



# NEWSLETTER

January

Adult Medical Daycare

Seinor Center Plus

Dementia Care



Welcome to the January 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



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110 Thomas Johnson Dr Suite 150,  
Frederick, MD 21702



Please visit our website for a digital version of the newsletter

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

UPCOMING  
EVENTS

SPECIAL

EVENTS

**(Saturday)**

**1/6 & 1/13**

**10:00am**

**TACY Entertainer**



**1/18(Thursday)  
Hair Cut Service**



**Shopping Day:**

**1/2: WALMART**

**1/9: TARGET**

**1/16: GOODWILL**

**1/23: BURLINGTON**

**1/30: H-MART**



**Classes :**

**Sign Language: 1/10**



## Recurring Activities

**Every Monday: *Painting Class***

**Every Wednesday: *Music Class***

**Every Thursday: *Tai Chi Class***

**Every Friday: *English & Chinese Class***



**ALL ACTIVITIES  
ARE SUBJECT  
TO CHANGE**

# JANUARY 2024

ALL ACTIVITIES  
ARE SUBJECT  
TO CHANGE

MON

TUE

WED

THU

FRI

SAT

 <p><b>Happy New Year 2024</b> <b>CENTER CLOSED</b></p>	 <p><b>2</b> 8:30 Morning Exercise 9:45 <b>Shopping-Walmart</b> 10:45 Make Bouquet</p>	 <p><b>3</b> 8:30 Morning Exercise 9:45 Yoga Ball 10:45 Origami</p>	 <p><b>4</b> 8:30 Morning Exercise 9:45 Bingo 10:45 Tai Chi</p>	 <p><b>5</b> 8:30 Morning Exercise 9:45 Bingo 10:45 English And Chinese Class 10:45 Read The Bible Together</p>	 <p><b>6</b> 8:30 Morning Exercise 10:00 Music Performance By TACY Foundation 11:00 Bingo</p>
 <p><b>8</b> 8:30 Morning Exercise 9:45 Bingo 10:45 Drawing Class 11:30 Eyes Care</p>	 <p><b>9</b> 8:30 Morning Exercise 9:45 <b>Shopping-Target</b> 10:45 Read The Bible Together</p>	 <p><b>10</b> 8:30 Morning Exercise 9:45 Take a Walk Together 10:45 Sign Language</p>	 <p><b>11</b> 8:30 Morning Exercise 9:45 Bingo 10:45 Tai Chi</p>	 <p><b>12</b> 8:30 Morning Exercise 9:45 Bingo 10:45 English And Chinese Class 10:45 Latin Dance</p>	 <p><b>13</b> 8:30 Morning Exercise 10:00 Movie Time 11:00 Tea Time</p>
 <p><b>15</b> 8:30 Morning Exercise 9:45 Bingo 10:45 Drawing Class 11:30 Stretch Fingers <i>Martin Luther King Jr. Day</i></p>	 <p><b>16</b> 8:30 Morning Exercise 9:45 <b>Shopping-GoodWill</b> 10:45 DIY Colors</p>	 <p><b>17</b> 8:30 Morning Exercise 9:45 Good Songs Sing Together 10:45 Crafts</p>	 <p><b>18</b> <b>Hair Cut &amp; Nail</b> 8:30 Morning Exercise 9:45 Bingo 10:45 Tai Chi</p>	 <p><b>19</b> 8:30 Morning Exercise 9:45 Bingo 10:45 English Class 10:45 Read Together</p>	 <p><b>20</b> 8:30 Morning Exercise 10:00 Art Time 11:00 Bingo</p>
 <p><b>22</b> 8:30 Morning Exercise 9:45 Bingo 10:45 Drawing Class 11:30 Massage Acupoints</p>	 <p><b>23</b> 8:30 Morning Exercise 9:45 <b>Shopping-Giant Food</b> 10:45 Word Puzzle And Read</p>	 <p><b>24</b> 8:30 Morning Exercise 9:45 Ring Game 10:45 Watercolor Painting</p>	 <p><b>25</b> 8:30 Morning Exercise 9:45 Bingo 10:45 Tai Chi</p>	 <p><b>26</b> 8:30 Morning Exercise 9:45 Bingo 10:45 English And Chinese Class 10:45 Latin Dance</p>	 <p><b>27</b> 8:30 Morning Exercise 10:00 Movie Time 11:00 Free Time</p>
 <p><b>29</b> 8:30 Morning Exercise 9:45 Bingo 10:45 Drawing Class 11:30 Stretch Legs</p>	 <p><b>30</b> 8:30 Morning Exercise 9:45 <b>Shopping-HMart</b> 10:45 Play Balls</p>	 <p><b>31</b> 8:30 Morning Exercise 9:45 Zumba 10:45 Jewelry Crafts</p>			



# Health and Wellness Corner

**New research leads to hope for therapies that can rebuild bone at any age, while current recommendations to maintain bone health have changed slightly.**

HELPFUL  
TIPS

A fifth of American women aged 50 and older have osteoporosis, and more than half of them have bone loss visible with a scan. Although they may not realize it, a third of older men have detectable bone loss, too. Given that a third of older women worldwide and a fifth of men will develop a fracture related to bone loss, it's a subject of much importance among older adults.

