



# NEWSLETTER

November

Adult Medical Daycare

Seinor Center Plus

Dementia Care



Welcome to the November 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](mailto: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



**11/9(Thursday)  
Hair Cut Service**



HAPPY  
*Thanksgiving*

CLOSED

Center Closed on 11/23

**11/11(Saturday )**

**10:00am**

**TACY Entertainer**



**Shopping Day:**

**11/7: WALMART**

**11/14: H-MART**

**11/21: Ollie's**

**11/28: Marshalls**



**Classes :**

**English Class: 11/3 & 11/17**



**Chinese Class: 11/10 & 11/24**



**Mahjong Class: 11/14**



**Sign Language: 11/28**



## Recurring Activities

**Every Monday: Painting Class**



**Every Wednesday: Music Class**



**Every Thursday: Tai Chi Class**



**ALL ACTIVITIES  
ARE SUBJECT  
TO CHANGE**



# NOVEMBER 2023

ALL ACTIVITIES  
ARE SUBJECT  
TO CHANGE

MON	TUE	WED	THU	FRI	SAT
<b>NATIVE AMERICAN HERITAGE MONTH</b>		<b>1</b>  8:30 Morning Exercise 9:45 Yoga ball 10:45 Fall Crafts	<b>2</b> <b>BINGO!</b> 8:30 Morning Exercise 9:45 Bingo 10:45 Tai Chi	<b>3</b> <b>BINGO!</b> 8:30 Morning Exercise 9:45 Bingo 10:45 English Class 10:45 Play Cards	<b>4</b>  9:30 Morning Exercise 10:00 Movie Time 11:00 Free Time
	<b>5</b> <b>BINGO!</b> 8:30 Morning Exercise 9:45 Bingo 10:45 Drawing Class 11:30 Stretch	<b>6</b>  8:30 Morning Exercise 9:45 Shopping-Walmart 10:45 Kick Ball	<b>7</b> <b>BINGO!</b> 8:30 Morning Exercise 9:45 Elastic Band 10:45 Joke Time	<b>8</b> <b>BINGO!</b> 8:30 Morning Exercise 9:45 Bingo 10:45 Tai Chi	<b>9</b> <b>BINGO!</b> 8:30 Morning Exercise 9:45 Bingo 10:45 Chinese Class 10:45 Latin Dance
<b>10</b> <b>BINGO!</b> 8:30 Morning Exercise 9:45 Bingo 10:45 Art Class 11:30 Shoulders Neck Stretch	<b>11</b> <b>BINGO!</b> 8:30 Morning Exercise 9:45 Shopping-H-Mart 10:45 DIY Colors and Mahjong	<b>12</b> <b>BINGO!</b> 8:30 Morning Exercise 9:45 Finger Exercise 10:45 Origami	<b>13</b> <b>BINGO!</b> 8:30 Morning Exercise 9:45 Bingo 10:45 Tai Chi	<b>14</b> <b>BINGO!</b> 8:30 Morning Exercise 9:45 Bingo 10:45 English Class 10:45 Table Games	<b>15</b> <b>BINGO!</b> 8:30 Morning Exercise 9:30 Morning Exercise 10:00 Movie Time 11:00 Free Time
<b>16</b> <b>BINGO!</b> 8:30 Morning Exercise 9:45 Bingo 10:45 Drawing Class 11:30 Eyes Care Time	<b>17</b> <b>BINGO!</b> 8:30 Morning Exercise 9:45 Shopping-Ollie's 10:45 Read Article Aloud	<b>18</b> <b>BINGO!</b> 8:30 Morning Exercise 9:45 Play Sandbags 10:45 Knitting	<b>19</b> <b>BINGO!</b> 8:30 Morning Exercise 9:45 Bingo 10:45 Chinese Class 10:45 Latin Dance	<b>20</b> <b>BINGO!</b> 8:30 Morning Exercise 9:45 Bingo 10:45 Art Class 11:30 Legs Stretch	<b>21</b> <b>BINGO!</b> 8:30 Morning Exercise 9:45 Shopping-Marshalls 10:45 Sign Language
<b>22</b> <b>BINGO!</b> 8:30 Morning Exercise 9:45 Bingo 10:45 Tai Chi	<b>23</b> <b>BINGO!</b> 8:30 Morning Exercise 9:45 Bingo 10:45 Art Class 11:30 Legs Stretch	<b>24</b> <b>BINGO!</b> 8:30 Morning Exercise 9:45 Chair Pilates 10:45 Jewelry Crafts	<b>25</b> <b>BINGO!</b> 8:30 Morning Exercise 9:45 Bingo 10:45 Tai Chi	<b>26</b> <b>BINGO!</b> 8:30 Morning Exercise 9:45 Bingo 10:45 Art Class 11:30 Legs Stretch	<b>27</b> <b>BINGO!</b> 8:30 Morning Exercise 9:45 Bingo 10:45 Art Class 11:30 Legs Stretch
<b>28</b> <b>BINGO!</b> 8:30 Morning Exercise 9:45 Bingo 10:45 Art Class 11:30 Legs Stretch	<b>29</b> <b>BINGO!</b> 8:30 Morning Exercise 9:45 Bingo 10:45 Art Class 11:30 Legs Stretch	<b>30</b> <b>BINGO!</b> 8:30 Morning Exercise 9:45 Bingo 10:45 Art Class 11:30 Legs Stretch	<b>31</b> <b>BINGO!</b> 8:30 Morning Exercise 9:45 Bingo 10:45 Art Class 11:30 Legs Stretch	<b>32</b> <b>BINGO!</b> 8:30 Morning Exercise 9:45 Bingo 10:45 Art Class 11:30 Legs Stretch	<b>33</b> <b>BINGO!</b> 8:30 Morning Exercise 9:45 Bingo 10:45 Art Class 11:30 Legs Stretch





