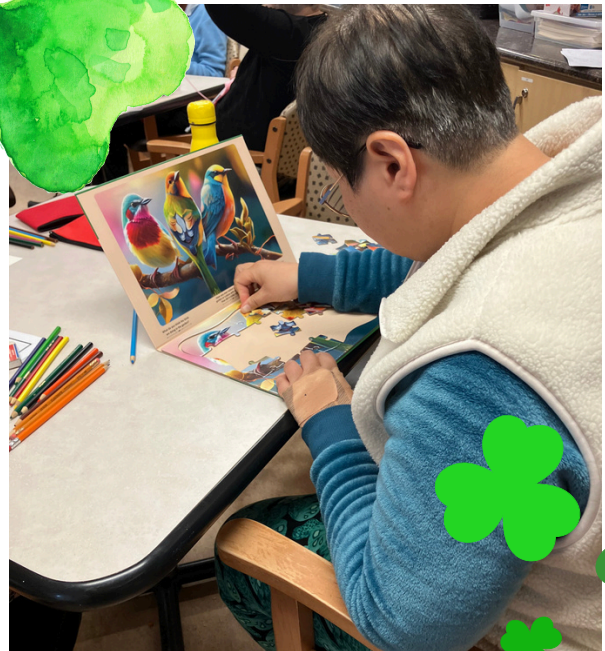

THE ADP CONNECTION

Where every activity brings joy and every experience holds purpose



GREETINGS FROM THE ADP PROGRAM TEAM

Dear ADP Clients and Families,

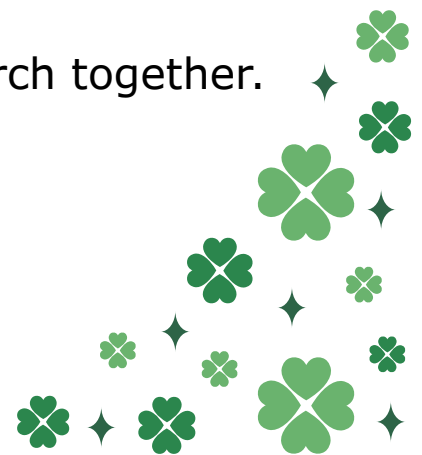
We are hopeful that the toughest winter months are behind us and are looking forward to the arrival of spring—a season that brings birdsong, longer days, green grass, and a renewed sense of lightness and gratitude.



In our Adult Day Program, we are excited to welcome this new season with innovation, variety, and fresh ideas that continue to enrich our time together. Most of all, this is a moment to express our heartfelt appreciation for each of you who remain part of our program and contribute to the strong sense of camaraderie and community that makes it so special.

We're looking forward to a vibrant and active March together.

Kate Papillo,
Adult Day Program Manager



MEET THE ADP TEAM



Julie Robinson



Shane Hanay



Joyce Kwan



Marlene Pangilinan

MARCH FACTS

Zodiac Signs

Pisces (February 19 – March 20): Dreamy, artistic, and gentle.

Aries (March 21 – April 19): Fiery, brave, and full of energy.

Birthstones

Aquamarine: A cool blue gem tied to clarity.

Bloodstone: A bold stone tied to resilience.

Birth Flowers

Daffodil: A sunny flower that stands for renewal.



