

March  
2019

# The Golden Gazette



## In This Issue:

Spotlight	2
Celebrations	3
Activity Calendar	4
Menu	5

## Contact

### Golden Visions Adult Day Services

250 Fame Avenue, Ste. 125  
Hanover, PA 17331

**Phone: 717-633-5072**

**Fax: 717-633-5064**

goldenvisions@comcast.net

www.GoldenVisionsPA.com

Buffy Rice

Executive Director

## Hours

**Monday-Friday**

**6am - 6pm**

## From the Desk of the Executive Director



### Traveling with Dementia

For people with Alzheimer's and other forms of dementia, travel can be stressful. Being away from a familiar environment and established routines may result in an increase in disorientation and agitation. However, with careful planning, it is quite possible to travel safely and well with someone in the early stages of the disease. Someone in the middle stage would present more of a challenge, and travel for someone in the late stage would not be recommended under normal circumstances.

#### To Travel or Not to Travel?

If the answer is yes to any of the following questions, travel would most likely not be tolerated well and further consideration would be indicated:

- Are there periods of agitation, aggressive behavior, and significant disorientation even when in the home environment? Being in unfamiliar surround-

ings will only make this worse.

- Is wandering a concern? If so, wandering may increase in unfamiliar surroundings.

Is there fear of new places and experiences? If so, the new sights, sounds, and people could prove overwhelming.

#### Helpful Tips

Once the decision has been made to proceed with the travel plan, there are a number of considerations and preparations to think about in order to ensure a successful outcome.

- If traveling by plane, try to schedule the flight on a low travel day (generally Tuesday–Thursday). As much as possible, avoid traveling during peak travel periods, such as holiday and summer vacation times.

- Make sure the person is wearing full identification that is not easily removed and is complete with name, address, destination, and contact numbers. It is recommended that travel companions carry a current photograph of the person as well.

.....continued on page 2

Voted the Best By The Readers of the Evening Sun

\* Crematory On Site \*

**Wetzel** Funeral Home and Crematory, Inc.  
549 Carlisle Street, Hanover, PA 717-632-1242



Warren F. Miller  
Supervisor



Steve Miller  
Managing Director



Joseph Yingling  
Certified Crematory  
Operator

Call us for more information about: [Funeral Service, Cemeteries, and Cremation Options](#)  
[www.wetzelFuneralHome.com](http://www.wetzelFuneralHome.com)

Traveling with Dementia.....continued

- Accompany the person to and from the restroom. Do not leave them alone.
  - If traveling by car, many of the previous considerations remain the same. In addition, set up a comfortable place in the vehicle conducive to napping and be prepared to stop as often as needed for comfort and stress reduction.
- If staying in a hotel, inform the staff ahead of time of any special needs. Be prepared to share the room and secure the door to prevent wandering at night. One recommendation would be a childproof doorknob cover.
- Be sure to take an adequate supply of medications, up-to-date medical information, a list of emergency contacts, photocopies of important medical and legal documents (such as a living will and a power of attorney).
  - Make sure you have enough people to assist you every step of the way.

Well-planned trips can be fun, exciting, and worth every bit of time and effort put into making them happen.

## Happy St. Patrick's Day!

### May the Luck of the Irish be with you!



## *Senior Spotlight of the Month*

If your group  
or company  
would like to  
be a sponsor  
or donate to  
Golden  
Visions,  
please call or  
email to ask  
us how!

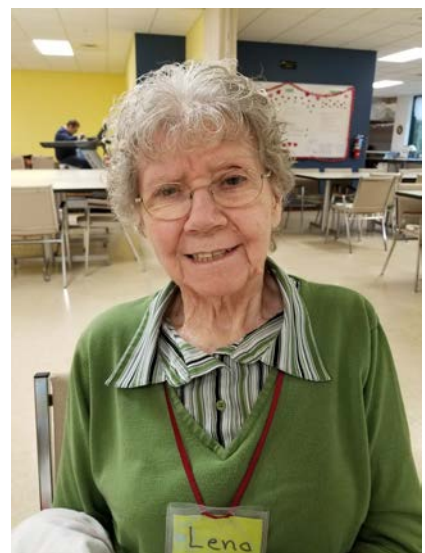
Meet Lena Kearney, our spotlight for the month of March, whose hometown was Glen Rock/Seven Valleys area and currently lives in Spring Grove.

