


	Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Monthly Schedule subject to change based on program discretion/patient needs.</i></p> <p><u>Happy Birthday</u></p>  <p>05/13 – Sergio Z. 05/18 – Genoveva R. 05/20 – Mario T.</p> <p>05/21 – Monthly Birthday Celebration</p> <p><u>Special Events</u></p> <p>05/01 – May Day 05/03 – National Space Day 05/07 – National Tourism Day 05/10 – Mother's Day Observed (12th) 05/17 – National Classic Movie Day (Wizard of Oz) 05/18 – National Endangered Species Day 05/23 – Music Therapy with Camille 05/28 – Memorial Day Observed (27th) 05/31 – National Smile Day</p> <p><u>Holidays</u></p> <p>Monday 05/27 – Memorial Day - CLOSED Sunday 05/12 – Mother's Day</p>			1	2	D3

**Specialized Alzheimer's
Day Care Program St. Lucie**
295 NW Prima Vista Blvd
Port St. Lucie, FL 34983
Mon-Fri: 8:00 – 5:00pm
772-212-4579
www.alzcare.org

Wendy Sinkular, LPN Program Manager
Erin Lepak, LPN Program Nurse



24 Hour Crisis
Line

1-800-394-1772

Therapeutic Activities	Examples of Therapeutic Activities	Definitions
Cognitive (C)	Word Games, Math Games, Trivia Games, Reminiscence, Board Games, “Current” Events, Morning Announcements, Tabletop Activities (patient specific individual tasks) - coloring, bean sorting, puzzles, folding	Encouraging thinking, reasoning, reminiscing; stimulating retained/long-term memories and integrating those memories into activities; acknowledging and accepting the patient’s perception of his/her “world” in a supportive, engaging, nonjudgmental environment; encouraging and rewarding creativity
Physical (P)	Chair Exercise, Dancing, Arts and Crafts, Noodle Ball/Volleyball, Dancing, Magnetic Darts, Bean Bag Toss, Bowling, Golf Putting, Charades	Exercising both gross motor and fine motor skills; facilitating movement and maximizing physical independence while optimizing safety
Social (S)	Building a Story, Trivia “Competition”, Music Therapy, Sing-along, Group craft building, Group discussion, Group Games, Mealtime Social Hours	Honoring the human condition and need for relationships and social contact; encouraging social interaction and connection with peers based on shared interests and abilities; acknowledging the patient’s successes, maximizing dignity and self-esteem
Spiritual	Non-judgmental safe environment at all times. Music-patient’s choice, Recognizing unique culture and faiths in discussions and in song, positive reinforcement of all endeavors	Promoting balance between the patient’s inner and outer worlds; honoring the family’s heritage and culture, providing an atmosphere of calm, harmony, and safety where the patient can be him/herself with pride; respecting each person’s unique belief system
Emotional	Positive Communication at all times: Validation, Therapeutic Touch, Praise/Encouragement, Positive Behavioral Interventions	Understanding and compassionately caring for the patient’s emotional needs by providing a nurturing environment; communicating with the patient in a supportive, validating manner, with understanding of, and empathy for, limitations imposed by Alzheimer’s disease or a related neurocognitive disorder; communicating positively both verbally and nonverbally guided by the patient’s abilities