

Hours: Monday -Friday
9:30am - 1:30pm





9411 Whiskey Bottom Road
Laurel, MD 20723
410-313-7218

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December 2016

Monday	Tuesday	Wednesday	Thursday	Friday
			9:30 Coffee Talk 10:00 Good Old Days 10:30 Birthday Recognitions 12:00 Lunch 12:45 Exercise w/Liz 1	9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Love Story 12:00 Lunch 12:45 Bingo 2
9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Music w/Tom 12:00 Lunch 12:45 Good Old Days 5	9:30 Coffee Talk 10:00 Good Old Days 11:00 Painting Ornaments 12:00 Lunch 12:45 Exercise w/Liz 6	9:30 Coffee Talk 10:00 Good Old Days 11:00 Singalong Council Holiday Party 12:00 Lunch 12:45 Tai Chi w/Dave 7	9:30 Coffee Talk 10:00 Good Old Days 10:30 Handmade Holiday Cards 12:00 Lunch 12:45 Exercise w/Liz 8	9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Music w/Al 12:00 Lunch 12:45 Bingo 9
9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Music with Ed 12:00 Lunch 12:45 Good Old Days 12	9:30 Coffee Talk 10:30 Baking Cookies 11:30 Good Old Days 12:00 Lunch 12:45 Exercise w/Liz 13	9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Elvis 12:00 Lunch 12:45 Good Old Days 12:45 Tai Chi w/Dave 14	9:30 Coffee Talk 10:00 Good Old Days 10:30 Board Games and Billiards 12:00 Lunch 12:45 Exercise w/Liz 15	9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Beaded Jewelry 12:00 Lunch 12:45 Bingo 16
Bob Evans Restaurant 9:30am – 1:30pm (410) 290-0004 19	9:30 Coffee Talk 10:00 Good Old Days 11:00 Ceramics 12:00 Lunch 12:45 Exercise w/Liz 20	9:30 Coffee Talk 10:00 Good Old Days 11:00 Music w/Al 12:00 Lunch 12:45 Holiday Party 21	9:30 Coffee Talk 10:00 Good Old Days 10:30 Holiday Movie Trivia 12:00 Lunch 12:45 Exercise w/Liz 22	9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Music w/Charlie E 12:00 Lunch 12:45 Bingo 23
Closed for Christmas Holiday 26	9:30 Coffee Talk 10:00 Good Old Days 11:00 Drumming w/James 12:00 Lunch 12:45 Exercise w/Liz 27	9:30 Coffee Talk 10:00 Good Old Days 11:00 Polymer Clay or Billiards 12:00 Lunch 12:45 Tai Chi w/Dave 28	9:30 Coffee Talk 10:00 Good Old Days 11:00 Paws4Comfort 12:00 Lunch 12:45 Exercise w/Liz 29	9:30 Coffee Talk 10:00 Exercise w/Liz 10:30 Hannukah 12:00 Lunch 12:45 Bingo 30

Strategies for dealing with caregiver stress From the Mayo Clinic

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.
- **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.

Best Wishes to Everyone for Safe and Happy Holidays!
Happy Birthday to Joanne and Helen!

Closings:

Monday, December 26th Closed for Christmas Holiday

Outings:

Monday, December 19th Bob Evans Restaurant Outing 9:30am-1:30pm.

Resource and Referral Information

Maryland Access Point, (MAP): Provides free information, assistance, and future planning for older adults and persons with disabilities. Contact them at 410-313-1234; 1-800-506-5806; or map@howardcountymd.gov.

RTA Paratransit Services: 1-800-270-9553, Press 3 and follow prompts.

Inclement Weather Policy

When Howard County Schools are closed or delayed two hours, the Connections Social Day Program is cancelled. When the public schools have a scheduled day off, please tune to WBAL-TV or contact the center at 410-313-7218 to hear a recorded message regarding center operations.