Lena and her husband, Norman, have been married since 1960. They have one daughter and 2 sons.

Lena is a retired seamstress.

She enjoyed going on trips to the mountains.

She is most proud of her family.



### Many Thanks!

Thank you to the following for their donations...

Agnes Jackson—stamps

Sue Poist—snacks

Linda Martin—snacks and paper products

Lee Family—Baby Wipes and laundry detergent

### March Birthdays

2—Agnes Jackson

7—Dawn Anderson

18—Katherine Hensley

The birth flower for month of March is the Daffodil.

Aquamarine is the birthstone.

We are in need of:

Toilet Bowl Cleaner

Clorox Spray

Cold Cereals

Thank you!

## A Necessary Reminder

### PLEASE READ

Spring is just around the corner, but we still have cold weather and maybe even snow to deal with until then. Please keep in mind that colds, viruses and the flu are still health risks for our seniors.

We ask that if your loved one has a cold, the flu, a virus, etc. that you keep them home. It will be better for them to stay indoors and will keep the germs from being passed to another client at Golden Visions

Also, if there is a day that your loved one can't be here due to illness, doctor appointments, etc., you can make up that day as long as it is in the same month. But, please let the staff know 2 days ahead if you want to make up a day. This way we can be sure to have the meals and the staff available.

## Out For a Stroll in the Spring Weather




First day of Spring is March



# MARCH 2019-SPECIAL EVENTS

## GOLDEN VISIONS ADULT DAY SERVICES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>* Calendar may be subject to change</p>				<p>1</p> <p>*Baker's Corner</p>
<p>4</p> <p>*St. Patrick's Day Craft</p>	<p>5</p> <p>*Favorite Spring Activity</p>	<p>6</p> <p>*10:30 Inspiration with Robert Thomas</p>	<p>7</p> <p>*12:30 Music with Marlene Shilling</p>	<p>8</p> <p>*Baker's Corner</p>
<p>11</p> <p>*12:30 Pet Therapy with Diane and Friends</p>	<p>12</p> <p>*10:30 Mary Ellen from Hanover Garden Club</p>	<p>13</p> <p>*10:30 Inspiration with Robert Thomas</p>	<p>14</p> <p>*12:30 Music with Jack Hoffman</p>	<p>15</p> <p><b>*Celebrate St. Patrick's Day Wear Green</b></p> <p><b>St. Patty's Day Party</b></p>
<p>18</p> <p>*Reminisce about St. Patrick's Day</p>	<p>19</p> <p>*10:30 Pet Therapy with Warren and Maggie</p>	<p>20</p> <p><b>First Day of Spring!</b></p> <p>*10:30 Inspiration with Robert Thomas</p> <p>*VNA BP Checks</p>	<p>21</p> <p>*10:30 Music with Bob Laughman</p>	<p>22</p> <p>*Baker's Corner</p>
<p>25</p> <p>*Craft with Linda</p>	<p>26</p> <p>*Hole in One</p>	<p>27</p> <p>*10:30 Inspiration with Robert Thomas</p>	<p>28</p> <p>* Karaoke with Bryan and Linda Livelsberger</p>	<p>29</p> <p>*Baker's Corner</p>





