




June 2022

Pahokee

	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Monthly Schedule subject to change based on program discretion/patient needs.</b></p> <p><b>Happy Birthday</b></p>  <p><b>No June Birthdays</b></p> <p><b>Special Events</b></p> <p><b>10<sup>th</sup> Ice cream Social</b></p> <p><b>21<sup>st</sup> Summertime Arts &amp; Crafts</b></p> <p><b>Closed All Staff Retreat</b></p>			<p>1</p> <p>7:30am Tabletop Activities (S/C) 8:30am Breakfast (S) 9:30am Prayer/Devotion (E) 10:30am Trivia A-Z (C/S) 11:30pm Words ending (C/S) 12:00pm Lunch (S) 1:00pm Arts &amp; Crafts (C/S) 2:00pm Afternoon Snack (S) 2:30pm Group discussion (C/S) 3-4pm Tabletop activities (S/C)</p>	<p>2</p> <p>7:30am Tabletop Activities (S/C) 8:30am Breakfast (S) 9:30am Prayer/ Devotion (E) 10:30am Exercise (P) 11:30pm Todays News (C/S) 12:00pm Lunch (S) 1:00pm Bingo(C/S) 2:00pm Afternoon Snack (S) 2:30pm Group discussion (C/S) 3-4pm Tabletop activities (S/C)</p>	<p>3</p> <p>7:30am Tabletop Activities (S/C) 8:30am Breakfast (S) 9:30am Prayer/ Devotion (E) 10:30am Exercise (P) 11:30pm Family Feud (C/S) 12:00pm Lunch (s) 1:00pm Sing- along (S) 2:00pm Afternoon Snack (S) 2:30pm Group discussion (C/S) 3-4pm Tabletop activities(S/C)</p>
	<p>6</p> <p>7:30am Tabletop Activities (S/C) 8:30am Breakfast (S) 9:30am Prayer/ Devotion (E) 10:30am Exercise (P) 11:30pm Person, Place, Thing (C/S) 12:00pm Lunch (S) 1:00pm Bingo (C/S) 2:00pm Afternoon Snack (S) 2:30pm Group discussion (C/S) 3-4pm Tabletop activities (S/C)</p>	<p>7</p> <p>7:30am Tabletop Activities (S/C) 8:30am Breakfast (S) 9:30am Prayer/ Devotion (E) 10:30am Exercise (P) 11:30pm A Day out shopping (C/S) 12:00pm Lunch (S) 1:00pm Kickball (P) 2:00pm Afternoon Snack (S) 2:30pm Group discussion (C/S) 4:00pm Tabletop activities (S/C)</p>	<p>8</p> <p>7:30am Tabletop Activities (S/C) 8:30am Breakfast (S) 9:30am Prayer /Devotion (E) 10:30am Exercise (P) 11:30pm, I remember mama (C/S) 12:00pm Lunch (S) 1:00pm Kickball (P) 2:00pm Afternoon Snack (S) 2:30pm Group discussion (C/S) 4:00pm Tabletop activities (S/C)</p>	<p>9</p> <p>7:30am Tabletop Activities(S/C) 8:30am Breakfast (S) 9:30am Prayer/ Devotion (E) 10:30am Exercise (P) 11:30pm Guess What (C/S) 12:00pm Lunch (S) 1:00pm Music Therapy (C/S) 2:00pm Afternoon Snack (S) 2:30pm Group discussion (C/S) 4:00pm Tabletop activities (S/C)</p>	<p>10</p> <p>7:30am Tabletop Activities (S/E) 8:30am Breakfast (S) 9:30am Prayer/ Devotion (E) 10:30am Social (S) 11:30pm Hangman (C/S) 12:00pm Lunch (S) 1:00pm Bingo (C/S) 2:00pm Afternoon Snack (S) 2:30pm Magazine Reading (C) 4:00pm Tabletop activities (S/C)</p>
	<p>13</p> <p>7:30am Tabletop Activities (S/C) 8:30am Breakfast (S) 9:30am Prayer/ Devotion (E) 10:30am Exercise (P) 11:30pm Group discussion (S) 12:00pm Lunch (S) 1:00pm Animal Trivia (C/S) 2:00pm Afternoon Snack (S) 2:30pm Arts &amp; Crafts (C/S) 3-4pm Tabletop activities (S/C)</p>	<p>14</p> <p>7:30am Tabletop Activities(S/C) 8:30am Breakfast (S) 9:30am Prayer/ Devotion (E) 10:30am Exercise (P) 11:30pm Sing – along (S) 12:00pm Lunch (S) 1:00pm Hot Potato (P/S) 2:00pm Afternoon Snack (S) 2:30pm Person, Place, Thing (C/S) 3-4pm Tabletop activities (S/C)</p>	<p>15</p> <p>7:30am Tabletop Activities (S/C) 8:30am Breakfast (S) 9:30am Prayer/ Devotion (E) 10:30am Exercise (P) 11:30pm Family Feud (C/S) 12:00pm Lunch (S) 1:00pm Kickball (P) 2:00pm Afternoon Snack (S) 2:30pm Rhyming Words (C/S) 3-4pm Tabletop activities (S/C)</p>	<p>16</p> <p>7:30am Tabletop Activities (S/C) 8:30am Breakfast (S) 9:30am Prayer/ Devotion (E) 10:30am Exercise (P) 11:30pm Todays News (S) 12:00pm Lunch (S) 1:00pm Group discussion (S) 2:00pm Afternoon Snack (S) 2:30pm Arts &amp; Craft (C/S) 3-4pm Tabletop activities (S/C)</p>	<p>17</p> <p>7:30am Tabletop Activities (S/C) 8:30am Breakfast (S) 9:30am Prayer/Devotion (E) 10:30am Exercise (P) 11:30pm Group discussion (S) 12:00pm Lunch (S) 1:00pm Bingo (C/S) 2:00pm Afternoon Snack (S) 2:30pm Magazine reading (C) 3-4pm Tabletop activities (S/C)</p>
	<p>20</p> <p><b>Closed All Staff Retreat</b></p>	<p>21</p> <p>7:30am Tabletop Activities(S/C) 8:30am Breakfast (S) 9:30am Prayer/ Devotion (E) 10:30am Hangman (C/S) 11:30pm Trivia Kickball (P) 12:00pm Lunch (S) 1:00pm Trivia (C/S) 2:00pm Afternoon Snack (S) 2:30pm Freestyle (C) 3-4pm Tabletop activities (S/C)</p>	<p>22</p> <p>7:30am Tabletop Activities (S/E) 8:30am Breakfast (S) 9:30am Prayer/ Devotion (E) 10:30am The Price Is Right (C/S) 11:30pm Guess What (C/S) 12:00pm Lunch (S) 1:00pm Bing (C/S) 2:00pm Afternoon Snack (S) 2:30pm Arts &amp; Crafts (C/S) 4:00pm Tabletop activities(S/C)</p>	<p>23</p> <p>7:30am Tabletop Activities (S/C) 8:30am Breakfast (S) 9:30am Exercise(P) 10:30am Sing- along (S) 11:30pm Magazine Reading (C) 12:00pm Lunch (S) 1:00pm Music Therapy (P/S/C) 2:00pm Afternoon Snack (S) 2:30pm Freestyle (C) 3-4pm Tabletop activities (S/C)</p>	<p>24</p> <p>7:30am Tabletop Activities (S/C) 8:30am Breakfast (S) 9:30am Prayer/ Devotion(E) 10:30am Hangman (C/S) 11:30pm Exercise(P) 12:00pm Lunch (S) 1:00pm Magazine clippings (C) 2:00pm Afternoon Snack (S) 2:30pm Social (S) 4:00pm Tabletop activities (S/C)</p>



