

THE ADP CONNECTION

Where every activity brings joy and every experience
holds purpose



*Happy
New Year*



GREETINGS FROM THE ADULT PROGRAM TEAM

Dear ADP Clients and Families,

HAPPY
New Year

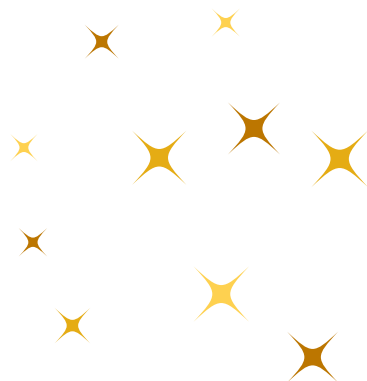
As we step into January, we look forward to creating meaningful experiences, celebrating each other, and embracing all the bright days ahead.



Thank you to our clients and families for your continued trust and presence—we are honored to share this journey with you. As we look ahead to the new year, we're thrilled to share that January will be filled with fresh programs designed to inspire growth, spark creativity, and help you reach new heights. Each initiative has been crafted with your goals in mind, and we can't wait for you to experience what's ahead.

Wishing you a wonderful month!

Kate Papillo,
Adult Day Program Manager



MEET THE ADP TEAM



Julie Robinson



Shane Hanay



Joyce Kwan



Marlene Pangilinan

JANUARY FACTS

Zodiac Signs

- Capricorn (December 22 – January 19): Symbolized by the Goat, Capricorn reflects traits of discipline, ambition, and practicality.
- Aquarius (January 20 – February 18): Represented by the Water Bearer, Aquarius is celebrated for its innovation, independence, and humanitarian spirit.

Birthstones

- Garnet: Known for its deep red color, garnet symbolizes protection, strength, and passion.

Birth Flowers

- Carnation: Available in a variety of colors, carnations represent love, fascination, and distinction.
- Snowdrop: With its delicate white blooms, snowdrop symbolizes hope and the promise of spring.

QUOTE OF THE MONTH

“Approach the New Year with resolve to find the opportunities hidden in each new day.”

Michael Josephson



NEW YEAR WORD SEARCH



J A N U A R Y N U R D C
H X E P N C L O C K A O
F M W H G R V F E T R U
I I Y T F A P O L U P N
R D E M I N U T E R A T
E N A T N T B H B K R D
W I R E I H A C R E T O
O G E N G A L D A Y Y W
R H R E S O L U T I O N
K T R A E I O O E R I S
S F A M F L O C R A F N
B R I N D A N C E N E L

MINUTE

DANCE

PARTY

CLOCK

CELEBRATE

MIDNIGHT

NEW YEAR

JANUARY

COUNTDOWN

FIREWORKS

RESOLUTION

BALLOON



Memories from December



Caregiver Corner:



What to do when reuniting after a missing incident

The person with dementia will often be anxious and confused when found. Following the strategies below may help calm the person and encourage them to return home.

Be prepared

If there is bad weather at the time of the person going missing, prepare a change of clothing including underwear, socks, coats and shoes to bring with you (as appropriate to weather condition).

Approach calmly

Approach the person in a casual manner. Make sure they see you coming.

If the person does not wish to return home immediately, walk a short distance with them while speaking in a calm, normal tone of voice.

Provide reassurance

Reassure the person about where they are and why.

Let the person know you have been worried about them and are happy to see them return home.

Talk to them about familiar things that may trigger a response to return home. An invitation to have a cup of tea (or coffee) or feed the dog may be enough to prompt the person to go home with you.

The person may be determined to reach a particular destination. If possible, consider taking them there right away or at a later date.

Keep your perspective

The experience of someone going missing can be very stressful. Remember that the behaviour is part of dementia. No one is to blame.

Once the person is safely home, it is common to want to make sure it doesn't happen again. Focus attention on prevention.

Restraints should never be used as they can have serious effects (such as a higher risk for falls and skin breakdown) and have not been shown to reduce missing incidents.

Ask for help

For information and support, contact your local Alzheimer Society resource centre. Visit <http://www.alzheimerontario.ca> for information about what Alzheimer Society of Ontario offers and to find your local society.

After an emergency situation, some caregivers choose to assess the person with dementia's living situation. Your local Alzheimer Society can help with these decisions.

Adapted from materials developed by Alzheimer Society British Columbia.

For local Alzheimer Society contact information, call **2-1-1**
Visit: FindingYourWayOntario.ca

Société Alzheimer Society



Funded by





OUR MISSION

Engaging our communities through a continuum of services that enhance the experience of aging.

OUR VISION

A progressive community where older adults thrive, age well and live better.

OUR VALUES

The Unionville Home Society, in its relationships with others, values and commits itself to:

- Connecting Communities
- Advancing Quality and Innovation
- Caring Genuinely and Passionately
- Respecting Each Person
- Serving with Integrity and Commitment

