

Bethany Seniority  
May 2018

Mother's Day Tea Planned Is All Booked Up!

Friday May 11th from 12 to 2 pm at the Clark Memorial Library 538 Amity Road.

An educational talk highlighting the history and health benefits of tea and dark chocolate (cacao) with insights from a commercial chocolatier background. Includes samplings of tea, tea infused food, various chocolates, trivia, poetry, antique teapot/lace display, and more.

But Wait There will be a Senior Prom! Wednesday June 27<sup>th</sup>!

More details will be given next month on this special, special event, and a first time ever!  
Just save the date (please).

May 2<sup>nd</sup> Lunch will be at the Bethany Community School.

Never been to one of these "special luncheons", then do come and enjoy the children, enjoy the lunch. The children are a great bunch and just love to hear about the old days. Lunch will be served by the children of the Leadership Council. Chef Allyson will be making a delicious chicken lunch for us. The cost is still only \$3.00. Please call me at 203 393-2100 ext. 1124 to reserve and please no later than Monday April 30<sup>th</sup>.

Reminder: Next month dog license is due.

Tennis Anyone

If you are 55+ a tennis workshop will be established for you and right here in Bethany by Mr. Glen Englander. It will be a one hour class and the cost is \$50.00 for 5 weeks. All participants that register with Mr. Englander will receive a complimentary racquet. Tennis balls will be provided. You may call Mr. Englander at 203 736-7272 to register and ask more questions. The start date will be May 9, 2018. Tennis court will be the one located near the Pavilion at Lakeview Lodge 265 Beacon Road, Bethany.

A Resource For Free Adult Diapers

Patricia Richardson, field representative from State Department on Aging in Hartford shared this resource with agencies and organization related to elderly services.

I am sharing a resource I just became aware of. Discreet undergarment Banking For You. DUB4U is a registered 501-3 Non-Profit Charity, Non-Profit entity of QC Home Care Solutions, LLC. Qualifications are as follows: Inventory is limited, substitutions and amount received may vary. You must call every month for a delivery. Monthly income level must not exceed \$2,000.00.

This is a free Confidential Service and DUB4U will not ask for your name, birth date, or social security information. (Identification will be by address only. No names are to be given).

Applications may be received via Fax: 860-383-2290, e-mail [dub4uqhomecare.com](mailto:dub4uqhomecare.com)

Mail to: DUB4U at PO Box 330 Bozrah, CT. 06334

For more information you may follow on Facebook at DUB4U Discreet Undergarment Bank for you. Or visit on web site: [www.dub4u.org](http://www.dub4u.org), or call 860-383-2290 Ext.4

Note from me I have applications in my office and more than happy to mail you one, or you may come up to my office I can help you fill it out and fax it for you. The undergarments can accommodate male and female, the undergarment selection asks what would you need briefs, pads belted undergarment, sizes range from small to 3X, Pads: light to heavy, male guard, underpads/bed protectors. If you happen to take advantage of this resource, I would love if you give me feedback; how long did it take for the organization to respond, what did you think of the quality, quantity etc.

Join us for laughter, learning, and living! Janice von Beren Senior Center.

"Energize Your Life. Just by passing the milestone of being 60 years or older you can improve your mind, enliven your body and lift your spirits. To learn more about the programs and events offered at each center, read the monthly newsletters. There are no dues or membership fees, but charges may apply for some individual classes, trips, parties, etc. Because senior centers are non-profit, volunteers are critical to our operation.

#### If You Give Mom A Muffin

If you give mom a muffin, she'll want a cup of coffee to go with it, she'll pour herself some. Her three year old will come and spill the coffee, Mom will wipe it up. Wiping the floor, she will find some dirty socks; she'll remember she has to do the laundry. When she puts the laundry in the washer, she'll, she'll trip over the shoes and bump into the freezer. Bumping into the freezer it'll remind her she has to plan supper. She will get out a pound of hamburger. She'll look for her cookbook (How to Make 101 Things with a pound of hamburger). The cookbook is sitting under a pile of mail. She will the phone bill which is due tomorrow. She will look for her checkbook, the checkbook is in her purse. Which is being dumped out by her two year old. Then she'll smell something funny. She'll change the two year old. While she is changing her two year old, the phone will ring. Her five year old will answer and hang up. She'll remember she was supposed to phone a friend to come over for coffee. Thinking of coffee it'll remind her she was going to have a cup. She will pour herself some more, and chances are, if she has a cup of coffee, her kids would have eaten the muffin that went with it.

This is where I will say Happy Happy Mother's Day. I'm going on my 40<sup>th</sup> year of Mother Hood, what a ride it's been.

#### Dos and Don'ts for Assisted Eating

- Here is a list of tips for assisted Eating
- Do Do Do
- Come to the table with everything you need.
- Sit on the side of the person where they can best pay attention.
- Talk to the person about what is going on; tell them what meal it is and what is on the plate; ask if they want that particular food item; let them know what you are doing.
- Use the appropriate size spoon.
- Raise the spoon to a level where the person can see it.
- Give the person enough time to open their mouth.
- If the person can bring their hand up to their mouth, let them wipe their own mouth, or provide subtle help.
- Offer drinks regularly to moisten the mouth, wash food down and provide hydration.
- Complete a meal with appropriate closing remarks.
  
- Don't Don't Don't
- Walk away from a person once mealtime has begun unless you excuse yourself.
- Speak in conversation that does not include the person.
- Give a person food you have not identified first.
- Put too much food on the spoon. If a lot remains on the person's lips you probably have.
- Mix foods together unless you know that is what the person likes
- Hover a spoon in front of a person
- Use a spoon to scrape food off a person's lips, teeth or gums.
- Use a bib to wipe a person's mouth.

- Pack up and walk away at the end of a meal without acknowledgement.
- Important: If the Alzheimer's person has difficulty chewing, drinking, eating, or swallowing, please contact your physician for advice. Do not force food or liquid into the mouth. This can cause the individual to gag, choke, or aspirate food/liquid into the lungs.