

Caring for Today. Enriching for tomorrow

September HIGHLIGHTS

LOOKING BACK ON A WONDERFUL MONTH!

September was full — from live music and a jazz-filled outing to daily games, gentle exercise, and plenty of laughter around the tables. Whether it was a quiet Thursday Bible study or a lively round of Bunco, our members found connection and joy in the everyday rhythm of the Center.

The month's biggest adventure was our outing to the Detroit Institute of Arts for a jazz-themed visit — a wonderful change of scenery that had everyone tapping their toes. Back home, live music afternoons with Kirsten and Gary P. kept spirits high, and our monthly pet therapy visit remained, as always, one of the most anticipated hours of the week.

We also want to note the Center was closed on September 7th for Labor Day, and thank our Advisory Group for meeting on the 29th to help shape what's ahead for our members and families.

Between the special moments, our members kept up their favorite everyday traditions — Bingo, Farkle, trivia, word games, sing-alongs, painting, baking group, and floor bowling — alongside the daily rhythm of breakfast, morning exercise, current events, and the afternoon news that helps each day feel steady and familiar.



Good Times Great Memories!



We're excited to create even more memories in October.



Website: www.sarahcare.com/location-lakeside-mi

Address: 13425 19 Mile Road, Suite #500
Sterling Heights, MI 48313

Phone: 586-731-2273

Fax: 586-731-2271

Email: rshukla@sarahcare.com
lakeside@sarahcare.com

OCTOBER ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 8:45 Breakfast 10:00 Current Events 10:45 Exercise 12:15 Lunch 1:30 Transition Activity 2:00 Bible Study w/Deb Table Hockey/ Help your neighbors 3:00 Snack 3:45 Wacky words 4:30 In the News	2 8:45 Breakfast 10:00 Current Events 10:45 Exercise 12:15 Lunch 1:30 Transition Activity 2:00 Po-Ke-No Show me the \$ 3:00 Snack 3:45 Words in a word 4:30 In the News
5 8:45 Breakfast 10:00 Current Events 10:45 Exercise 12:15 Lunch 1:30 Transition Activity 2:00 Bingo Craft 3:00 Snack 3:45 Word game 4:30 In the News	6 8:45 Breakfast 10:00 Current Events 10:45 Exercise 12:15 Lunch 1:30 Transition Activity 2:00 Floor Bowling Farkle 3:00 Snack 3:45 Words in a Word 4:30 In the News	7 8:45 Breakfast 10:00 Current Events 10:45 Exercise 12:15 Lunch 1:30 Transition Activity 2:00 Dice War EZ Yahtzee 3:00 Snack 3:45 Hangman 4:30 In the News	8 8:45 Breakfast 10:00 Current Events 10:45 Exercise 12:15 Lunch 1:30 Transition Activity 2:00 Mexico Dice Cover the number 3:00 Snack 3:45 Trivia 4:30 In the News	9 8:45 Breakfast 10:00 Current Events 10:45 Exercise 12:15 Lunch 1:30 Music w/Kenny L. 2:30 Transition Activity 3:00 Snack 3:45 Family Feud 4:30 In the News
12 8:45 Breakfast 10:00 Current Events 10:45 Exercise 12:15 Lunch 1:30 Pet Visit 2:00 Bingo Bucketball 3:00 Snack 3:45 Words in a Word 4:30 In the News	13 8:45 Breakfast 10:00 Current Events 10:45 Exercise 12:15 Lunch 1:30 Transition Activity 2:00 Bunco Ship, captain, crew 3:00 Snack 3:45 Hangman 4:30 In the News	14 8:45 Breakfast 10:00 Current Events 10:45 Exercise 12:15 Lunch 1:30 Violin music w/Kirsten 2:30 Transition Activity 3:00 Snack 3:45 Family Feud 4:30 In the News	15 8:45 Breakfast 10:00 Current Events 10:45 Exercise 12:15 Lunch 1:30 Transition Activity 2:00 Bible Study w/Deb Roll it to win it 3:00 Snack 3:45 Matching game 4:30 In the News	16 8:45 Breakfast 10:00 Current Events 10:45 Exercise 12:15 Lunch 1:30 Transition Activity 2:00 Straight Shooter Slapzi 3:00 Snack 3:45 Trivia 4:30 In the News
19 8:45 Breakfast 10:00 Current Events 10:45 Exercise 12:15 Lunch 1:30 Transition Activity 2:00 Bingo Craft 3:00 Snack 3:45 Sing-along 4:30 In the News	20 8:45 Breakfast 10:00 Current Events 10:45 Exercise 12:15 Lunch 1:30 Transition Activity 2:00 Corn Hole Help your neighbors 3:00 Snack 3:45 Give a word game 4:30 In the News	21 8:45 Breakfast 10:00 Current Events 10:45 Exercise 12:15 Lunch 1:30 Transition Activity 2:00 Nix the Six Art 3:00 Snack 3:45 Trivia 4:30 In the News	22 8:45 Breakfast 10:00 Current Events 10:45 Exercise 11:30 Yates Cider Mill 12:15 Lunch 1:30 Transition Activity 2:00 Po-Ke-No 3:00 Snack 3:45 Finish the phrase 4:30 In the News	23 8:45 Breakfast 10:00 Current Events 10:45 Exercise 12:15 Lunch 1:30 Transition Activity 2:00 Drum ball Help your neighbors 3:00 Snack 3:45 Hangman 4:30 In the News
26 8:45 Breakfast 10:00 Current Events 10:45 Exercise 12:15 Lunch 1:30 Transition Activity 2:00 Bingo Baking Group 3:00 Snack 3:45 Family Feud 4:30 In the News	27 8:45 Breakfast 10:00 Current Events 10:45 Exercise 12:15 Lunch 1:30 Accordion Music w/Bob B. 2:30 Transition Activity 3:00 Snack 3:45 Wacky words 4:30 In the News	28 8:45 Breakfast 10:00 Current Events 10:45 Exercise 12:15 Lunch 1:30 Transition Activity 2:00 Table Hockey Bunco 3:00 Snack 3:45 Name the Song 4:30 In the News	29 8:45 Breakfast 10:00 Current Events 10:45 Exercise 12:15 Lunch 1:30 Transition Activity 2:00 Balloon volley Table bowling 3:00 Snack 3:45 Trivia 4:30 In the News	30 8:45 Breakfast 10:00 Current Events 10:45 Exercise 12:15 Lunch 1:30 Transition Activity 2:00 Halloween Fun 3:00 Snack 3:45 Matching game 4:30 In the News Wear a Costume