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27	7:30am Tabletop Activities (S/C) 8:30am Breakfast (S) 9:30am Prayer/Devotion (E) 10:30am Exercise (P) 11:30pm Hot potato (P/S) 12:00pm Lunch (S) 1:00pm Bingo (C/S) 2:00pm Afternoon Snack (S) 2:30pm Sing-along (S) 3-4pm Tabletop activities (S/C)	28	7:30am Tabletop Activities (S/C) 8:30am Breakfast (S) 9:30am Prayer/ Devotion (E) 10:30am Exercise (P) 11:30pm Group discussion (S/C) 12:00pm Lunch (S) 1:00pm Family Feud (C/S) 2:00pm Afternoon Snack (S) 2:30pm Magazine Reading (C) 3-4pm Tabletop activities (S/C)	29	7:30am Tabletop Activities (S/C) 8:30am Breakfast (S) 9:30am Prayer/Devotion (E) 10:30am Trivia A-Z (C/S) 11:30pm Words ending (C/S) 12:00pm Lunch (S) 1:00pm Arts & Crafts (C/S) 2:00pm Afternoon Snack (S) 2:30pm Group discussion (C/S) 3-4pm Tabletop activities (S/C)	30	7:30am Tabletop Activities (S/C) 8:30am Breakfast (S) 9:30am Prayer/ Devotion (E) 10:30am Exercise (P) 11:30pm Todays News (C/S) 12:00pm Lunch (S) 1:00pm Bingo(C/S) 2:00pm Afternoon Snack (S) 2:30pm Group discussion (C/S) 3-4pm Tabletop activities (S/C)
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**Specialized Alzheimer's  
 Day Care Program Pahokee**  
 470 Barak Obama Blvd.  
 Pahokee, FL 33476  
 Mon-Fri: 7:30 – 4:30pm  
 (561) 924-7283  
 www.alzcare.org

Pam Tolbert, LPN Program Manager  
 TBD, 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 <b>at all times.</b> 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 <b>at all times:</b> 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