 Recreational Games 01:00 Chair Yoga with Preeti 02:00 Jingo-Bingo 03:00 Family Feud</div>	<div>26</div> <div>National Bomb Pop Day 08:30 Coffee and Table Talk 09:30 Daily Chronicles 10:00 Chair Exercise 10:30 Progressive Muscle Relaxation 11:30 Recreational Games 01:00 Chair Exercise with Phil 01:30 You Be The Judge 02:00 Bomb Pop Snack 02:15 Jingo-Bingo 03:00 Wheel of Fortune</div>	<div>27</div> <div>08:30 Coffee and Table Talk 09:30 Daily Chronicles 10:00 Chair Exercise 11:00 Active Minds 11:30 Recreational Games 01:00 Stress Management Discussion 01:30 Chair Yoga with Preeti 02:00 Jingo-Bingo 03:00 Funny Animal Videos</div>
<div>30</div> <div>08:30 Coffee and Table Talk 09:30 Daily Chronicles 10:00 Chair Exercise 10:30 Brain Teasers 11:30 Recreational Games 01:15 Live Music with Steve A. 02:00 Jingo-Bingo 03:00 X-Box Favorites</div>	<div><div>HAPPY FATHER'S DAY</div><div><div>JUNE TEENTH</div></div></div>			