

Autumn 2018

VNA Adult Day Program

VISITING NURSE ASSOCIATION & BLUE WATER HOSPICE
1430 MILITARY STREET, PORT HURON, MICHIGAN, 810-388-6056 WWW.VNABWH.COM



Save the Date

Friday, November 9th



CAREGIVER EXPO

Featuring Keynote Speaker Kim Campbell, Wife of Grammy Hall of Fame & Award-Winning Music Artist Glen Campbell, Co-Founder of Careliving.org. See insert for more information.

Friday, December 7th

11 AM-1:30 PM

Friends & Family Holiday Luncheon

VNA Community Room

HOLIDAY CLOSURES

November 22nd & 23rd.

December 24th & 25th

December 31st & January 1st

VisitingNurseAssociation
and BlueWaterHospice 
Best Care. Best Choice.

As we say farewell to summer and embrace the beauty of autumn, we reflect upon the countless happy memories made and look forward to those ahead!

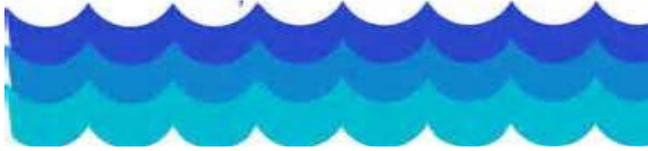
The staff and clients enjoyed spending time with our many friends and family members at the ADP annual picnic at Fort Gratiot County Park. Thank you to everyone who came out, those who helped prepare food, and to our volunteers- who without their continuing service, we would not be able to enjoy so many activities and outings! Trips to the riverfront, farmer's market, and area parks were a few of the summertime activities enjoyed. We will close out the summer with a trip to McCallum's Apple Orchard. A tractor ride to the orchard to pick apples, cider, donuts and lunch will be the highlight of the day!

Spreading goodwill and holiday baking; we will crank up the oven and bake some goodies for our area first responders as well as for our furry- four legged friends at the animal shelter. Seeing the smiles on everyone's face when we make our deliveries certainly puts us in the holiday spirit!

Thank you for allowing us the privilege of caring for the one you care about the very most!

The ADP Care Team

GOODBYE RIVERWALK -- UNTIL NEXT YEAR



It is time to say farewell to our bi-weekly walks at Desmond Landing. Every Tuesday and Friday (weather permitting) a group of clients and staff enjoyed the Riverwalk. Tuesdays would find us at the farmers market surveying the produce and making our purchases of fresh tomatoes and other goodies. Just being down by the water and watching the boats come and go is such a relaxing time. Until next year Riverwalk. . . we'll miss you.

MUMS THE WORD FOR FALL

After a summer of enjoying our beautiful flowers, it was time to switch to a fall theme. **Mums it is!!** We cleared out the old flowers and planted beautiful mums. The super employees at Lowes helped us pick out the best ones and even gave us a great enough deal that each client got to take a small plant home with them. Thanks Lowes!!



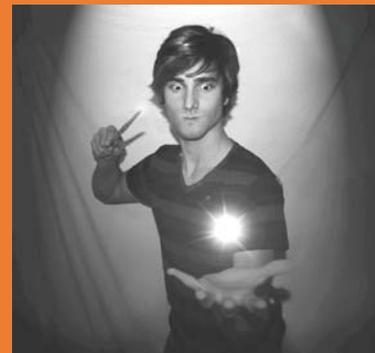
All during this time our tomato plants continue to amaze us with their bounty. We all agree there must be something good in the water here because we've never had so many tomatoes before. Hoping your harvest was as bountiful for you. Happy fall!



The Adult Day Program will be mailing our annual satisfaction surveys the first part of November. We would love to hear what you have to say. What are we doing well?

What can we improve on? We strive to give our clients the best program possible, and you can help us achieve this by giving us your input. We hope to hear from you.

HALLOWEEN FUN!



Magic, Thrills, Chills and Ghoulish Fun!

Give us any reason to have a party and goof around and we are game! Halloween presents so many opportunities for some fun hijinks!

