




	Monday	Tuesday	Wednesday	Thursday	Friday	
<p>Monthly Schedule subject to change based on program discretion/patient needs.</p> <p>Happy Birthday</p>  <p>12/10 – Sarah L. 12/21 – Chris R. 12/27 – Ines C.</p> <p>12/14 – Monthly Birthday Celebration</p> <p>Special Events</p> <p>12/04 – National Cookie Day (Observing 12/05) 12/07 – National Pearl Harbor Remembrance Day 12/08 – National Brownie Day 12/09 – National Christmas Card Day 12/11 – National Stretching Day (Observing 12/12) 12/13 – National Cocoa Day 12/14 – Music Therapy with Camille 12/21 – Humbug Day 12/23 – Christmas Celebration Wear Your Christmas Attire 12/28 – National Pledge of Allegiance Day Music Therapy with Camille</p> <p>Holidays</p> <p>12/18 – Hanukkah Begins (at Sundown) 12/25 – Christmas Day 12/26 – Observing Christmas Day (CLOSED)</p>				1	2	
		5	6	7	8	9
		12	13	14	15	16
		19	20	21	22	23
		26	27	28	29	30



December 2022



Port Saint Lucie St. Andrews

**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	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
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