
THE ADP CONNECTION

Where every activity brings joy and every
experience holds purpose



GREETINGS FROM THE ADULT PROGRAM TEAM

Dear ADP Clients and Families,

There's something special about October—the crispness in the air, the beautiful colors of the changing leaves, and the cozy feeling that comes with the arrival of fall.

As the seasons change around us, we may notice changes in our own moods and routines too. The shorter days invite us to slow down, enjoy meaningful moments, and spend time together.

This month, we're looking forward to filling our days with fun, laughter, friendship, and plenty of fall activities! We have exciting programs and special events planned, with opportunities to be creative, stay active, celebrate the season, and simply enjoy one another's company.

We're so happy to welcome our seniors and families into a new month. Here's to a wonderful October filled with warm memories, new experiences, and lots of reasons to smile!

Kate Papillo, Adult Day Program Manager



MEET THE ADP TEAM



Julie Robinson



Shane Hanay



Joyce Kwan



Marlene Pangilinan

OCTOBER FACTS

Zodiac Signs

- Libra (September 23 – October 22): Symbolized by the Scales, Libra represents balance, harmony, and fairness.
- Scorpio (October 23 – November 21): Represented by the Scorpion, Scorpio is known for intensity, passion, and depth.

Birthstones

- Opal: Known for its iridescent play of colors, opal symbolizes hope, creativity, and love.
- Tourmaline: Comes in a variety of colors, often pink or green, and is believed to promote healing and protection.

Birth Flowers

- Marigold: Bright and bold, marigolds symbolize warmth, creativity, and passion.
- Cosmos: Delicate and cheerful, cosmos represent peace, order, and modesty.

QUOTE OF THE MONTH

"I'm so glad I live in a world where there are Octobers."

— L.M. Montgomery, Anne of Green Gables



Memories from *September*



HOW MANY?



How many of each of the items below can you find in the group above?



CAREGIVER'S CORNER

DEMENTIA AND BEHAVIOR TIPS AND STRATEGIES AND RESPONDING TO AGGRESSION

- Watch for a sudden increase in movement to indicate anxiety.
- Respond in a supportive manner and reassure in a gentle voice.
- Reduce noise.
- Ensure that a consistent routine is maintained.
- Speak slowly and use repetition.
- Break activities into manageable steps.
- Distract the person.
- Approach slowly from the front at the same eye level.
- Leave the room for a “time out.” Remember it is the condition, not the person.
- Avoid arguing or expressing anger or irritation, verbally or non-verbally.

Example: You are having dinner with your parent. You watch them struggle to cut their meat and get the food to their mouth. You offer to help and begin to cut their food. They let you for a minute, but then grab your wrist and threaten to “smack you if you try that again!” Your parent has never laid a hand on you and you are horrified that this just happened.

Don't - Grab their hand and try to force them to let you go, Yell in surprise, Explain that you were trying to help.

Do - Remain calm and don't react, Let your arm go limp, apologize and distract them with conversation, Once they let go, give them space to cool down. Later on, think about what was behind their anger. Were they embarrassed? Could they have thought you were taking their food?

RESPONDING TO AGITATION

- Redirect person's attention.
- Remain calm and positive
- Use visual and verbal cues (gestures)
- Simplify tasks and routines
- Whenever possible, give a person options. But offer one or two choices to avoid overwhelming them. (e.g. do you want to wear this blue shirt or this red shirt? vs. what shirt do you want to wear?)

Example: During a visit with their partner, a person fidgets, picks at their clothes and seems restless. They can't sit still and their partner is getting upset with their behaviour.

Don't - Ask them to stop picking, Tell them to calm down, Raise your voice

Do - Give them something to hold, Distract their attention with music
Talk about a happy moment in their life, Go for a walk, Consider the environment: is it too noisy or bright? Consider the time of day: are they tired?

Credit: Alzheimer Society of Canada



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

