

May  
2024



## From the Desk of the Executive Director

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### Strategies For Dealing With Caregiver Stress

The emotional and physical demands involved with caregiving can strain even the most resilient person. That's why it's so important to take advantage of the many resources and tools available to help you provide care for your loved one. Remember, if you don't take care of yourself, you won't be able to care for anyone else.

To help manage caregiver stress:

\* **Accept help.** Be prepared with a list of ways that others can help you, and let the helper choose what he or she would like to do. For instance, one person might be willing to take the person you care for on a walk a couple of times a week. Someone else might offer to pick up groceries or cook for you.

\* **Focus on what you are able to provide.** It's normal to feel guilty sometimes, but understand that no one is a "perfect" caregiver. Believe that you are doing the best you can and making the best decisions you can at any given time.

\* **Set realistic goals.** Break large tasks

into smaller steps that you can do one at a time. Prioritize, make lists and establish a daily routine. Begin to say no to requests that are draining, such as hosting holiday meals.

\* **Get connected.** Find out about caregiving resources in your community. Many communities have classes specifically about the disease your loved one is facing. Caregiving services such as transportation and meal delivery may be available.

\* **Join a support group.** A support group can provide validation and encouragement, as well as problem-solving strategies for difficult situations. People in support groups understand what you may be going through. A support group can also be a good place to create meaningful friendships.

\* **Seek social support.** Make an effort to stay well-connected with family and friends who can offer nonjudgmental emotional support. Set aside time each week for connecting, even if it's just a walk with a friend.

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### Contact

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Buffy Rice

Executive Director

### Hours

Monday-Friday

6:30am - 4pm

We are in need of the following:

- |                   |                       |
|-------------------|-----------------------|
| Sugar free snacks | Baby Wipes            |
| Cookies           | Pudding Cups          |
| Pretzel sticks    | Fruit Cups            |
| Stamps            | Cheese balls/puffs    |
| Breakfast Bars    | Fruit Punch           |
| Juice             | Lemonade/Iced Tea Mix |



### Caregiver Stress.....continued

\* Set personal health goals. For example, set a goal to establish a good sleep routine or to find time to be physically active on most days of the week. It's also crucial to fuel your body with healthy foods and plenty of water.

\* See your doctor. Get recommended immunizations and screenings. Make sure to tell your doctor that you're a caregiver. Don't hesitate to mention any concerns or symptoms you have.

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**GOLDEN VISIONS WILL  
BE CLOSED ON  
MONDAY, MAY 27TH  
FOR MEMORIAL DAY**

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### Stay in Touch!

### Like us on Facebook

[www.facebook.com/gvads](http://www.facebook.com/gvads)

### Like our services? Give us a review!

Do you value our services?  
Know someone who is looking  
to work with the elderly?

Share Golden Visions!  
We are looking to hire personal  
care aides! We need help!

### *Illness info*

With all the viruses floating around this time of year, we do ask that if your loved one has a fever, diarrhea, and/or vomiting that you please keep them home.

## *Senior Spotlight of the Month*

Our Senior Spotlight for the Month of May is Donald Adkins affectionally known as Dusty.

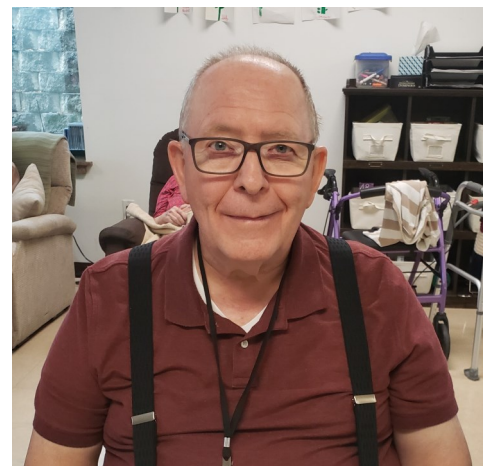
Dusty grew up in Taneytown, MD, Littlestown, and Brushtown. He currently lives in Littlestown.

