




June 2022

Lake Worth

	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Monthly Schedule subject to change based on program discretion/patient needs.</p> <p>Happy Birthday</p>  <p>6/10 Lorraine 6/13 Conchetta (Connie) 6/23 Shirley</p> <p>Special Events 6/3 Doughnut Day 6/10 Movie Social 6/27 Monthly B-Day Parties</p> <p>Holidays 6/3 Doughnut Day 6/14 Flag Day 6/16 National CNA day 6/17 Father's Day 6/27 Ice Cream Cake Day</p>			<p>1</p> <p>7:30am Tabletop Activities/Breakfast (S/C) 8:30am Breakfast (S) 10:00 Opening Day/Discussion (S/C) 10:30am Exercise (P) 11:00am Music Therapy (S) 12:00pm Lunch/Coffee (S) 1:00pm Meditation (P/C) 1:30pm Beach Ball (P/S) 2:00pm Family Feud (C) 3:00pm Afternoon Snack (S) 4:00pm Tabletop activities (S/C)</p>	<p>2</p> <p>7:30am Tabletop Activities 8:30am Breakfast (S) 10:00 Opening Day/Discussion (S/C) 10:30am Exercise (P) 11:00am Alphabet (C) 12:00pm Lunch/Coffee (S) 1:00pm Meditation (P/C) 1:30pm Beach Ball (P/S) 2:00pm Art/crafts (S/C) 3:00pm Afternoon Snack (S) 4:00pm Tabletop activities (S/C)</p>	<p>3</p> <p>7:30am Tabletop Activities (S/C) 8:30am Breakfast (S) 10:00 Opening Day/Discussion (S) 10:30am Exercise (P) 11:00am Where Am I (C/S) 12:00pm Lunch/Coffee (S) 1:00pm Meditation (C/P) 1:30pm Beach Ball (P/S) 2:00pm Bingo-(S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop activities (S/C)</p>
	<p>6</p> <p>7:30am Tabletop Activities (S/C) 8:30am Breakfast (S) 10:00 Opening Day/Discussion (S) 10:30am Exercise (P) 11:00am Trivia (C) 12:00pm Lunch/Coffee (S) 1:00pm Meditation (C) 1:30pm Beach Ball (P/S) 2:00pm Bingo (S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop activities (S/C)</p>	<p>7</p> <p>7:30am Tabletop Activities 8:30am Breakfast (S) 10:00 Opening Day/Discussion (S) 10:30am Exercise (P) 11:00am Occupations (C) 12:00pm Lunch/Coffee (S) 1:00pm Meditation (C/S) 1:30pm Beach Ball (P/S) 2:00pm Words beginning (C) 3:00pm Afternoon Snack (S) 4:00pm Tabletop activities (S/C)</p>	<p>8</p> <p>7:30am Tabletop Activities (S/C) 8:30am Breakfast (S) 10:00 Opening Day/Discussion (S) 10:30am Exercise (P) 11:00am Math (C) 12:00pm Lunch/Coffee (S) 1:00pm Meditation (C) 1:30pm Beachball (P/S) 2:00pm Bingo (S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop activities (S/C)</p>	<p>9</p> <p>7:30am Tabletop Activities (S/C) 8:30am Breakfast (S) 10:00 Opening Day/Discussion (S) 10:30am Exercise (P) 11:00am Name 10 (C) 12:00pm Lunch/Coffee (S) 1:00pm Meditation (C) 1:30pm Beach Ball (P/S) 2:00pm Sing-along (C/S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop activities (S/C)</p>	<p>10</p> <p>7:30am Tabletop Activities (S/C) 8:30am Breakfast (S) 10:00 Opening Day/Discussion (S) 10:30am Exercise (P) 11:00am Dear Abby (C) 12:00pm Lunch/Coffee (S) 1:00pm Meditation (C) 1:30pm Beach Ball (P/S) 2:00pm Movie Social 3:00pm Afternoon Snack (S) 4:00pm Tabletop activities (S/C)</p>
	<p>13</p> <p>7:30am Tabletop Activities (S/C) 8:30am Breakfast (S) 10:00 Opening Day/Discussion (S) 10:30am Exercise (P) 11:00am Grocery Shopping (C) 12:00pm Lunch/Coffee (S) 1:00pm Meditation (C) 1:30pm Beach Ball (P/S) 2:00pm Bingo (S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop activities (S/C)</p>	<p>14</p> <p>7:30am Tabletop Activities (S/C) 8:30am Breakfast (S) 10:00 Opening Day/Discussion (S) 10:30am Exercise (P) 11:00am Rhyming words (C) 12:00pm Lunch/Coffee (S) 1:00pm Meditation (C) 1:30pm Beach Ball (P/S) 2:00pm Proverbs (C) 3:00pm Afternoon Snack (S) 4:00pm Tabletop activities (S/C)</p>	<p>15</p> <p>7:30am Tabletop Activities (S/C) 8:30am Breakfast (S) 10:00 Opening Day/Discussion (S) 10:30am Exercise (P) 11:00am Music Therapy (S) 12:00pm Lunch/Coffee (S) 1:00pm Meditation (C) 1:30pm Beach Ball (P/S) 2:00pm Arts/Crafts (S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop activities (S/C)</p>	<p>16</p> <p>7:30am Tabletop Activities (S/C) 8:30am Breakfast (S) 10:00 Opening Day/Discussion (S) 10:30am Exercise (P) 11:00am Finish the Phrase (C) 12:00pm Lunch/Coffee (S) 1:00pm Dear Abby (C) 1:30pm Stretching (P) 2:00pm Bingo (S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop activities (S)</p>	<p>17</p> <p>7:30am Tabletop Activities (S/C) 8:30am Breakfast (S) 10:00 Opening Day/Discussion (S) 10:30am Exercise (P) 11:00am Opposites (C) 12:00pm Lunch/Coffee (S) 1:00pm Dear Abby (C) 1:30pm Stretching (P) 2:00pm Bingo (S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop activities (S/C)</p>
	<p>20</p> <p>Closed All Staff Retreat</p>	<p>21</p> <p>7:30am Tabletop Activities (S/C) 8:30am Breakfast (S) 10:00 Opening Day/Discussion (S) 10:30am Exercise (P) 11:00am Yes or No (C) 12:00pm Lunch/Coffee (S) 1:00pm Meditation (C) 1:30pm Beach Ball (S/P) 2:00pm Jeopardy (S/C) 3:00pm Afternoon Snack (S) 4:00pm Tabletop activities (S/C)</p>	<p>22</p> <p>7:30am Tabletop Activities (S/C) 8:30am Breakfast (S) 10:00 Opening Day/Discussion (S) 10:30am Exercise (P) 11:00am Wordsearch (C) 12:00pm Lunch/Coffee (S) 1:00pm Meditation (C) 1:30pm Beach Ball (P/S) 2:00pm Bingo (S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop activities (S/C)</p>	<p>23</p> <p>7:30am Tabletop Activities (S/C) 8:30am Breakfast (S) 10:00 Opening Day/Discussion (S) 10:30am Exercise (P) 11:00am Decode the Secret (C) 12:00pm Lunch/Coffee (S) 1:00pm Meditation (C) 1:30pm Beach Ball (P/S) 2:00pm Sing-along (S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop activities (S/C)</p>	<p>24</p> <p>7:30am Tabletop Activities (S/C) 8:30am Breakfast (S) 10:00 Opening Day/Discussion (S) 10:30am Exercise (P) 11:00am Missing Letter (C) 12:00pm Lunch/Coffee (S) 1:00pm Meditation (C) 1:30pm Beach Ball (P/S) 2:00pm Bingo (S/C) 3:00pm Afternoon Snack (S) 4:00pm Tabletop activities (S/C)</p>