QUOTE OF THE MONTH

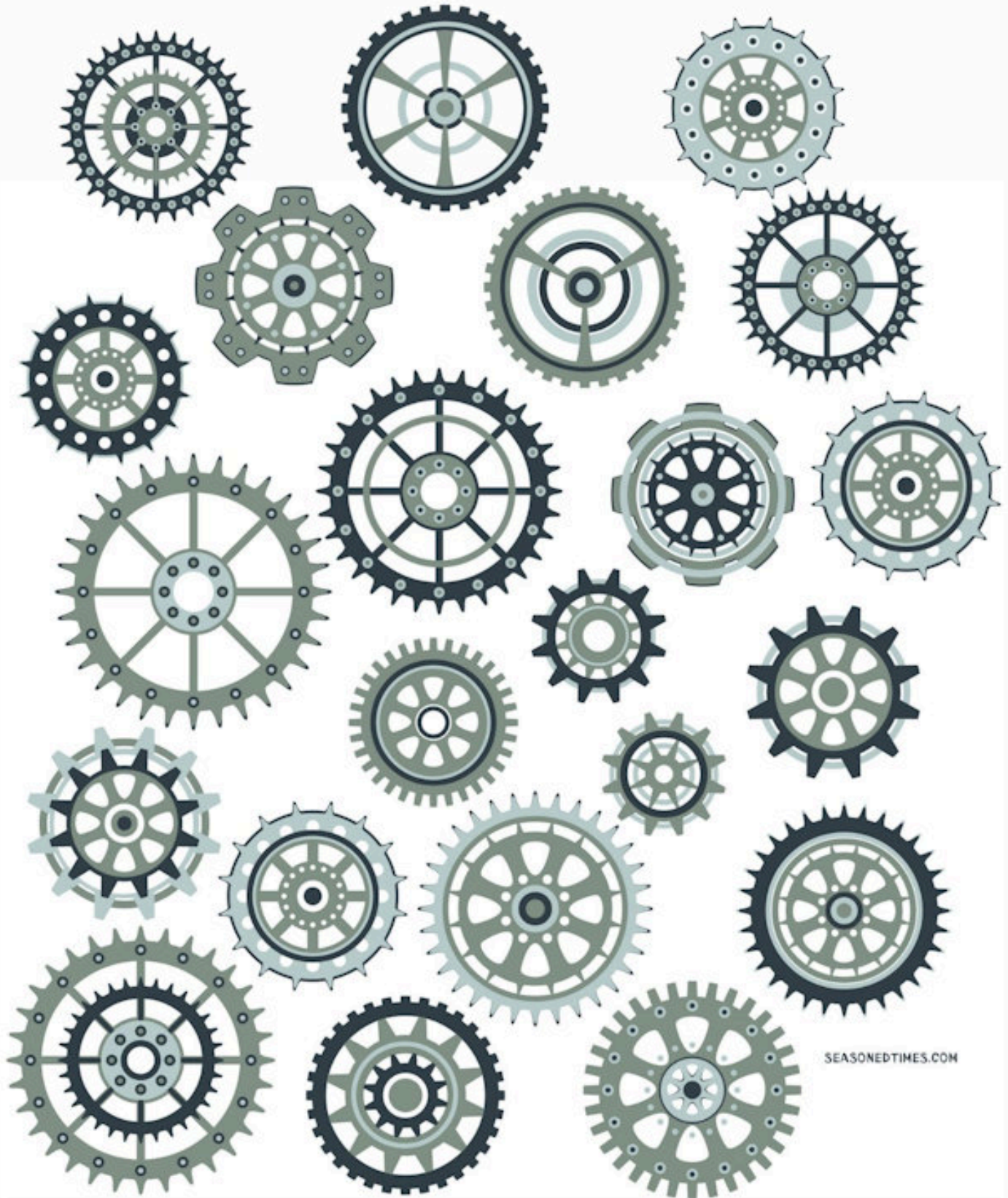
“In March winter is holding back and spring is pulling forward. Something holds and something pulls inside of us too.”

— Jean Hersey

GAMES CORNER:

TWIN GEARS

Can you find the two matching gears? Give it a try!





ST. PATRICK'S DAY SEARCH



FIND WORDS ASSOCIATE WITH ST. PATRICK. WORDS COULD BE IN ANY DIRECTION.

