

April  
2024



# The Golden Gazette



## From the Desk of the Executive Director

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### 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

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- 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.

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## Contact

### Golden Visions Adult Day Services

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www.GoldenVisionsPA.com

Buffy Rice

Executive Director

## Hours

Monday-Friday

6:30am - 4pm

We are in need of the following:

- Breakfast Cereal
- Snack baggies
- Sandwich baggies
- tissue paper
- Cheese Crackers
- Sugar Free Cookies
- Cheese puffs
- Pudding Cups
- Sugar free fruit cups/pudding cups
- Small gifts for birthday bags
- Gel Pens



## 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!  
Walking is a great way to  
exercise.**

### *Illness info*

With all the viruses floating around this time of year, we do ask that if your loved one has a fever, diarrhea, and/or vomiting that you please keep them home.

### *Senior Spotlight of the Month*

Our Senior Spotlight for the Month of April is Donna Olphin.

Donna's hometown is York, PA and she currently lives in Hanover, PA with her True North family.

She graduated in special classes and works at the Hart Center twice a week.

Donna loves coloring and vacationing with her True North family.

She is most proud of being at Golden Visions and really likes the staff at Golden Visions.



*Many Thanks!*

**Thank you to the following for their donations...**

- Mark Holtzapple—chips, toilet paper, dry erase markers, hand sanitizer
- Joanne McGregor—hand sanitizer, Lysol wipes
- Flora Marshall—cleaning supplies, snacks
- Mary Sutherland—stamps
- Jim Pittman—Lume deodorant
- Donald Adkins—Cereal, breakfast bars, forks
- Judy Myers—office supplies, snacks, cereal, cleaners
- Linda Martin—snacks
- Marvin Lipscomb—plastic forks, breakfast food, OJ, Milk, beef stew
- Gladys Shank—cereal bars
- Clayton Wilcox—Cereal, Cereal Bars
- Linda Wheeler—Change for Bingo

*April Birthdays*

- 2—Floyd Warner
- 6—Christine Lee
- 22—Marvin Lipscomb



*The birth flower for month of April is the Sweet Pea.*

*Diamond is the birthstone.*



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

**HELP WANTED!**

Golden Visions is looking to hire personal care aides. If you know of anyone looking for a job working with the elderly, please send them to our website [www.goldenvisionspa.com](http://www.goldenvisionspa.com) to fill out an application. They may also stop by our office between 8:30am and 3pm for an application.

We are at the point where if an employee becomes sick and needs to be off, we may have to close due to lack of staffing. Keep in mind we need to keep our staff/client ratio at 7:1 to remain open.

Thank you for sharing with those who may be interested!

**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 2024 Special Events

## GOLDEN VISIONS ADULT DAY SERVICES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 *Craft time  *Easter Hat parade <b>Wear your best hat!</b>	2  *Easter Memories	3  *Frisbee Golf Tourney	4  *Birds in your yard discussion	5  *Baker's Corner
8  *Craft time	9  *Name that flower	10  *Favorite spring activity	11  *Snack Bingo	12  *Baker's Corner
15  *Craft time	16  *Spring Memories	17  *10:30am Hanover Gardening Club	18  *10:30am Hanover Gardening Club	19  *Baker's Corner
22  *Craft time	23  *10am Music with Bob Laughman	24  *Prize Bingo	25  *Spring Sing a long	26  *Baker's Corner
29  *Craft time	30  *Name 5 birds	* Calendar may be subject to change		



