

April  
2019



*From the Desk of the Executive Director*



*In This Issue:*

Spotlight	2
Celebrations	3
Activity Calendar	4
Menu	5

*Contact*

**Golden Visions  
Adult Day Services**

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*Buffy Rice*

*Executive Director*

*Hours*

**Monday-Friday**

**6am - 6pm**



**The Power of  
Pets**

There is a great deal of information that has been published about the benefits of pet therapy (or animal-assisted therapy) in the general population as well as with people with dementia. Individuals who like animals generally respond well to their presence and experience positive effects to overall psychological, emotional, and physical well-being. We know that having pets can help in lowering blood pressure, lessening anxiety, and even reducing feelings of depression. People with Alzheimer's and other forms of dementia have also been found to benefit significantly from pet therapy in a number of ways:

- An improved social response with increased opportunity for nonverbal communication
- A reduction in feelings of loneliness and isolation
- A reduction in agitation or other negative behaviors
- An elevation in mood evidenced by smiling,

laughter, and other signs of pleasure

- A decrease in stress and anxiety
- A sense of purpose—helping groom the dog, giving it a treat, throwing it a ball
- An increase in appetite following the pet's visit

**Factors to Consider**

- First, do an assessment to determine whether the person is a candidate. If someone does not like animals or is afraid of them, they will not benefit from pet therapy.
- Choose the right animal for the right person with attention to size, temperament, and activity level.
- All animals must be well trained and have all the necessary certifications and veterinary records to meet regulatory requirements.

Determine the best time of day for the visit in order to maximize the person's ability to interact and enjoy the animal.

.....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)

## The Power of Pets.....continued

### It's Not Just About Dogs

Often when people think of pet therapy, they think of dogs. However, cats are also excellent choices as well as many other kinds of animals, including rabbits, birds, miniature horses, alpacas, pigs, and more.



Get

out and enjoy!

**REMINDER:**

**We will be closed Friday,  
April 19th for Good Friday!**

*Find Us!*

Check us out on  
Facebook at

[www.facebook.com](http://www.facebook.com/gvads)  
[/gvads](https://www.facebook.com/gvads)

For updates, current  
fundraisers and  
happenings!



## *Senior Spotlight of the Month*

Our Senior Spotlight for the Month of April is Opal Barnes.

Chaneysville, PA is her hometown, and Hanover is where she currently resides with her son, Doug and his wife, Vickie.

Opal has four sons, 11 grandchildren and 15 great-grandchildren.

She is retired from MD Cup.

Her hobbies included reading when she was able and now music and dancing.

She is most proud of her family.



### Many Thanks!

Thank you to the following for their donations...

- Agnes Jackson—stamps
- Linda Martin —snacks

We are in need of the following:

- Clorox Spray Cleaner
- Pancake mix
- Sugar Free syrup
- Laundry Detergent
- Dryer Sheets

### April Birthdays

- 4—Erlene Fogus
- 6—Christine Lee
- 25—Opal Barnes



The birth flower month for April is the Sweet Pea.

Diamond is the birthstone.

Happy Easter from all of us at Golden Visions to you and your family!



**A person with Alzheimer's or other dementia doesn't have to give up the activities that they love.**

Many activities can be modified to the person's ability. In addition to enhancing quality of life, activities can reduce behaviors like wandering or agitation.

#### Choosing activities

- \*Keep the person's skills and abilities in mind.
- \*Pay special attention to what the person enjoys.
- \*Be aware of physical problems.
- \*Focus on enjoyment, not achievement
- \*Encourage involvement in daily life.
- \*Relate to past work life.
- \*Look for favorites.
- \*Consider time of day.
- \*Adjust activities to disease stages.

#### Your approach

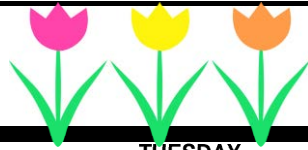
- \*Help get the activity started.
- \*Offer support and supervision.
- \*Concentrate on the process, not the result.
- \*Be flexible.
- \*Assist with difficult parts of the task
- \*Let the individual know he or she is needed.
- \*Don't criticize or correct the person.
- \*Encourage self-expression.
- \*Involve the person through conversation.
- \*Try again later.



# APRIL 2019 Special Events

## GOLDEN VISIONS ADULT DAY SERVICES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 *Spring Craft	2 *Movie time	3 *10:30 Inspiration with Robert Thomas	4 * 12:30 Music with Marlene Schilling	5 *Baker's Corner
8 *12:30 Pet Therapy with Diane and Friends	9 * 10:30 Gardening with Mary Ellen Good	10 *10:30 Inspiration with Robert Thomas	11 *12:30 Music with Jack Hoffman	12 *Baker's Corner
15 *Craft with Linda	16 *10:30 Therapy Pets with Warren and Maggie	17 *10:30 Inspiration with Robert Thomas  *10:45 Blood Pressure checks w/ VNA	18 *10:30 Music with Bob Laughman	19 *Center Closed  <b>Good Friday</b>
22 *Craft with Linda  *Easter Celebration	23 *Easter Memories	24 *10:30 Inspiration with Robert Thomas	25 *12:30 Karaoke with Bryan and Linda Livalsberger	26 *Baker's Corner
29 *Craft with Linda	30 *Golf Putt Putt Tourney			* Calendar may be subject to change