Him and his wife, Marlene just celebrated their 54th wedding anniversary in December! They have 2 children and 4 grand children.

Dusty worked driving a truck for Van Hessen Co., and Lehigh Cement Co., worked at Evapco, then retired in 2015 from Pella Corp.

He enjoys word searches, soduko, adult coloring and playing solitaire on the computer.

Dusty is most proud of his family and the way he was raised.



## Many Thanks!

### Thank you to the following for their donations...

Chris Lee Family—snacks  
 Marvin Lipscomb—cereal, Easter candy  
 Linda Martin—snacks  
 Mary Sutherland—Snacks  
 Tom Lucas—Fruit bars, snacks  
 Donna Olphin—chips  
 Mark Holtzapple—forks, pudding, snacks  
 Shirley Amspacher—Tissues, cereal, Ziploc Baggies  
 Dawn Brown—Easter Candy  
 Jim Pittman—Hand sanitizer  
 Laverne Kelbaugh—Toilet paper  
 Floyd Warner—Toilet paper

## May Birthdays

5/9 Donna Olphin  
 5/17 Linda Rhine (volunteer)  
 5/23 Alvin Burns  
 5/24 Linda Wheeler (volunteer)  
 5/25 Alan Bradfield

The birth flower for month of May is Lily of the Valley.

**Emerald** is the birth-stone.



**A person with Alzheimer's or other dementia doesn't have to give up the activities that they love.**

Many activities can be modified to the person's ability. In addition to enhancing quality of life, activities can reduce behaviors like wandering or agitation.

### Choosing activities

- \*Keep the person's skills and abilities in mind.
- \*Pay special attention to what the person enjoys.
- \*Be aware of physical problems.
- \*Focus on enjoyment, not achievement
- \*Encourage involvement in daily life.
- \*Relate to past work life.
- \*Look for favorites.
- \*Consider time of day.
- \*Adjust activities to disease stages.




### Your approach

- \*Help get the activity started.
- \*Offer support and supervision.
- \*Concentrate on the process, not the result.
- \*Be flexible.
- \*Assist with difficult parts of the task