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27	7:30am Tabletop Activities (C/S) 8:30am Breakfast (S) 10:00am Opening Day/Discussion (S) 10:30am Exercise (P) 11:00am Name 10 (C) 12:00pm Lunch/Coffee (S) 1:00pm Meditation (C) 1:30pm Beach Ball (P/S) 2:00pm Bingo (S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (C/S)	28	7:30am Tabletop Activities (S/C) 8:30am Breakfast (S) 10:00 Opening Day/Discussion (S) 10:30am Exercise (P) 11:00am People, Place and Thing (C) 12:00pm Lunch/Coffee (S) 1:00pm Meditation (C) 1:30pm Beach Ball (S/P) 2:00pm Guess the State (C) 3:00pm Afternoon Snack (S) 4:00pm Tabletop activities (S/C)	29	7:30am Tabletop Activities (C/S) 8:30am Breakfast (S) 10:00am Opening Day/Discussion (S) 10:30am Exercise (P) 11:00am Music Therapy (S/C) 12:00pm Lunch/Coffee (S) 1:00pm Meditation (C) 1:30pm Beach Ball (P/S) 2:00pm Family Feud (C) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (C/S)	30	7:30am Tabletop Activities (C/S) 8:30am Breakfast (S) 10:00am Opening Day/Discussion (S) 10:30am Exercise (P) 11:00am Animals (A-Z) (C) 12:00am Lunch/Coffee (S) 1:00pm Meditation (C) 1:30pm Beach Ball (P/S) 2:00pm Sing-along (S/C) 3:00pm Afternoon Snack (S) 4:00 Tabletop Activities (C/S)
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Specialized Alzheimer's Day Care Program Lake Worth

1615 Lake Ave.
Lake Worth, FL 33460
Mon-Fri: 7:30 – 5:30pm
(561) 585-7781
www.alzcare.org

Meyling Pastrana, LPN Program Manager
Ana Maria Echeverri, 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 Ball/Volleyball, Dancing, Magnetic Darts, Bean Bag Toss, Bowling	Exercising both gross motor and fine motor skills; facilitating movement and maximizing physical independence while optimizing safety



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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