Monday- We will kick off the Halloween festivities with our very talented friend, magician & hypnotist Josh Sawdon! Josh has performed at countless events throughout our community and his act is top notch! Josh always leaves us wondering 'how did he do that?' and simply amazed! **Tuesday-** It's Jack-o-lantern Day! All things pumpkin related! **Wednesday-** Halloween-Costume Party and Pizza Party! We encourage everyone to get creative and have a frightfully fun time dressing up! Lunch will be provided.

HEALTHY HEARTS



Our amazing nurse, Liz Norris, runs a monthly blood pressure clinic for us here in our program. At the beginning of the month each clients' blood pressure is taken, recorded, and compared to

the previous month. Liz also leads our Monday B-Fit exercise program. Thanks Liz for helping us keep our clients happy and healthy!



TRAVEL THE WORLD WITH YOUR TASTE BUDS

The winter months usually mean fewer outings for the Day Program, but this winter we've come up with a new adventure to save us from cabin fever: We're going on a trip around the world! In the upcoming months we'll be experiencing the world through our taste buds.

Each monthly serving will take us to a different country through its specific cuisine. Hmmmm, can't you just smell that spaghetti and meatballs? Passports not required.



!!!IT'S A MYSTERY!!!

There is something new

coming to Program this fall

and it's a mystery!! Watch the calendar for scheduled surprise theme parties. Each party will have a different theme for the day. Clues to the theme will be coming up shortly in the Day Program so put on your super sleuth hat and get ready for a mystery. We're always ready for a good party here.

THE HEALING POWER OF TOUCH

After a summer break it is wonderful to have our friend, certified massage therapist Michelle Sheffer, back with us again.

Michelle spends time with each client treating them to a relaxing hand and arm message. Besides being "oh sooo relaxing," massage is great for easing the



pain of arthritis. You would have to see to believe the smiles when the clients know Michelle is visiting for the day. We can't wait to see you again Michelle!!

INCLEMENT WEATHER

LIKE IT OR NOT WINTER IS COMING, AND ALONG WITH IT COMES INCLEMENT WEATHER. REMEMBER TO LISTEN TO AREA NEWS: F PORT HURON SCHOOLS ARE CLOSED DUE TO BAD WEATHER THE ADULT DAY PROGRAM WILL ALSO BE CLOSED.

THANKS FRAN!!



We received the nicest surprise from our good friend and volunteer Fran Meyers—a collapsible wagon! While this might not seem too exciting to most, to those of us who haul, carry, and cart the enormous number of things needed for our outings, this is a blessing!! Just another example of the wonderful volunteers we have the privilege to work with.

WE  YOU FRAN!!



PET THERAPY



There are a lot of things that make us happy at the Day Program, but a visit from the therapy dogs can make even the grayist day brighter. Carolyn Crowe and the members of Great Lakes K-9

group give freely of their time to bring their dogs and visit us. Big, small, longhaired, shorthaired, young and old, each dog brings their own personality and we love each one of them. We received a special treat this summer when nine members and their dogs came and gave us a special demonstration on training. We were amazed at their intelligence and enjoyed the show (but secretly, we just couldn't wait to pet them). Special thanks to our friends – two and four legged –for bringing so much joy into our days.



IT'S BAKING TIME!



The upcoming cooler weather can only mean one thing – it's baking time!! Once again, our clients will be taking part in culinary groups to bake up some wonderful goodies. One of our reoccurring favorites will be the apple pies we will be baking after our visit to McCullum's Apple Orchard. As good as our pies are, we love to share. As in years past, we'll deliver pies to our area first responders. In addition, we'll be baking some yummy handmade pet treats for our fuzzy friends in the local shelters. Can't forget our four-legged friends!!

COUNTRY MUSIC



WITH GARRETT VEAL

We are so excited to have a new performer come and sing for (and with) us! Garrett Veal is becoming well known in the area for his authentic country sound. Since winning a karaoke contest held by Q-Country 107.1, Garrett can be seen across the area bringing his music and song to many different venues. He has even opened for country singer Chase Bryant at a concert at McMorran Theatre. Garrett visits with us one Monday morning a month and helps us start the week out right. We have become some of Garretts' biggest fans.