

Southcentral/Southeast Focal Point Adult Day Care Center

January, February, March

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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

- Tuesday, January 1st - New Year's Day
- Monday, January 21st - Martin Luther King Day
- Monday, February 18th - President's Day

sorry, we're
CLOSED

Upcoming Events

Valentine's Day Celebration

Thursday, February 14th
10:30 am - 11:30 am

Spring Time Celebration

Friday, March 15th
10:30 am - 11:30 am



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.

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:

January 12, 2019 ♦ February 9, 2019 ♦ March 16, 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**

Top Ten Ways to Care for Yourself

By: [Gary Barg, Editor-in-Chief](#)

Keep a journal. Start today. Describe your fears as well as your hopes, the reality of what each day is like, Don't be afraid to write about the losses, big or small.

Stick with your journal. Let yourself record the little victories, go back and review the earlier months and years. Notice the personal, physical, emotional goals and successes you and your loved one have achieved.

Create a simple communication network. Think of this as a designated communicator. Choose a friend or relative who will make all the calls and tell all the news when there are calls to make and news to tell, you might want to save the "big successes and wonderful news" sharing for yourself, but you will be worn out if you are constantly on the phone retelling the details of the last days or weeks over and over.

Let your friends help you. When someone asks "Can I do anything for you?" give him or her something to do. Let your friend run an errand or stay with your loved one while you take a break and get out on your own.

Visit with people you love. You may often have to ask your friends or family to come to your house or keep you company while waiting for your loved one's treatment to be over. You need to be a whole person who has friends and interests and can think about something besides the responsibilities of caregiving. You shouldn't have to reinvent your life when your caregiving responsibilities subside.

Stay involved in your loved one's personal life. Be careful that your loved one does not slip from the role of loved one, family member, friend into the role of patient. Don't let yourselves lose the relationship you had prior to the need for caregiving.

Talk about it! There are innumerable fears and anxieties associated with any illness or disease, which can and will tear a person apart. Talk to your friends and your loved one about your feelings. The worst thing you can do is build a wall around yourself to protect others.

Keep the romance alive. Couples facing caregiving situations are apt to forget to nurture the relationship that brought them together up till this point. These relationships need just as much, if not more attention, now that one of you is ill, than they did before.

Include your loved one in your changes. As time passes we all change in small and big ways. If you find a new friend, discover an interest in a new genre of books or music, find a new recipe or a great place to eat, share these as much as possible with your loved one. Introduce your new friends, have them visit, if your loved one cannot easily leave the house. Spend time reading the new books aloud, listen to the new music together.

Keep setting goals. Before you were a caregiver, you set personal goals. Your life did not end because you became a caregiver. When the caregiver duties subside, you should not "Return" to your life, you should continue with your life.

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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