# Health and Wellness Corner

## Fall Back into a Dental Routine

### Taking Care of Your Teeth and Mouth



Healthy teeth and gums make it easy for you to eat well and enjoy good food. Several problems can affect the health of your mouth, but good care should keep your teeth and gums strong as you age.



### Tooth Decay

Teeth have a tough outer layer called enamel. But every day, tiny bacteria films, called dental plaque, form on your teeth. These bacteria make acids that can damage the enamel and create cavities. To prevent this, you should brush and floss your teeth.

If a cavity forms, you need a dentist to fix it with a filling.

To keep your teeth strong and cavity-free, use toothpaste with fluoride. If you're at a higher risk of cavities, like having a dry mouth from a health condition or medications, your dentist might give you extra fluoride in their office or suggest fluoride gel or mouthwash at home.



### Gum Disease

Gum disease begins when plaque builds up along and under your gum line. Plaque causes an infection that hurts the gum and bone that hold your teeth in place. A mild form of gum disease may make your gums red, tender, and more likely to bleed. This problem, called gingivitis, can often be fixed by brushing and flossing every day.

A more severe form of gum disease, called periodontitis, must be treated by a dentist. If not treated, this infection can lead to sore, bleeding gums, painful chewing problems, and even tooth loss.

To prevent gum disease:

- Brush your teeth twice a day with fluoride toothpaste.
- Floss regularly.
- Visit your dentist routinely for a checkup and cleaning. Tell the dentist about any medical conditions you have and medications you take.
- Eat a well-balanced diet.
- Quit smoking. Smoking increases your risk for gum disease.





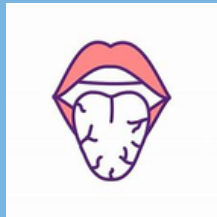


## **Dentures**

Sometimes, false teeth (dentures) are needed to replace badly damaged teeth or teeth lost because of gum disease. Partial dentures may be used to fill in one or more missing teeth. Dentures may feel strange at first. In the beginning, your dentist may want to see you often to make sure the dentures fit. Over time, your gums will change shape, and your dentures may need to be adjusted or replaced. Be sure to let your dentist handle these adjustments. Be careful when wearing dentures because it may be harder for you to feel hot foods and drinks or notice bones in your food. When learning to eat with dentures, it may be easier if you:

- Start with soft, non-sticky food.
- Cut your food into small pieces.
- Chew slowly using both sides of your mouth.

Keep your dentures clean and free from food that can cause stains or bad breath. Avoid small crunchy foods that can get trapped under the dentures and hurt your gums. Brush dentures every day with a denture-care product, and soak them in water or a denture-cleansing liquid at night. Be sure to leave them out of your mouth while you sleep to prevent swollen gums.



## **Dry Mouth**

Dry mouth happens when you don't have enough saliva, or spit, to keep your mouth wet. It can make it hard to eat, swallow, taste, and even speak. Dry mouth can increase your risk of tooth decay, fungal infections of the mouth, and cavities. Many common medicines can cause this problem. For example, medicines for high blood pressure, depression, and bladder-control issues often cause dry mouth.

### **Oral Health Resources for Caregivers**

Download these tips on oral health for older adults and caregivers from the National Institute of Dental and Craniofacial Research.

### **There are things you can do that may help.**

Try sipping water or sugarless drinks. Don't smoke, and avoid alcohol, caffeine, soft drinks, and acidic fruit juices. Avoid spicy or salty foods. Sugarless hard candy or sugarless gum that is a little tart may help. Your dentist or doctor might suggest using artificial saliva to keep your mouth wet.



## **Oral Cancer**

Oral cancer can start in any part of the mouth or throat, including the tongue. It is more likely to happen in people over age 40. A dental checkup is a good time for your dentist to look for signs of oral cancer. Pain is not usually an early symptom of the disease. Treatment works best before the disease spreads. Even if you have lost all your natural teeth, you should still see your dentist for regular oral cancer exams.

