




June 2022

Port St. Lucie (Grace)

	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Monthly Schedule subject to change based on program discretion/patient needs.</p>  <p>Happy Birthday!!! None</p> <p>Special Events/Holidays 6/14 Flag Day 6/19 Father's Day</p>			<p>1</p> <p>7:30am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:30am Rise and Shine (C/S) 11:00am Word of the Day (C) 12:00pm Lunch (S) 1:00pm Exercise (P) 2:30pm Games/Hangman (C/P/S) 3:00pm Afternoon Snack (S) 4:00pm Trivia (C/S) 5:00pm Tabletop Activities (C)</p>	<p>2</p> <p>7:30am Tabletop Activities (C) 9:00am Breakfast (S) 10:30am Rise and Shine (C/S) 11:00am Word of the Day (C) 12:00pm Lunch (S) 1:00pm Exercise (P) 2:00pm Bingo (C/S) 3:00pm Afternoon Snack (S) 4:00pm Games/Hangman (C/P/S) 5:00pm Tabletop Activities (C)</p>	<p>3</p> <p>7:30am Tabletop Activities (C) 9:00am Breakfast (S) 10:30am Rise and Shine (C/S) 11:00am Word of the Day (C) 12:00pm Lunch (S) 1:00pm Exercise (P) 2:00pm Bingo (C/S) 3:00pm Afternoon Snack 4:00pm Games/Hangman (C/P/S) 5:00pm Tabletop Activities (C)</p>
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	<p>20</p> <p>Closed All Staff Retreat</p>	<p>21</p> <p>7:30am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:30am Rise and Shine (C/S) 11:00am Exercise (P) 12:00pm Lunch (S) 1:00pm Trivia (C) 2:00pm Bingo (C) 3:00pm Afternoon Snack (S) 4:00pm Games/Hangman (C/P/S) 5:00pm Tabletop activities (C/S)</p>	<p>22</p> <p>7:30am Tabletop Activities (C) 9:00am Breakfast (S) 10:30am Rise and Shine (C/S) 11:00am Exercise (P) 12:00pm Lunch (S) 1:00pm Trivia (C) 2:30pm Bingo (C) 3:00pm Afternoon Snack (S) 4:00pm Games/Hangman (C/P/S) 5:00pm Tabletop activities (C)</p>	<p>23</p> <p>7:30am Tabletop Activities (C) 9:00am Breakfast (S) 10:30am Rise and Shine (C/S) 11:00am Trivia (C) 12:00pm Lunch (S) 1:00pm Exercise (P) 2:00pm Bingo (C) 3:00pm Afternoon Snack (S) 4:00pm Games/Hangman (C/P/S) 5:00pm Tabletop activities (C)</p>	<p>24</p> <p>7:30am Tabletop Activities (C) 9:00am Breakfast (S) 10:30am Rise and Shine (C/S) 11:00am Word of the Day (C) 12:00pm Lunch (S) 1:00pm Word of the Day (C) 2:00pm Bingo (C) 3:00pm Afternoon Snack (S) 4:00pm Exercise (P) 5:00pm Tabletop Activities (C)</p>



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	27		28		29		30
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**Specialized Alzheimer's
Day Care Program Port St. Lucie**
 555 SW Cashmere Blvd.
 Port St. Lucie, FL 34983
 Mon-Fri: 7:30 – 5:30pm
 (772) 732-9200
 www.alzcare.org

Courtney Davis, LPN Program Manager
 Phyllis Rich, LPN Program Nurse



**24 Hour Crisis
Line**

1-800-394-1772

Therapeutic Activities	Examples of Therapeutic Activities	Definitions
Cognitive	Word Games, Math Games, Trivia Games, Reminiscence, Board Games, "Current" Events, Morning Announcements, Tabletop Activities-coloring, bean sorting, puzzles, patient specific individual tasks	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	Chair Exercise, Dancing, Arts and Crafts, Noodle	Exercising both gross motor and fine motor skills; facilitating movement and maximizing physical independence while optimizing



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	Ball/Volleyball, Dancing, Magnetic Darts, Bean Bag Toss, Bowling	safety
Social	Building a Story, Trivia "Competition", Music Therapy, Sing-along, Group craft building, Group discussion, Group Games	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