



Helping All Seniors Thrive®

Kensington Club@ The Margaret Schweinhaut Senior Center

July/August 2019 Volume 1, Issue 2

Kensington Club meets in the Daisy Room on Mondays from 10-2pm

Margaret Schweinhaut Senior Center

*1000 Forest Glen Road
Silver Spring, Md. 20901
Center Phone # 240-777-8085
karen.miller@accessjca.org*

Message from our Manager: Karen Miller, CTRS

As we hit the hot days of summer, I want to remind all members to please always bring a lightweight jacket or sweater, as the weather inside the Senior Center can be unpredictable. If the weather allows us, we will be taking advantage of the outside patio in the morning, before the sun gets too hot. These past couple months we have enjoyed a couple programs with the Senior Center members. We have enjoyed our time and interactions during all programs. As we take vacations during the summer, please remember to always let me know if your member will not be attending a day. During the summer we will continue to encourage all members to stay hydrated by encouraging everyone to drink water throughout the day.

As a reminder, please always walk your member into the senior center and pick them up from the Daisy Room. We don't want anyone taking a wrong turn on their own in the Senior Center. The Margaret Schweinhaut Senior Center will be closed on Monday, July 29th. This one Monday, we will be meeting at the JCA Headquarters building in Rockville. The address is below. Please let me know if you cannot attend on that day.

We look forward to a fun filled summer. If you have any questions, please let me know.

*"To plant a garden is to believe in tomorrow."
Audrey Hepburn*

Holidays Celebrated in July and August:

**Independence Day
National Ice Cream Sandwich Day**

On Monday, July 29th, MSSC is closed for cleaning. We will meet that day at the Parklawn building on the first floor. The address is 12320 Parklawn Drive, Rockville, Maryland 20852.

In July we celebrate the following Birthday:

Nancy - July 5th

Resources for Caregivers of Those Living With Memory Loss

Education Resources

- Alzheimer's Association National Capital Chapter
24/7 Helpline at 800-272-3900
Website is <https://alz.org/nca>
Program Manager direct line is: 240-428-1342
- Care Consultation - free of charge from the Alzheimer's Association
1-800-272-3900
 - JCA Senior Helpline - 240-290-3311
- Holy Cross Caregiver Resource Center Helpline 301-754-7152

Social Connections

The Rockville Senior Center *Memory Cafe*
1st and 3rd Mondays from 12:00 to 1:00 pm
1150 Carnation Dr, Rockville, MD 20850

Transportation

- JCA Connect-A-Ride Resource Center 301-738-3252
 - Private Drivers, \$
- Metro Access (Inquire to Connect-A-Ride for an application), \$
 - UBER/LYFT, \$
- Senior Rides 301-962-0820 for application, Free

Respite

- The ARC Montgomery County - Respite Care Program
Access supervised short term home care 301-816-9647
- JCA KC *Afternoons* - Afternoon Structured Group Respite, March - Oct, 3-7pm, \$ 301-25-4204

Other Support Groups

Arden Courts of Kensington, 4301 Knowles Avenue, Kensington, 20895

1st Tuesdays at 6:30 p.m, Free

Agnes Collins 301.598.4118

Brooke Grove Rehabilitation and Nursing Center, 18131 Slade School Road,
Sandy Spring, 20860

3rd Wednesdays at 3:30 p.m. , free

Bill Neely 301.924.5176, ext. 1312 and Laura Rounds 301.260.2300

Leisure World on Georgia Avenue, Interfaith Chapel Library, 3680 South
Leisure World Boulevard, Silver Spring, 20906

1st & 3rd Wednesdays at 3 p.m.

Sunny Grunder 301.438.2446, Free

FIVE WISHES:

Five Wishes is a comprehensive, person-centered advance care planning program that offers healthcare providers a proven, easy-to-use approach to having effective and compassionate conversations. For more information please visit the website at www.fivewishes.org.

The following Health education classes take place at the Schweinhaut Senior Center weekly (unless noted). Please sign up, if needed, and attend:

1. *Coping with Change*: Tuesday, from 1:00-2:00 p.m.; Call 301-741-7764 for more information. **Free**

2. *Diabetes Support Group*: Third Wednesday of the month from 12:45-1:45p.m.; Facilitated by HeartWell Nurse. **Free**

3. *Know Your Numbers*: Wednesday from 10:00-Noon; HeartWell Nurse provides health counseling on vital cardiovascular health numbers (blood pressure, cholesterol, BMI, and blood sugar). **Free**

4. *Maximizing You!*: Thursday from 11:00-noon; This group discusses issues on aging. Learn to live better, be nicer to yourself, and take care of yourself. **Free**

5. *Nutrition 101*: Thursday from 1:00-2:00 p.m.; Lead by nutritionist and Certified Wellness Wave Life Coach, Josephine. Discuss how to be your best healthy self. **Free**

6. *Stroke Support Group*: 2nd Tuesday from 2:00-3:00 p.m.; **Free**

7. *Understanding Medical Research Lecture Series*: 2nd Wednesday from 1:00-2:00 p.m.

