

Southcentral/Southeast Focal Point Adult Day Care Center

April, May, June

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8915 Miramar Parkway
Miramar, FL 33025
Phone: 954-883-5220



Administered by the City of Miramar

Adult Day Care Center

The Southcentral/Southeast Focal Point Adult Day Care Center, administered by the City of Miramar, is a non-residential adult day care services program that provides supervised care to adults 18 years of age or older in a supportive and safe environment. The program provides services that include, but are not limited to, therapeutic activities, nutrition, health, personal care and transportation. Services are partially funded through the Aging and Disability Resource Center with Federal, State and local funds.



Announcements

OUR ADULT DAY CARE CENTER IS CURRENTLY ACCEPTING NEW CLIENTS

Adult day care services can be paid for by a variety of sources. Each payment source has its own unique requirements. Our Adult Day Care staff is available to address each individual's unique situation. For more information or to schedule a tour of our facility, please contact us at 954-883-5220.

Center will be Closed

Monday, May 27th

In Observance of:
Memorial Day



CAREGIVER SUPPORT

If you are a caregiver, self-care is essential. It is not uncommon for caregivers to experience guilt and exhaustion. The good news is you are not alone! The City of Miramar is proud to offer Caregiver Support groups. Do not miss out on the opportunity to learn more about resources in your community, ways to cope with the stress of caregiving and overall improvement in your quality of life.

Upcoming Saturday Caregiver Support Group Dates:

April 13, 2019 ♦ May 18, 2019 ♦ June 15, 2019

Session 1: 9:15 am to 10:15 am

Session 2: 10:30 am to 11:30 am

Respite Service provided from 9:00 am to 1:00 pm

**For more information or to RSVP, contact us at 954-883-5220
8915 Miramar Parkway ♦ Miramar, FL 33025**

Daily Activities

See below for fun and interactive daily classes offered at our Center. There are also special events and activities. (See Monthly Calendar for scheduled activities.) *Schedule is subject to change to meet the needs of the clients.*

Aerobics of the Mind: Take charge of your mental fitness! Exercise your brain and improve your memory.

Arts and Crafts: Participate in therapeutic coloring, beading and painting seasonal themed crafts.

Ball Balance: Chair exercise using small balls.

Balloon Toss: A game in which we pair up two clients while sitting on a chair across from each other and they toss the balloon to one another.

Cognitive Games: Brain exercises, activities, number games and stimulation.

Current Events/Golden Values/

Reflecting: Learn about what is happening in the world, our country and your community.

Dancing with Scarves: Chair exercise moving to rhythm and beat.

Hula Hoop Fun: Chair exercise using hula hoops.

Kickball: Using a beach ball, clients sit in a circle and do chair exercise by kicking the beach ball to one another.

Lucky Bingo: Play a few cards while socializing with your friends.

Mexican Loteria: The Spanish version of Bingo, using pictures instead of numbers.

Minute to Win it: Fun interactive group games.

Music Therapy: Music and movement while socializing with peers along with instrumental improvisation.

Parachute Ball Game: Clients are positioned in a circle and given a handle on top of a colorful parachute while exercising to music.

Reader's Digest: Questions and short stories.

Rubber Board Fun: Low cognitive game boards in which clients place colorful rubber bands.

Sing-along: Clients sing-along to musical favorites.

Volley Balloon: Physical activity while socializing. Similar to volleyball, using a net with balloons.

Upcoming Events

Mother's Day Celebration

Friday, May 10th
10:30 am-11:30 am



Father's Day Celebration

Friday, June 14th
10:30 am-11:30 am



The Healing Power of Music

By: Steve Toll

What better “medicine” than a “treatment” that has only positive side effects and “therapy” that is actually enjoyable? That is the “miracle of music” when applied with intention. Music is shown to have the ability to help organize the brain; especially vital to those who are living with Alzheimer’s.

Usually after twenty minutes of music, there are observable effects, such as singing, foot tapping, and clapping. Studies have shown that the results of a musical therapy session last for several hours afterward. Positive results include elevated mood, increased socialization and appetite and reduction in agitation. These benefits are attributed to the stimulation the brain receives during a music therapy session, a sort of “cognitive workout” inspiring us to coin the phrase, “What exercise is to the body, music is to the brain.” The power of music often inspires physical movement and can be used in combination to encourage gentle exercise.

As speech, writing and traditional forms of communication are compromised, music provides an alternative means of maintaining a connection, thereby helping to normalize interaction between caregiver and patient. Music used therapeutically creates an environment where the patient can be nurtured and cared for in a way that is safe, gentle and appropriate. Music is central to maintaining human bonds when those with dementia have lost the ability to initiate communication or to respond verbally.

The powers of music when focused and used therapeutically are many. Critical to maintaining quality of life for those with Alzheimer’s is management of emotions and preserving the connection with others. Music is conducive to keeping those connections strong as long as possible while helping the participant to focus, increase awareness and orient to the environment. A number of research studies have looked at music therapy as an important adjunct to medical treatment and findings suggest a possible link between the use of music and slowing the progression of dementia.

From the rhythms of the heartbeat experienced in the womb to the stirring sounds of a marching band, rhythmic patterns and music surround us. Language itself has a musical quality to it and from the beginning of mankind, as expressed through chanting and drumming, resembled music more closely than speech. Music is primal to life and expressed by each of us every day whether through dancing to a favorite tune, keeping rhythm with a pencil or remembering a special time when hearing a forgotten melody. It is central to our lives and is embedded in our culture, defining how we acknowledge milestones, rites of passage and celebrations as well as providing comfort, transformation and inspiration. Music links us to our world and provides a pathway back to our past.

You don’t need to have any special musical training to institute a therapeutic music program. You will need to select appropriate music, however. This music consists of familiar tunes from the 30s, 40s and 50s with more contemporary music included, depending on the preference or age of the participant. Before you invest in any CDs, check in your own home for possible sources of music. Your local library is a good source. Consider individual preferences and select music that is singable and upbeat.

ADAPTED FROM CAREGIVER.COM

City of Miramar Social Services

- **Adult Day Care Center**
- **Miramarvels Early Childhood Academy**
- **Senior Services**
- **Youth and Family Outreach**

Social Services was established by the City of Miramar in October 2002 to empower individuals to improve and enhance their quality of life through our many programs. The department strives to be reliable, professional, friendly and culturally sensitive in an effort to meet the needs of the entire community.

www.MiramarFL.gov/Social Services

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