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

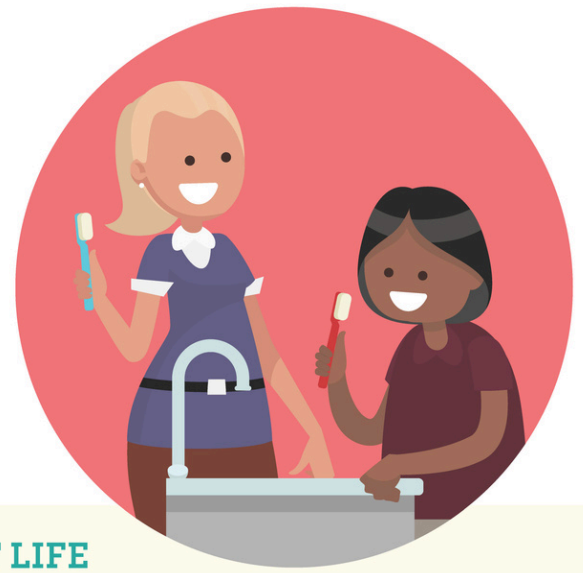
SHAMROCK
EMERALD
LUCK

LIMERICK
LEPRECHAUN
POTATO

GREEN
GOLD
SNAKE

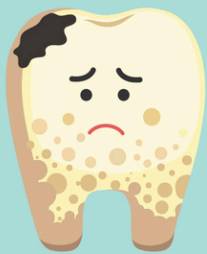


ORAL HEALTH TIPS FOR CAREGIVERS SUPPORTING OLDER ADULTS LIVING WITH DEMENTIA AT HOME



GOOD ORAL HEALTH IS IMPORTANT THROUGHOUT LIFE FOR OVERALL HEALTH AND WELLBEING

- Poor oral hygiene can:
 - Increase the risk of developing respiratory infections like pneumonia.
 - Make it harder to control blood-sugar levels in people with diabetes.
 - Increase the risk of heart attack and stroke.
 - Lower self-esteem, reduce social interactions and lower quality of life.



ORAL HEALTH AND DEMENTIA

- Older adults with dementia have more cavities than those without dementia.
- Older adults with dementia are less likely to visit an oral health professional compared to older adults without dementia.
- Research suggests that there appears to be a link between poor oral health and dementia but the exact nature of the relationship is still unknown.

AS DEMENTIA PROGRESSES MORE SUPPORT WILL BE NEEDED

- Oral care is a complex task with many steps.
- As dementia progresses, oral care becomes more difficult to complete and the level of support needed increases.

SIGNS THAT MORE SUPPORT MAY BE NEEDED:

- Does the toothbrush look like it is not being used?
- Has it been a while since the tube of toothpaste or container of floss has been replaced?
- Is there ongoing bad breath?
- Does the person have difficulty chewing food?
- As not all people can express pain, are there signs of dental pain such as frowning or grimacing when chewing food or drinking hot and cold fluids?



AS A CAREGIVER, HOW TO SUPPORT AN OLDER ADULT LIVING WITH DEMENTIA:

- Recognize that assisting or directly providing oral care to an older adult living with dementia is not an easy task and it may be uncomfortable.
- Be prepared for some resistance when assisting or directly providing oral care. Further information on tips for communicating can be found [here](#).
- Start by finding routines that are familiar to the older adult living with dementia and identify routines you are both comfortable with—such as brushing teeth together, in the same place and at the same time of day.
- As dementia progresses, some individuals may have trouble identifying their oral care tools. Consider labeling them in a way that is easy to identify (e.g., name, colors, placing dental tools and supplies in familiar places).
- Be prepared to provide reminders and prompts to help orient the older adult living with dementia that it is time to complete their oral care.
- More tips for caregivers can be found at:
 - [Canadian Dental Association: Tips for Caregivers](#)
 - [Canadian Dental Hygienists Association: Advice for Caregivers](#)



PARTNERING WITH AN ORAL HEALTH PROFESSIONAL

- Try to book appointments with an oral health professional who is familiar to the older adult living with dementia, especially in the later stages of the condition.
- Inform the oral health professional of a dementia diagnosis, even in the early stages, so that informed and appropriate treatment decisions can be made.
- Work with the oral health professional to identify strategies that can help you to better provide support and care at home.



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