Support Group for Caregivers *The Jewish Council for the Aging (JCA)*



- Emotional support
- Information on how to cope
- Sharing among those who understand and want to help each other
- Social Workers to listen and respond to questions

**WHEN: Second and Fourth Monday of the month
from 1-2:30pm Free!**

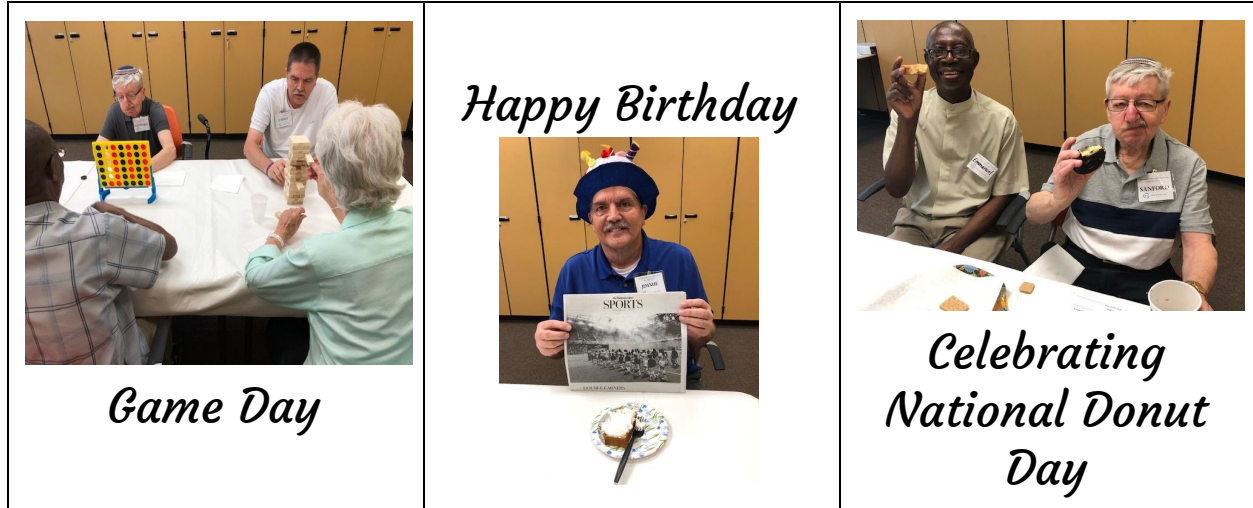
WHERE: The JCA Mislser Adult Day Center 1801 E
Jefferson Rockville
(Terrace Level entrance behind the Ring House)

For More Information: Call Harley to register
301-255-4256



Helping All Seniors Thrive

Members at Work.....



Game Day

Happy Birthday

*Celebrating
National Donut
Day*

Monthly Poetry Group....By Dana Tate

During this month in our poetry workshops at Kensington Club, we talked about the month of May, so nicely situated in the middle of spring, and all of the special holidays and happenings that take place during this lovely month. May Day, Mother's Day, and Memorial Day were at the top of our list. We then read poetry related to the month's events. Because Memorial Day is the unofficial start of summer and such an important holiday, we decided to write poems that reflect that special day.

Because haiku is a form with precise images and directness that is free of constraints of rhyme, it seemed most fitting for our Memorial Day reflections. Generally, a haiku (a Japanese form) will contain 17 syllables in lines of 5, 7, and 5 syllables; include a seasonal word or phrase; and focus on nature. What follows are original haiku that break with tradition a bit in that they are less about nature and more about each group's thoughts and feelings. Please enjoy this creative and original poetry.

Red, White and Blue Forever

Proud flags in the air.
Men and women lost their lives.
May our flag still fly.

Arts for the Aging (AFTA),.....We were so lucky to have Quicksilver come and dance with us.



We enjoyed having a Mother's Day Tea
in May...



And spending time on the patio when
the weather permits....