# April

York County

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b></p> <p>4oz BBQ Pulled Pork Sandwich 1/2c Hawaii Coleslaw 1/2c Ranch Potatoes Sandwich Roll Cookie</p>	<p><b>2</b></p> <p>Baked Beef Ravioli (6 Ravioli) w/ 1oz Shredded Cheese 1c Tossed Salad w/ Tomato 1 Garlic Breadstick Seasonal Fresh Fruit</p> <p><b>NEW ITEM</b></p>	<p><b>3</b></p> <p>Open Faced Turkey Sandwich w/ Gravy 1/2c Whipped Potatoes w/ Chives 1/2c Sweet Corn 1 White Bread 1 Cookie</p>	<p><b>4</b></p> <p>Cheeseburger w/ Lettuce, Tomato 1 c. Creamy Potato Soup with crackers 1 Hamburger Roll Seasonal Fresh Fruit</p>	<p><b>5</b></p> <p>Chicken, Spinach &amp; Cranberry Salad w/ Dressing (3oz chix, .5oz cheese, 1t. Cran) 1c. Mixed Greens &amp; Spinach 1/2c. Beets 1 Breadstick 1 Piece Cake</p>
<p><b>8</b></p> <p>Roast Beef w/ Gravy 1/2c Mashed Potatoes 1/2c Mixed Vegetables 1 White Bread 1/2c Pudding</p>	<p><b>9</b></p> <p>Teriyaki Chicken 1/2c Vegetable Rice Pilaf 1/2c Carrots 1 Wheat Bread Seasonal Fresh Fruit</p>	<p><b>10</b></p> <p>Sliced Ham w/ Pineapple Sauce 1/2c Whipped Sweet Potatoes 1/2c Green Beans 1 Dinner Roll 1 Cookie</p>	<p><b>11</b></p> <p>Orange Glazed Pork Loin 1/2c Buttered Pasta 1/2c California Blend 1 Wheat Bread 1/2c Peach Crisp</p>	<p><b>12</b></p> <p>4oz Tuna Salad Sandwich w/lettuce &amp; tomato 1/2c Broccoli Salad 1/2c Coleslaw 2 White Bread Seasonal Fresh Fruit</p>
<p><b>15</b></p> <p>Parmesan Chicken Over 1/2c. Lemon Asparagus Pasta 1c. Tossed Salad W/Tomato 1 Breadstick 1/2c. Apple Crisp</p>	<p><b>16</b></p> <p>Sweet &amp; Sour Pork 1/2c. Rice 1/2c Mixed Vegetables 1 Wheat Bread Seasonal Fresh Fruit</p>	<p><b>17</b></p> <p>1c Stuffed Pepper Casserole 1/2c Wax Beans 1/2c Peas &amp; Carrots 1 White Bread 1/2c Pudding</p>	<p><b>18</b></p> <p>Turkey Chef Salad (2oz Turkey, 1oz Cheddar, over 1c Mixed Greens w/ Tomato) 1 c. Vegetable Soup w/ Crackers 1 Dinner Roll 1/2c Gelatin</p>	<p><b>19</b></p> <p>4oz Sloppy Joe Baked Potato 1/2c Green Beans 1 Hamburger Bun Seasonal Fresh Fruit</p>
<p><b>22</b></p> <p>Swiss Steak w/ 2oz Onion Gravy 1/2c Whipped Potatoes 1/2c Carrots 1 Wheat Bread 1/2c Blushed Pears</p>	<p><b>23</b></p> <p>Creamy Vegetable Lasagna .5oz Shredded Mozzarella 1c Tossed Salad 1 Garlic Breadstick 1/2c Peaches w/ 1/4c Cottage Cheese</p>	<p><b>24</b></p> <p>Creamy Garlic Chicken Breast 1/2c Buttered Noodles 1/2c Spinach 1 Wheat Bread 1/2c Mandarin Oranges</p> <p><b>NEW ITEM</b></p>	<p><b>25</b></p> <p>Baked Lemon Pepper Fish 1/2c Rice Pilaf 1/2c California Blend Vegetables Dinner Roll Seasonal Fresh Fruit</p>	<p><b>26</b></p> <p>Baked Meatloaf w/ Gravy 1/2c Mashed Potatoes 1/2c Peas 1 White Bread 1/2c Gelatin</p>
<p><b>29</b></p> <p>Creamy Parmesan Pork Chop 1/2c Diced Redskin Potatoes 1/2c Green Beans 1 Dinner Roll 1/2c Pineapple Tidbits Cookie</p>	<p><b>30</b></p> <p>Pasta &amp; Meatballs (4) 1/2c Pasta w/ Marinara 1c Tossed Salad w/ Tomato 1 Garlic Breadstick 1/2c Mixed Fruit Salad</p>		<p><i>*menu subject to change</i></p>	