# May

York County

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1</p> <p>Western Omelet w/ Ham, Peppers, Onions, Cheese 1 Sausage Patty 1/2c Breakfast Potatoes 1 English Muffin w/ Jelly 4oz Apple Juice</p>	<p>2</p> <p>Grilled Chicken Caesar Salad 1c Mixed Greens (Diced Chicken 1t Parmesan, Tomato, Croutons) 1c Cream of Broccoli Soup Dinner Roll 1/2c Blushed Pears</p>	<p>3</p> <p>Mango BBQ Chicken Breast 1/2c. Brown Rice 1/2c. Carrots Wheat Bread Fresh Orange</p>
<p>6</p> <p>Stadium Hot Dog 1/2c Cheesy Potatoes 1/2c Green Beans 1 Hot Dog Roll 1/2c Pineapple &amp; Mandarin Oranges</p>	<p>7</p> <p>Baked Salmon w/ White Wine Cream Sauce 1/2c White Rice 1/2c Island Blend Vegetables Wheat Bread 1/2c Cinnamon Applesauce</p> <p><b>NEW ITEM</b></p>	<p>8</p> <p>Pot Roast w/ Gravy 1/2c Mashed Potatoes 1/2c Mixed Vegetables 1 White Bread Seasonal Fresh Fruit</p>	<p>9</p> <p>Salisbury Steak w/ Gravy Baked Potato w/ Margarine 1/2c Warm Beets 1 Wheat Bread 1/2c Gelatin</p>	<p>10</p> <p>Pesto Chicken 1/2c. Buttered Pasta 1c. Tossed Salad w/ tomato &amp; dressing Dinner Roll 1/2c Peach Crisp</p> <p><b>NEW ITEM</b></p>
<p>13</p> <p>1c Pizza Casserole 1/2c Peas 1 White Bread Seasonal Fresh Fruit</p>	<p>14</p> <p>Baked Meatloaf w/ Gravy 1/2c Buttered Noodles 1c Tossed Salad 1 Dinner Roll Seasonal Fresh Fruit</p>	<p>15</p> <p>Roast Pork w/ 2oz Sauerkraut 1/2c Whipped Potatoes w/ Chives 1/2c Mixed Vegetables 1 Wheat Bread Cookie</p>	<p>16</p> <p>Baked Pollock 1/2c Macaroni &amp; Cheese 1/2c Spinach 1 Wheat Bread 1/2c Mandarin Oranges</p>	<p>17</p> <p>Taco Bake (3oz Taco Meat, .5oz Cheddar, Lettuce, Tomato, Salsa) Tortilla Chips 1/2c Corn w/ Pimientos 1/2c Pineapple</p> <p><b>NEW ITEM</b></p>
<p>20</p> <p>BBQ Pulled Pork Sandwich 1/2c Coleslaw 1/2c Ranch Potatoes Sandwich Roll Cookie</p>	<p>21</p> <p>Baked Beef Ravioli (6 Ravioli) w/ 1oz Shredded Cheese 1c Tossed Salad w/ Tomato 1 Garlic Breadstick Seasonal Fresh Fruit</p> <p><b>NEW ITEM</b></p>	<p>22</p> <p>Open Faced Turkey Sandwich w/ Gravy 1/2c Whipped Potatoes w/ Chives 1/2c Sweet Corn 1 White Bread 1 Cookie</p>	<p>23</p> <p>Cheeseburger w/ Lettuce, Tomato 1c Creamy Potato Soup w/ Crackers 1 Hamburger Roll Seasonal Fresh Fruit</p>	<p>24</p> <p>Chicken, Spinach &amp; Cranberry Salad w/ Dressing (3oz chix, .5oz cheese, 1t. Cran) 1c. Mixed Greens &amp; Spinach 1/2c. Beets 1 Breadstick 1/2c Pears</p>
<p>Memorial Day</p> <p>27</p> 	<p>28</p> <p>Teriyaki Chicken 1/2c Vegetable Rice Pilaf 1/2c Carrots 1 Wheat Bread Seasonal Fresh Fruit</p>	<p>29</p> <p>Sliced Ham w/ Pineapple Sauce 1/2c Whipped Sweet Potatoes 1/2c Green Beans 1 Dinner Roll 1 Cookie</p>	<p>30</p> <p>Orange Glazed Pork Loin 1/2c Buttered Pasta 1/2c California Blend 1 Wheat Bread 1/2c Peach Crisp</p> <p><i>*menu subject to change</i></p>	<p>31</p> <p>1/2c Tuna Salad Sandwich w/lettuce &amp; tomato 1/2c Broccoli Salad 1/2c Coleslaw 2 White Bread Seasonal Fresh Fruit</p>



# MAY 2024 Special Events

## GOLDEN VISIONS ADULT DAY SERVICES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	* Calendar may be subject to change	1 *Twister Toss Across	2 *Snack Bingo	3 *Baker's Corner
6 *Craft Time	7 *Frisbee golf	8 *Cornhole toss	9 *Favorite Mother's Day Activity	10 *Baker's Corner
13 *Prize Bingo	14 *Best Mother's Day Gift	15 *Reminisce about Gardens/Gardening	16 *Favorite Flower Talk	17 *Baker's Corner
20 *Memorial Day Craft	21 *Wear red, white and blue	22 *10:30 Hanover Gardening Club	23 *10:30 Hanover Gardening Club	24 *Baker's Corner
27 <b>CENTER CLOSED FOR MEMORIAL DAY</b> 	28 *10:30 Music with Bob Laughman	29 *Name 5 red items, 5 white items, 5 blue items	30 *Patriotic Sing A Long	31 *Baker's Corner