Activities are subject to change according to attendance and ability.



we care for your loved one as you would

SarahCare is looking out for the well-being of your loved one and helping to make your life just a little bit easier.

You Can't Pour From AN EMPTY CUP

Caregiver fatigue creeps in quietly — a shorter temper, trouble sleeping, or guilt for wanting a break. None of that means you're doing it wrong. It means you're human, and it's a sign to build in some support.



USE YOUR RESPITE TIME.



The hours your loved one spends at Sarah Care are a real chance to rest, not just run errands.



PROTECT ONE SMALL ROUTINE.

A walk, a coffee, a show you watch — something that's just yours.



SAY THE HARD THING OUT LOUD.

Tell one person — a friend, a sibling, our staff — how you're actually doing this week.



ASK FOR SPECIFIC HELP.

"Can you sit with Mom Tuesday at 2?" gets a yes far more often than "let me know if you can help."

UNDERSTANDING "Sundowning"

Many families notice their loved one becomes more restless or confused in the late afternoon. This pattern, sometimes called sundowning, is common with memory changes and isn't something you or your loved one is doing wrong.

KEEP EVENINGS PREDICTABLE.

A consistent routine around dinner and bedtime helps reduce disorientation.

TURN ON LIGHTS BEFORE DUSK.

Fading light and long shadows can increase confusion.

LOWER THE NOISE.

A quieter TV or fewer visitors in the late afternoon can ease agitation.

STAY CALM IN YOUR OWN VOICE.

Your steadiness is often more reassuring than any explanation.

"Caregiving often calls us to lean into abilities we didn't know we had."

— shared with the Sarah Care community