Many seniors aren't aware of their bone loss, given that bone density checks are not always a part of routine care. All women should be assessed at menopause, according to physician Nancy Lane, who specializes in rheumatology research, while men should be evaluated at age 70. People with a family history of hip fracture or who have had a fracture as an adult ought to be checked earlier.

## Diet Recommendations Are Modified

Research around the best diet for bone health has been ongoing. Results of a large recent study surprised many scientists. The research found no reductions of fractures in healthy adults aged 50 and over who took vitamin D supplements for five years. The same team found that the supplements also did not improve bone density.



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The recent research findings on vitamin D supplements for bone health in older adults may have surprised many, but there are still promising avenues for maintaining and rebuilding bone density. Here are some key points and recommendations:

### **1. Vitamin D Supplements:**

The recent study suggests that vitamin D supplements alone may not significantly reduce fractures or improve bone density in healthy adults aged 50 and over. However, it's essential to note that food and incidental sun exposure can provide enough vitamin D for healthy adults. People with osteoporosis are advised to continue a vitamin D and calcium regimen.

### **2. New Treatment Discoveries:**

- Researchers at Florida International University (FIU) have discovered small molecule activators that can be taken orally to improve bone density, offering a potentially cheaper and more effective treatment for osteoporosis.
- UC Davis School of Medicine has been researching medications like parathyroid hormone and anti-sclerostin antibodies, which stimulate bone growth.

### **3. Dietary Recommendations for Bone Health:**

- Calcium-rich foods are crucial for bone health. Dairy products, sardines, tofu, kale, broccoli, fortified breakfast cereals, and orange juice are good sources of calcium.
- Authorities recommend 1,200 milligrams of calcium per day for women after 50 and men after 70. While getting calcium from food is optimal, some may need supplements.
- Coffee consumption, in moderation, may contribute to bone health. Research from Hong Kong University suggests that certain coffee by-products correlate with greater bone density. Adding milk to your coffee is also recommended.

### **4. Growing Bone with Medications:**

- Research at UC Davis School of Medicine has explored medications like parathyroid hormone and anti-sclerostin antibodies, which can stimulate bone growth. Growing bone may contribute to preventing bone loss.

### **5. Challenges in Treatment:**

- Addressing the diagnosis, treatment, and follow-up of individuals with bone-related issues is a significant challenge that needs attention, according to experts.

In summary, while vitamin D supplements alone may not be the panacea for bone health, a combination of dietary factors, new treatment discoveries, and medications that stimulate bone growth offer hope for maintaining and rebuilding bone density.

It's important for individuals, especially those with osteoporosis, to maintain a balanced diet, consider potential supplements, and stay informed about emerging research in the field of bone health.

### **Exercise is Essential**

Bones need workouts to stay strong, just like your muscles. The very best ones are those that put body weight on your skeleton, such as climbing stairs, dancing, racket sports (pickleball players, that's you!), yoga and walking. But you also need to do repetitions for muscle strength. Any kind of lifting, using machines or weights, pushups and squats are all good for building strength. And if you smoke, stop. It's not only bad for bone health, but for many other diseases as well.



# January Birthdays



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



**Roberta**  
**Jin**  
**Massy**



**Janet**  
**Ju**



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## Special moments!



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## Special moments!



Mr. Jin was captivating the audience as he skillfully performed on the harmonica. The music resonated through the room, creating an enchanting atmosphere. Mr. Jin's musical talent left a lasting impression on everyone fortunate enough to witness his remarkable performance."

Ms. Qin treated us to a delightful performance, skillfully playing the ukulele. The sweet and cheerful tunes resonated throughout the space, creating a light and joyful atmosphere. Her expertise and passion for playing the ukulele were evident in every strum, making the experience not only enjoyable but also uplifting.



Benjamin serenaded us with his melodious voice, filling the room with the enchanting notes of a beautiful song. His singing was heartfelt, and each word seemed to carry a story. As he shared the song with us, there was a shared sense of joy and connection, turning the moment into a memorable and harmonious experience.

### 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!



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.

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