



NEWSLETTER

A u g u s t

Adult Medical Daycare

Señor Center Plus

Dementia Care



"Wrinkles will only go
where the smiles have been."

~ Jimmy Buffet

AUGUST

Welcome to the August edition of our Worldshine Newsletter!

At Life Enrichment, your loved one will benefit from meaningful programs, quality health care, and opportunities for socialization



240-422-7166



director@worldshineamdc.com



110 Thomas Johnson Dr Suite 150,
Frederick, MD 21702



Please visit our website for a digital version of the newsletter

UPCOMING
EVENTS

We are excited to announce an upcoming special event at our adult daycare center!

SPECIAL EVENTS



AUGUST 15 (Tuesday)
9:45AM-11:45AM
Carnival Fun Fair Event



AUGUST 18 (Friday)
CAFA Care Concert



8/14: Hair Cut



Shopping Day

8/2: WEGMANS

8/11: WALMART

8/16: HOME GOOD

8/30: DOLLAR TREE



Recurring Activities

Every Monday: *Painting Class*



Every Wednesday: *Music Class*



Every Thursday: *Tai Chi Class & Latin Dance*



8/18 & 8/25 : Sign Language Class



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AUGUST 2023

ALL ACTIVITIES
ARE SUBJECT
TO CHANGE

MON	TUE	WED	THU	FRI	SAT
 PEACH MONTH	1  8:30- AM EXERCISE 9:45- • Roll the Dice • Gentle Yoga 10:45- • Latin Dance • Scribble Art	2  8:30- AM EXERCISE 9:45- • Mr. Duke's Music Class • Card Game 10:15- WEGMANS 10:45- • Active Games • Finger Exercise	3  8:30- AM EXERCISE 9:45- • BINGO • Game Room 10:45- • Tai Chi • Quiet Games	4  8:30- AM EXERCISE 9:45- • BINGO • Coloring 10:45- • Card Making • Mahjong Lesson	5  8:30- AM EXERCISE 9:45- • Family Feud • Quiet Games 10:45- Chinese 101 12:15- Disney Sing Along SANDCASTLE DAY
	7  8:30- AM EXERCISE 9:45- • BINGO • Game Room 10:45- • Art Class • Exercise with Sunny	8  8:30- AM EXERCISE 9:45- • BINGO • Game Room 10:45- • Chair Dance • Hand Bird Craft	9  8:30- AM EXERCISE 9:45- • Mr. Duke's Music Class • Checkers 10:45- • Move & Groove • Art Room	10 8:30- AM EXERCISE 9:45- • Knit/Crochet • Drumming 10:45- • Tai Chi • Art Room	11  8:30- AM EXERCISE 9:45- • BINGO • Game Room 10:15- WALMART 10:45- • Cooking Class • Baseball (TV)
	12 8:30- AM EXERCISE 9:45- • Kickball • Quiet Games 10:45- • Art Room • Pokeno 12:15- DJ Requests	14  HAIRCUTS 8:30- AM EXERCISE 9:45- • BINGO • Game Room 10:45- • Art Class • Sports Exercise	15  WORLD SHINE CARNIVAL FUN FAIR 8:30- AM EXERCISE 9:45-11:45- • Ring Toss • Quiet Games	16  8:30- AM EXERCISE 9:45- • Mr. Duke's Music Class • Dominoes 10:15- HOME GOODS 10:45- • Ring Toss • Quiet Games	17  8:30- AM EXERCISE 9:45- • BINGO • Game Room 10:45- • Tai Chi • Art Room
	18 8:30- AM EXERCISE 9:45- • CAFA Care concert 10:45- • Stretching • Game Room		19  8:30- AM EXERCISE 9:45- • Ring Toss • Quiet Games 10:45- • Art Room • Pokeno 12:15- DJ Requests HONEYBEE DAY	20 8:30- AM EXERCISE 9:45- • BINGO • Game Room 10:45- • Tai Chi • Quiet Games	21  8:30- AM EXERCISE 9:45- • BINGO • Game Room 10:45- • Art Class • Exercise to Elvis
22  8:30- AM EXERCISE 9:45- • BINGO • Karaoke 10:45- • Chair Exercise • Scratch Art	23  8:30- AM EXERCISE 9:45- • Mr. Duke's Music Class • Monopoly 10:45- • Art Room • Game Room	24 8:30- AM EXERCISE 9:45- • Knit/Crochet • Karaoke 10:45- • Tai Chi • Quiet Games	25  8:30- AM EXERCISE 9:45- • BINGO 10:15- BOSCOVS 10:45- • Craft for a Cause • Mahjong Lesson	26 8:30- AM EXERCISE 9:45- • Fall Wreath Craft • Exercise Group 10:45- • Zingo • Game Room 12:15- DJ Requests	27 8:30- AM EXERCISE 9:45- • BINGO • Game Room 10:45- • Art Class • Exercise to Show Tunes
28  8:30- AM EXERCISE 9:45- • BINGO • Game Room 10:45- • Art Class • Exercise to Show Tunes	29 8:30- AM EXERCISE 9:45- • Roll the Dice • Kickball 10:45- • Pilates • Stuff a Pillow Craft	30 8:30- AM EXERCISE 9:45- • Mr. Duke's Music Class • Jumbo Jenga 10:15- DOLLAR TREE 10:45- • Make your Own Board Game • Mini Golf	31  8:30- AM EXERCISE 9:45- • BINGO • Coloring 10:45- • Tai Chi • Quiet Games		



Health and Wellness Corner



IMMUNIZATION AWARENESS MONTH



Which vaccines do older adults need?