## April 2019 Congregate Meal Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;"><b>April 1</b></p> <p>Sweet Sausage Sandwich with Peppers and Sauce 1/2 cup Cheesy Hashbrowns Whole Grain Sausage Roll Fresh Watermelon</p>	<p style="text-align: center;"><b>April Birthdays</b></p> <p style="text-align: right;"><b>April 2</b></p> <p>Roasted Pork with Dijon Mushroom Sauce 1/2 cup Vegetable Rice Pilaf 1/2 cup Green Beans Wheat Bread 1/2 cup Pineapple Delight <b>Birthday Cake</b></p>	<p style="text-align: right;"><b>April 3</b></p> <p>Pepper Steak with Gravy 1/2 cup Whipped Potatoes 1/2 cup Sweet Peas White Bread 1/2 cup Pears</p>	<p style="text-align: right;"><b>April 4</b></p> <p>Chicken Parmesan with Marinara Sauce and Cheese 1/2 cup Penne Pasta with Sauce 1 cup Tossed Salad with Dressing Italian Bread 4 ounces Apple Juice</p>	<p style="text-align: right;"><b>April 5</b></p> <p>Tuna Salad Sandwich with Lettuce and Tomato 1 cup Lentil Soup with Crackers 2 Slices White Bread Fresh Orange</p>
<p style="text-align: right;"><b>April 8</b></p> <p>Cheeseburger 1/2 cup BBQ Butter Beans 1/2 cup Macaroni Salad Sandwich Roll Fresh Cantaloupe</p>	<p style="text-align: right;"><b>April 9</b></p> <p>Rotisseri Chicken with Gravy 1/2 cup Whipped Potatoes with Chives 1/2 cup Mixed Vegetables Whole Grain Biscuit 1/2 cup Sliced Peaches</p>	<p style="text-align: right;"><b>April 10</b></p> <p>Beef Brasciole with Gravy 1/2 cup Roasted Redskin Potatoes with Rosemary and Garlic 1/2 cup Green Beans Wheat Bread Fresh Banana</p>	<p style="text-align: right;"><b>April 11</b></p> <p>Turkey Chef Salad (2½ ounces Turkey and Cheddar, and 1 Hardboiled Egg) 1 cup Tossed salad w/Cucumber 1 cup Summer Corn Chowder with Crackers Whole Grain Dinner Roll 1/2 cup Pineapple</p>	<p style="text-align: right;"><b>April 12</b></p> <p>Baked Haddock with Cream Sauce 1/2 cup AuGratin Potatoes 1/2 cup Carrots White Bread 1/2 cup Orange Gelatin with Mandarin Oranges</p>
<p style="text-align: right;"><b>April 15</b></p> <p>Baked Meatloaf with Gravy 1/2 cup Baked Potato with Margarine 1/2 cup Wax Beans Wheat Bread Fresh Watermelon</p>	<p style="text-align: right;"><b>April 16</b></p> <p>Roasted Pork with Gravy 1/2 cup Sauerkraut 1/2 cup Whipped Potatoes White Bread Applesauce Cake</p>	<p style="text-align: right;"><b>April 17</b></p> <p>Chicken Marsala 1/2 cup Bow Tie Noodles 1/2 cup Brussel Sprouts Wheat Bread 1/2 cup Mixed Fruit</p>	<p style="text-align: right;"><b>April 18</b></p> <p>BBQ Ribette 1/2 cup Parsley Potatoes 1/2 cup Creamy Coleslaw White Bread 1/2 cup Sliced Pears</p>	
<p style="text-align: center;"><b>Easter Special</b></p> <p style="text-align: right;"><b>April 22</b></p> <p>Baked Ham with Cloves 1/2 cup Sweet Potato Supreme 1/2 cup Green Beans Rye Bread White Cake with Strawberry Topping</p>	<p style="text-align: right;"><b>April 23</b></p> <p>Penne and Meatballs (4) 3/4 cup Pasta with Sauce and Parmesan Cheese 1 cup Tossed Salad with Tomato and Dressing Italian Bread 1/2 cup Warm Peach Crisp</p>	<p style="text-align: right;"><b>April 24</b></p> <p>Chili Cheese Hot Dog (2 ounces Chili, 1 ounce Cheddar) 1/2 cup Baked Potato 1/2 cup Green Beans Hot Dog Roll 1/2 cup Cinnamon Applesauce</p>	<p style="text-align: right;"><b>April 25</b></p> <p>Santa Fe Salad (1 cup Mixed Greens with 3 ounces Diced Chicken and Cheddar, and 2 ounces Roasted Veggies) Dinner Roll 1 cup Tortilla Soup with Tortilla Chips 1/2 cup Pineapple Tidbits</p>	<p style="text-align: right;"><b>April 26</b></p> <p>Honey Mustard Chicken Sandwich with Cheese 1/2 cup Parmesan Redskin Potatoes 1/2 cup Mixed Vegetables Sandwich Roll Cookie</p>
<p style="text-align: right;"><b>April 29</b></p> <p>Roasted Pork Loin with Gravy 1/2 cup Whipped Potatoes 1/2 cup Peas Dinner Roll 1/2 cup Sliced Apples</p>	<p style="text-align: right;"><b>April 30</b></p> <p>Egg Omelet Topped with Cheese Sausage Patty 1/2 cup Breakfast Potatoes Whole Grain English Muffin with Jelly 4 ounces Orange Juice</p>			

\*\*\* All meals are subject to change \*\*\*  
\*\*\* Served Daily: 8 ounces Milk and 1 teaspoon Margarine