

OSF Senior World -Fall 2023

Senior World News

Happy Fall!

Announcements:

- **Congratulations** to Senior World Patient Care Tech, Sherry S., on her retirement! We will miss you!
- **Welcome to** New Senior World Activities Coordinator, Jaclyn E. She brings great energy to the group and we are so excited for you to meet her, if you haven't yet!
- **Alzheimer's Association Walk** – Thank you to Senior World staff member, Megan F., for representing OSF Senior World at this year's walk to end Alzheimer's on September 30th.
- **Upcoming Holiday Closures** -
 - **Thursday, November 23rd**
 - **Friday, November 24th**
 - **Monday, December 25th**
 - **Monday, January 1st**

Reminders:

- **Scheduling** -
 - Call us **no later than 9 a.m.** to cancel or reschedule.
 - Voicemail is available after hours, if needed.
- **Arrivals/Departures** -
 - All participants must be in attendance by **no later than 11 a.m.**

- Please avoid picking your person up **between 11 a.m. and 1 p.m.**
- Make sure you escort your person into and out of OSF Senior World for safety.
- **Parking Lot Etiquette** -
 - Please be patient and wait your turn in line.
 - Please **do not** attempt to pass a bus being loaded or unloaded.
- **CityLift/Link Mobile App** -
 - Track your loved ones' transportation with ease on the Ecolane mobile app!
 - Contact CityLift/Link at 309-999-3667 to set up and obtain a username/password.
- **Billing/Payments Accepted On-Site** -
 - We can only accept checks.
 - Payment must be in the exact amount listed on the invoice.



Caregiver Corner:

How do you Handle Stress? Stress affects us all in different ways, and it is important to find ways to care for yourself when caring for others. Below are a few tips and resources that might help:

- Ask for and accept help.
- Incorporate home care services.
- Develop a support system.
- Join a support group.
- Take a break.
- Use respite services.
- Plan ahead for the future.
- Take care of YOUR health.

Resources:

- Alzheimer's Association Help Line
24/7 - 1-800-272-3900
- CIAA/Friendship Line 24/7
- 1-800-971-0016
- On-Line Support groups through
ALZConnected
- OSF Silver Cloud
(osfhealthcare.org)
- New Day and/or Bradley
University Counseling

Relaxation Techniques:

- Meditation
- Tai Chi
- 4-7-8 Breathe (Breathe in for 4 sec, hold for 7sec, and breathe out for 8 secs.)

Activities with Jaclyn:

I have had such a wonderful time engaging everyone in activities since I started working at OSF Senior World! Some of my favorites have been solving, "Who Done It Mysteries", the *GROOVY* 60's party, and our Americana crafts. It was also fun having some live entertainment at the center, including a visit from the Peoria Chiefs and so many musical

entertainers! We danced, sang, and reminisced! What a pleasure it has been!

I have many fun activities planned for the fall and am especially excited to celebrate Halloween, Veteran's Day, and Thanksgiving! Here is a glimpse of the activities that are being planned:

- Halloween Party 10/31 (wear a hat or Halloween colors)
- Pumpkin Decorating
- Salute to our Veterans
- Glow Party
- Thirsty Thursday's
- Friday the 13th Fun

You can also always view the activity calendar online at

www.osfhealthcare.org/adult-day/.

Caregiver Meeting

When: 3rd Wednesday
of each month

Where: Suite 200 – Conference Room

Time: 9-10 a.m.

R.S.V.P.: 309-495-4530

Nursing Tidbits:

Fall is here! Please schedule your appointments to get your seasonal flu vaccines to protect yourself and your loved ones. Also, remember to wash your hands frequently, especially after blowing your nose and before eating. If you have any questions about the flu or our Illness Policy, please contact us at 309-495-4530.

Finally, medication, if a participant has a change in their medication, please discuss these changes with a Senior World nurse!