As you get older, a health care provider may recommend vaccinations, also known as shots or immunizations, to help prevent certain illnesses.

Talk with a doctor or pharmacist about which of the following vaccines you need. Make sure to protect yourself as much as possible by keeping your vaccinations up to date.

COVID-19 vaccine

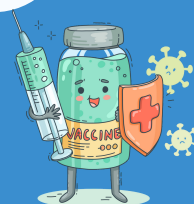
Flu vaccine

pneumococcal vaccine

Shingles vaccine

**Tetanus, diphtheria, and pertussis
(whooping cough) vaccines**

Travel vaccines





Vaccine safety and side effects

Vaccines are very safe, and they can help keep you from getting serious or life-threatening diseases. The most common side effects for all these vaccines are mild and may include pain, swelling, or redness where the vaccine was given.

Before getting any vaccine, talk with a doctor or pharmacist about your health history, including past illnesses and treatments, as well as any allergies. A health care provider can address any concerns you have. It's a good idea to keep your own vaccination record, listing the types and dates of your shots, along with any side effects or problems.



FOR MORE INFORMATION ABOUT SHOTS AND VACCINES

**Centers for Disease Control
and Prevention (CDC)**

800-232-4636

888-232-6348 (TTY)

cdcinfo@cdc.gov

www.cdc.gov

Vaccines.gov

800-232-0233

888-720-7489 (TTY)

www.vaccines.gov

**National Heart, Lung, and Blood
Institute**

301-592-8573

nhlbiinfo@nhlbi.nih.gov

www.nhlbi.nih.gov

**National Institute of Allergy and
Infectious Diseases**

866-284-4107

800-877-8339 (TTY)

ocpostoffice@niaid.nih.gov

www.niaid.nih.gov





August Birthdays

May this birthday bring you lots of amazing moments and wonderful memories



Mercedes
Joye
Fran
Laura



Irma
Chenjun
Aryan



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110 Thomas Johnson Dr suite 150,
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Some fun moments!



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Speical moments!



Music has the remarkable ability to heal, comfort, and uplift souls facing circumstances



If you have any questions or require additional information, please don't hesitate to contact our friendly staff

Front Desk: 301-378-2950

- General inquiries
- Attendance updates

Social Work: 240-422-7166

- Refer a friend/family
- Application inquiries
- Medicaid assistance

Nursing: 240-928-0041

- Health updates
- Medication management

Transportation: 301-338-1461

- Pick-up and drop-off
- Transport to appointments, grocery shopping, etc.

Stay Connected

Follow us on social media to stay updated on the latest happenings, view event photos, and engage with our vibrant community.



Resources

Powerful Tools for Caregivers
Are you responsible for the care of a loved one?
In this program, you will acquire the tools you need to care for
yourself/ your family



Powerful Tools **FOR** Caregivers

A Class for Family Caregivers

Six Consecutive Weeks*
Mondays, July 24 - August 28, 2023
9:30 AM - 11:30 AM
1440 Taney Avenue
Frederick, MD 21702

Free, but advanced registration is required.

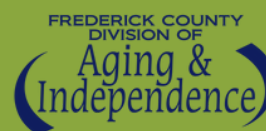
An evidence-based educational program designed to help family caregivers take care of themselves while caring for a relative or friend. Develop tools to reduce personal stress, change negative self-talk, communicate needs to family and service providers, deal with difficult feelings, and make tough caregiving decisions.

Presenters: Jordan Cox & Mindy Lohman-Hinz
Caregiver Program Coordinators
Frederick County Division of Aging & Independence

**Optional Class on Monday, July 17th 9:30AM - 11:30AM: Managing Money: A Caregivers Guide to Finances, in partnership with the Alzheimer's Association.*



Contact to register:
301-600-6022 or
CaregiverSupport@FrederickCountyMD.gov





Early Stage Memory Café

Circle of Friends

Memory Café is a safe and relaxed place where people with memory loss, or early stage dementia, their families and friends can come together for a unique blend of education and social interaction. Get connected with one another through social events that promote companionship. Anyone affected by memory loss is welcome to attend.

Attendance is free.

NOTE: Pre-registration is required.

TO REGISTER: Please Email

caregiversupport@frederickcountymd.gov

or Call 301-600-1234

MEMORY CAFÉ

Urbana Senior Center

9020 Amelung St.

Frederick, MD 21704

11:30 AM — 1:00 PM

May 12th

July 14th

September 8th

November 17th

Emmitsburg Senior Center

300 S Seton Ave,

Emmitsburg, MD 21727

11:30 AM — 1:00 PM

April 14th

June 9th

August 11th

October 13th

December 8th



Greater Maryland Chapter





Supporting Older Adults Through Resources (SOAR) and the Aging Network Alliance provide reoccurring Senior Education Seminars in partnership with Frederick County Public Libraries.

These Senior Education Seminars are opportunities for Frederick County seniors, family members, and caregivers to learn more about the available senior resources in Frederick County.

Our senior education seminars are FREE, and registration is NOT required.

These seminars are interactive, and time will be allotted for questions.

**August 22nd, 10:30am
Thurmont Library
76 E Moser Rd,
Thurmont, MD 21788**



FREDERICK
COUNTY
**PUBLIC
LIBRARIES**