**March 2019**  
**Congregate Meal Menu**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY					
				<b>March 1</b> Baked Chicken with Gravy 1/2 cup Whipped Potatoes 1/2 cup Pepper Slaw Whole Grain Buttermilk Biscuit 1/2 cup Peaches 					
<b>March 4</b>	<b>March Birthdays</b> Open Face Hot Turkey Sandwich with Gravy 1/2 cup Whipped Potatoes with Chives 1/2 cup Crinkle Cut Carrots White Bread <b>Birthday Cake</b> 	<b>March 5</b>	<b>Ash Wednesday</b> Breaded Fish Sandwich 1/2 cup Macaroni and Cheese 1/2 cup Stewed Tomatoes Sandwich Roll Fresh Fruit Tartar Sauce 	<b>March 6</b>	<b>March 7</b> Baked Meatloaf with Gravy Baked Potato with Margarine 1/2 cup Mixed Bean Medley White Bread Cherry Chip Cake 	<b>March 8</b>	<b>March 8</b> Baked Salmon with White Wine Cream Sauce 1/2 cup White Rice 1/2 cup Mixed Vegetables Wheat Bread 1/2 cup Pineapple Tidbits 		
<b>March 11</b>	<b>March 11</b> Roasted Pork Loin with 2 ounces Gravy 1/2 cup Whipped Potatoes with Chives 1/2 cup Lima Beans White Bread 1/2 cup Sliced Apples 	<b>March 12</b>	<b>March 12</b> Baked Porcupine Ball with 2 ounces Tomato Sauce 1/2 cup Garlic Whipped Potatoes 1/2 cup Corn Cinnamon Raisin Bread Pudding 	<b>March 13</b>	<b>March 13</b> Chef Salad (1 ounce Ham, 1 ounce Turkey, Cheese, and 1 Egg with 1 cup Lettuce/Tomato, and Dressing 1/2 cup Beets 1 Slice Wheat Bread Fresh Fruit 	<b>March 14</b>	<b>March 14</b> Tuna Salad Sandwich with Lettuce and Tomato 1 cup Cheesy Broccoli Soup with Crackers Sandwich Roll 1/2 cup Pears 		
<b>March 18</b>	<b>St Patrick's Day Special</b> Corned Beef and Cabbage (3 ounces Corned Beef, 2 ounces Cabbage) 1/2 cup Mashed Potatoes 1/2 cup Green Beans Dinner Roll 1/2 cup Pistachio Pudding 	<b>March 19</b>	<b>March 19</b> Mango BBQ Chicken Breast 1/2 cup Brown Rice 1/2 cup Creamy Coleslaw Wheat Bread 1/2 cup Apple Cranberry Crisp 	<b>March 20</b>	<b>March 20</b> Mushroom Swiss Burger 1 cup Creamy Cauliflower Soup with Crackers Hamburger Roll Fresh Fruit 	<b>March 21</b>	<b>March 21</b> Crab Cake 1/2 cup Cheesy Twists 1/2 cup Baked Beans Whole Grain Dinner Roll 1/2 cup Mandarin Oranges 		
<b>March 25</b>	<b>March 25</b> Hot Dog 1/2 cup Cheesy Whipped Potatoes 1/2 cup Sweet Peas Hot Dog roll Fresh Seasonal Fruit 	<b>March 26</b>	<b>March 26</b> 1 cup Chili Con Carne 1 cup Tossed Salad with Tomato and Dressing 1/2 cup Baked Potato with Margarine Whole Grain Mini Biscuit Cookie 	<b>March 27</b>	<b>March 27</b> Burgundy Meatballs with Mushrooms over 1/2 cup Egg Noodles 1/2 cup Carrots Wheat Bread 1/2 cup Mixed Fruit Salad 	<b>March 28</b>	<b>March 28</b> Warm Ham and Cheese on Ciabatta 1 cup Creamy Tomato Bisque with Crackers Whole Grain Ciabatta Roll Fresh Fruit 	<b>March 29</b>	<b>March 29</b> Vegetable Lasagna with Vegetable Cream Sauce 1 cup Tossed Salad with Hardboiled Egg, Cucumber, and Dressing Breadstick Cottage Cheese and Diced Peaches 

\*\*\* All meals are subject to change \*\*\*

\*\*\* Served Daily: 8 ounces Milk and 1 teaspoon Margarine