



Moms In The Mission

Volume 3, Issue 1

Today's Mission—Elderday Center

Elderday Center is a supervised adult daycare program for seniors in the Fox Valley (Batavia, IL). Ours is one of the largest and most active adult daycares in the Fox Valley and the whole Chicago area. We also offer specialized respite services to caregivers.

Not all seniors who are experiencing age-related health problems need nursing home care. Some are just frail or suffering from isolation, depression, loneliness, Alzheimer's Disease, or another form of dementia.

Elderday encourages seniors to do as much as possible for as long as possible. Structured daily activity is vital to maintaining independence. Seniors with dementia or depression particularly

benefit from the stimulation they receive at Elderday Center senior daycare. Watching TV can contribute to isolation, loneliness, memory loss, and physical deterioration.

Being active helps prevent these.

SENIORS CAN PARTICIPATE IN:

- Exercise for physical stimulation
- Games and recreation for mental stimulation
- Outings
- Hot lunches and two snacks
- Pet therapy
- Musical programs
- Intergenerational activities

ELDERDAY CENTER OFFERS:

- Opportunities to socialize to reduce loneliness, depression, and isolation
- Exercise and recreation for stimulation of the mind and body to slow memory loss and maintain physical health
- Group and individual activities for stimulation
- Meals and snacks
- Professional supervision for those with dementia
- Respite for caregivers

Look for fundraiser information for Elderday Center on the back of this newsletter!



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What to bring for next month's meeting:

- Fruit for Lazarus House
- Pop tabs for Ronald McDonald House Charities (RMHC)
- Gently used bath or hand towels - NO tea towels
- Snaps or shoestrings

Make A Difference Day October

And make a note of Make a Difference Day on **October 24th from 2pm until 5pm...** we will be putting totes together for families with babies in the NICU at Children's Memorial at Central DuPage Hospital. The totes will contain items from toiletries to journals and

disposable cameras. More details will be coming soon for ways to donate or get donations, help with set-up, etc.

Make a Difference Day is a national day of charitable action created by USA Weekend Magazine in partnership with Newman's Own Char-

ities. MITM members are encouraged to bring their families (children of any age included), friends, neighbors, etc. This is a wonderful way to help children understand the power of community and giving and to empower them to understand they can make a difference!

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Fall Mum Sale to Benefit Elderday Center

September 10, 11, 12

10 AM—4 PM

Bethany Ministry Center
8 S. Lincoln
Batavia



Mums will sell for \$10 each and all proceeds will benefit the Elderday Center—what a great way to support this month's mission

and get a beautiful mum just in time for fall!

If you have a large order of 20 or more plants, free local delivery is provided.

October's Mission

For our October meeting we will be supporting the Homemakers Education Association. There are 6 units operating within Kane County—the unit we will be supporting is headed up by Sandy Nicholson. They will use the towels donated by our group as “clothing protectors” (bibs) for nursing homes in the area for them to use during meal time. They also provide the bibs to Lit-

tle Angels in Elgin, which care for mentally and physically disabled people.

The bibs are donated to nursing and group homes free of charge. The women of Homemakers Education Association will use our donations of towels, snaps and strings to create the bibs.



They will cut the towels, bind up the sides and put either strings or snaps on them. Please, no tea towels—they aren't big enough for this purpose.

Be sure to join us for our next meeting **on Tuesday, October 13th from 9-11 am!**

Meeting Notes