
THE ADP CONNECTION

*Our Adult Day Program is where every activity brings joy
and every experience holds purpose.*



GREETINGS FROM THE ADULT PROGRAM TEAM

Welcome to July!

As we welcome the month of July, we would like to extend a warm greeting to all of our clients and families. Summer is in full swing, and we are excited to share a variety of engaging programs and activities planned for the weeks ahead.

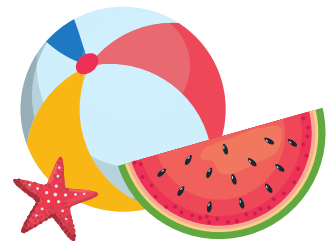


This month, participants can look forward to many exciting opportunities both indoors and outdoors. From creative arts and games to campus outings, fitness activities, nature walks, and special summer-themed events, there will be something for everyone to enjoy. Our goal is to provide meaningful experiences that encourage social connection, personal growth, fun, and well-being.

We encourage clients and families to review the monthly calendar and join us in making the most of the beautiful summer season. Please remember to dress comfortably with supportive footwear for outdoor activities, bring sun protection when appropriate, and stay hydrated during warmer days.

Thank you for being a valued part of our adult day program community. We look forward to sharing a wonderful month filled with laughter, friendship, and memorable experiences.

Wishing everyone a safe, happy, and enjoyable July!
Kate Papillo, Adult Day Program Manager



MEET THE ADP TEAM



Julie Robinson



Shane Hannay



Joyce Kwan



Marlene Pangilinan



QUOTE OF THE MONTH

July is hot afternoons and sultry nights... July is a blind date with summer." — Hal Borland

FIND 10 DIFFERENCES

FIND 10 DIFFERENCES BETWEEN THE TWO IMAGES



SUMMER WORD SEARCH



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

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AUGUST
BEACH
CAMP
FIREWORKS
HOT



JULY
JUNE
PICNIC
POOL
RELAX



SWIM
SWIMSUIT
TRAVEL
VACATION
WATERMELON

CAREGIVER CORNER

How Caregiving Podcasts Can Support Caregivers

Caregiving can be rewarding, but it can also be physically, emotionally, and mentally demanding. Caregiving podcasts provide a convenient way for caregivers to access information, support, and encouragement while driving, walking, doing household tasks, or taking a break. They often feature expert advice on topics such as dementia care, stress management, communication, self-care, and navigating healthcare systems.

Caregiving can often feel overwhelming, especially when facing new challenges or navigating unfamiliar situations. Caregiving podcasts can be a valuable source of information, offering practical advice from healthcare professionals, caregiving experts, and experienced caregivers. Topics may include managing health conditions, communicating with healthcare providers, coping with stress, and finding community resources.

Beyond education, podcasts can create a sense of connection and community. Hearing the stories and experiences of other caregivers can remind listeners that they are not alone in their journey. Many caregivers find comfort in knowing that others share similar challenges, emotions, and concerns.

Podcasts can also provide encouragement, emotional support, and practical tools to help caregivers build confidence in their role. From self-care strategies and problem-solving techniques to tips for managing daily caregiving responsibilities, these resources can help caregivers feel more prepared for the road ahead. By learning from others and accessing reliable information, caregivers can gain support, reduce feelings of isolation, and discover helpful strategies to enhance both their own wellbeing and the quality of care they provide.

Most iPhones have a Podcast Application (App). There are a variety of Caregiver Apps available (search by 'Caregiver').

Here are some and what they provide:

THE CAREGIVER'S JOURNEY – The Caregiver's Journey podcast is an innovative and refreshing way to learn how to tackle day-to-day Alzheimer's and dementia family caregiver challenges with strength, patience, and peace of mind. Using practical tips and candid conversations, Sue Ryan and Nancy Treaster help you navigate caregiving's ups and downs, so you move from feeling frustrated, overwhelmed, and sometimes frightened – to confident, balanced and supported.

CAREGIVER STORYTELLER – ABOUT ALZHEIMER'S AND DEMENTIA CAREGIVING – Welcome Caregiver Storyteller, presented by CaringKind, hosted by Dr. Anne Kenny and Perla Tamez Casasnovas, we delve into the diverse world of Alzheimer's & dementia caregiving. Through each story, we explore the dedication & unique experiences of those who walk this journey. Our podcast is more than educational, it's a space of empathy & understanding, highlighting the resilience, joy & deep emotional connections that form in the face of adversity. Join us as we navigate the multifaceted realities of caregiving, celebrating the strength & spirit of those at the heart of this experience.

SELF CARE AND SOUL CARE FOR THE CAREGIVER - Self care isn't a fad for caregivers-it's a necessity. Sandra Peoples will help you take better care of yourself so you can care for others!

Source: Podcast App – Apple iPhone



OUR MISSION

Enhancing the experience of aging, one person at a time.

OUR VISION

A progressive community hub 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