You can lower your risk of getting oral cancer in a few ways:

- Do not use tobacco products, such as cigarettes, chewing tobacco, snuff, pipes, or cigars.
- If you drink alcohol, do so only in moderation.
- Use lip balm with sunscreen.
- Electronic cigarettes (e-cigarettes) are relatively new, and scientists are still learning about their long-term health effects. However, we do know e-cigarette vapor contains cancer-causing chemicals.

## Oral Health and Older Adults

Oral health is important for people of all ages. Oral health is linked to overall health and can impact physical, psychological, financial, and social wellbeing. A healthy mouth helps people enjoy their food, chew better, eat well, and avoid pain and tooth loss. With good oral hygiene and regular visits to the dentist, older adults can maintain their oral health into their later years.

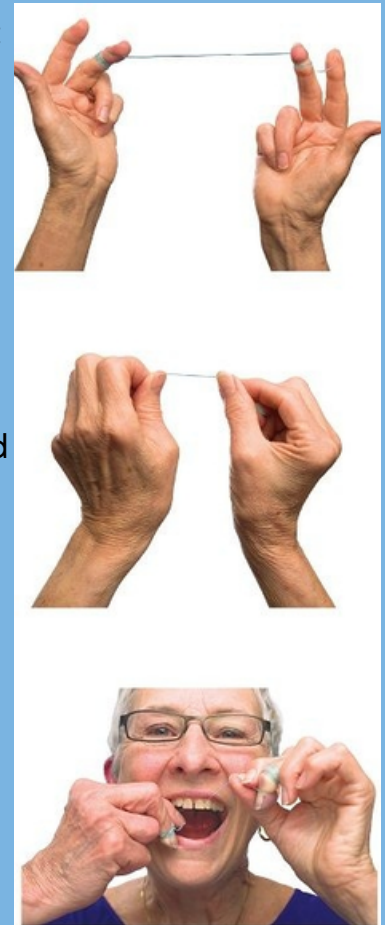
### How to Clean Your Teeth and Gums

There is a right way to brush and floss your teeth. Every day:

- Gently brush your teeth on all sides with a soft-bristle brush and fluoride toothpaste. Replace your toothbrush every 3 to 4 months.
- Use small circular motions and short back-and-forth strokes.
- Brush carefully and gently along your gum line.
- Lightly brush your tongue or use a tongue scraper to help keep your mouth clean.
- Clean between your teeth with dental floss, prethreaded flossers, a water flosser, or a similar product. This removes plaque and leftover food that a toothbrush can't reach.
- Rinse after you floss.

People with arthritis or other conditions that limit hand motion may find it hard to hold and use a toothbrush. Some helpful tips are:

- Use an electric or battery-operated toothbrush.
- Buy a toothbrush with a larger handle.
- Attach the toothbrush handle to your hand with a wide elastic band.



See your dentist if brushing or flossing causes your gums to bleed or hurts your mouth. If you have trouble flossing, a floss holder may help. Ask your dentist to show you the right way to floss.

\*\*\*Ask our Nursing department to schedule the dental appointment for you now.

Make the toothbrush easier to hold.



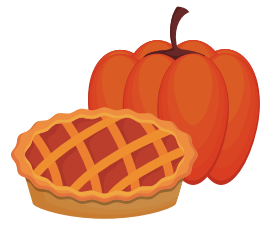
**By following these tips, you can make the most of the fall and winter seasons while prioritizing your health and well-being.**

**Wishing you a wonderful and healthy season ahead!**





# November Birthdays



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



Tim  
Kong  
Erin  
Joanne



Yang  
Molly  
Qin



240-422-7166



[director@worldshineamdc.com](mailto:director@worldshineamdc.com)



110 Thomas Johnson Dr suite 150,  
Frederick, MD 21702





## Some fun moments!



**Exercise is beneficial for your health.**  
It helps improve cardiovascular fitness, build strength, maintain a healthy weight, and enhance mental and emotional well-being.



**Having tea time is a delightful and enjoyable experience.**



**Creating art and craft projects can be incredibly enjoyable.**



240-422-7166



[director@worldshineamdc.com](mailto:director@worldshineamdc.com)



110 Thomas Johnson Dr suite 150,  
Frederick, MD 21702





# HALLOWEEN

*Special moments!*



# BOO!

**The Halloween party was a blast, full of spooky fun!**

**Stay Connected**

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





## Special moments!



**Thank you for the amazing performance during the Mid-Autumn Festival from WASHINGTON TRADITIONAL CHINESE ORCHESTRA .**

**Your music was beautiful and made the celebration special. We really enjoyed it and appreciate your talent and effort.**

We extend our sincerest appreciation for taking the time to peruse our newsletter. See you next time .



**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

### **Nursing: 240-928-0041**

- Health updates
- Medication management

### **Social Work: 240-422-7166**

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

### **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.**





## 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](mailto: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**

