

May, 2019

501(c)3 Charitable Organization,
thankful for all donations and
memorials.

Joyful Journey

ADULT DAY SERVICE

600 Lindberg Road
West Lafayette, IN 47906
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www.joyfuljourneywl.org



REMINDER

Joyful Journey will be
closed for Memorial
Day, Monday, May 27.



Joyful Journey's Future is Bright!

In February, Joyful Journey's Board of Directors wrapped up the initial phase of a 5 year strategic plan. This plan outlines how our amazing staff will continue to offer the best day services in our region along with specialized programs and unique educational opportunities. It is with enthusiasm that the Joyful Journey Team makes specific steps towards achieving the 4 goals outlined in our plan: Energizing Programs, Enthusiastic Professionals, Engaged Advocacy, and Enabling Resources.

Effective Communication Strategies

A Free Education Program Sponsored by the Alzheimer's Association

Communication is more than just talking and listening – it is also about sending and receiving messages through attitude, tone of voice, facial expressions and body language. As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect.

Join others as they explore how communication takes place when someone has Alzheimer's. Learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease.

When: Saturday, May 8th, 10am
Where: Tippecanoe Senior Center
2000 Elmwood Avenue, Lafayette
Registration: RSVP by calling 800.272.3900 or
online at bit.ly/lafayetteECS

Television and Dementia

Most people living with dementia are no longer able to stay focused on lengthy story lines due to real physical changes in their brain. Chances are a television show that lasts ½ hour or more may not keep them engaged. Try finding something of a shorter period of time so you can finish a project or unwind from your day. YouTube has a variety of compilations and medleys that offer short, entertaining snippets including children dancing, funny pets, world's biggest trucks, and babies!! You might find yourself watching along side them and feeling more relaxed too. Win, Win!

Modeling how Music Meets our Minds

One of the ways we help a Friend feel successful and joyful is to find a few of their favorite songs and sing with them! If you don't already know their songs, search on-line for "top ten hit songs" for the years when the person was 15 - 22 years old. Armed with the tune names, it's usually possible to find a recording on YouTube or Pandora Radio for free. Lee and Karen sing along with her favorite tunes a couple of days a week.....and their smiles prove just how powerful music/singing can be in our lives!



Came the Spring with all its splendor, all its birds and all its blossoms. All its flowers and leaves and grasses.

Henry Wadsworth Longfellow