

Pleasant Thoughts



Festival of Wreaths and Why



Music



The Festival of Wreaths/Holiday Benefit Gala, now in its 18th year, is Pleasant Day's *only* fundraiser. The financial results of the Festival of Wreaths determines the level of Christmas for the participants of Pleasant Day. The first thing is gifts, not all the same; but from the participant's wish list. Sometimes, Santa has to be innovative in order to fill at least part of each wish list. Then there is Christmas dinner, real turkey and all of the rest of dinner is homemade, including rolls and apple pie a la mode. Participants take part in trips and are visited by more people than we can mention on just this front page. Christmas is a month long celebration! For some of our participants, Pleasant Day Christmas is the only Christmas they have, and all of it is because of the commitment and dedication that comes from *you*. These pictures cannot fully describe the happiness that these participants feel during this time because of the donations and bids that you make on the auctions during the Holiday Benefit Gala night. Let's make this another Christmas for the participants to remember.



Presents



Trains



Parades

A MESSAGE FROM THE EXECUTIVE DIRECTOR:

I am asking for your help. I realize that because of the terrible storms everyone is asking for donations. Everyone needs help but I was taught that charity begins at home. Pleasant Day participants have lived here most of their lives and they need our help to continue to live independently. Without Pleasant Day services, participants could wind up in a nursing home rather than in their own home or living with their family. Pleasant Day needs help to continue to provide these participants with the services that will keep them independent.



Jackie J. Vickers

I want to let everyone know that the Festival of Wreaths / Holiday Benefit Gala volunteers, staff and participants enjoy the fun work that goes into this event but being a non-profit the goal is to support Pleasant Day participants. We enjoy welcoming all of the people who visit, bid on wreaths and bid on an eclectic collection of auction items during the Gala, but foremost think of this as a fun and beautiful fundraiser to support Pleasant Day in its goal to help the elderly and disabled; people who the community know as neighbors. Everyone who attends Pleasant Day is sick and everything we do with and for them is part of their doctor's service plan, from trips to decorating sugar cookies.

Please, if your business will be a Sponsor, call me. If you or your family want to be a Sponsor or a Patron, let me know. You may want to make a donation in memory of loved one. In advance, I want to thank you for all of your help.

Jackie




First Wreaths Submitted



The first submissions to the 2017 Festival of Wreaths are here! The pair, donated by Anne Whaples, will be available for bidding during Pleasant Day's Festival of Wreaths silent auction that runs from November 16th through December 7th when bidding ends at the Holiday Benefit Gala.

If you are interested in submitting a wreath for this year's Festival of Wreaths, the wreath entry deadline has been extended to November 8th. Please consider submitting your wreath sooner rather than later. The event takes several months to prepare and the more time we have to take pictures and plan, the better. Thank you!

Pleasant Thoughts
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"A Place Like Home"
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Thanksgiving Requests

Thanksgiving! Many Pleasant Day participants do not have traditional Thanksgiving dinner at home so their “Pleasant Day” Thanksgiving Dinner is their “Thanksgiving Dinner”.



Just think of roast turkey, stuffing, mashed potatoes, gravy, string beans, and cranberry sauce, served with hot homemade rolls. Finish with

sweet potato or pumpkin pie. This is the traditional Thanksgiving dinner that Pleasant Day serves the day before Thanksgiving.

Tolley’s Catering caters the dinner using “real turkeys” or, as Jackie says, “turkeys that have “enny” parts (the part that goes over the fence last). Pleasant Day has to supply the frozen turkeys. We are asking if 10 friends will donate a 20 pound turkey, \$25, or whatever you can donate.

If more friends will donate \$10 each, it will pay for the homemade pies. If Pleasant Day is fortunate enough to have more money donated than is needed for Thanksgiving, the balance will be used toward the cost of the annual Christmas dinner, also with real turkeys and homemade pies.

So, please send in donations and a special thanks to all of you who support the holiday dinners and keep the Pleasant Day tradition alive. Call Jackie Vickers at 410-228-0190 for more information.



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*Fall tree decorated by
Roz Wallace.*

Nurses Corner

by Lisa Lewis, RN



Don't Let the Flu Get to You

CNN states: “The big one is coming, and it’s going to be a flu pandemic.” Flu season begins in October, peaking in December through February, and lasting as late as May.



Practicing the following preventive actions can reduce the spread of germs:

- * Avoid close contact with sick people. If sick, limit contact with others.
- * If sick with flu-like symptoms, the CDC recommends you stay home for at least 24 hours after the fever is gone unless medical care is urgent.
- * Cover your nose and mouth with tissue and then discard immediately into the trash and wash your hands.
- * Wash hands with soap and water for twenty seconds (If you have no soap and water, use at least 60% alcohol-based hand sanitizer).
- * Avoid touching your eyes, nose and mouth.
- * Clean and disinfect surfaces and objects that may be contaminated with flu-like germs.
- * Receive the flu vaccine.

This year, the CDC recommends the injection and *not* nasal spray. The following people are recommended to get flu vaccine: health care workers, young children, people with chronic health conditions and those who are 65 years and older.

Pleasant Day Medical Adult Day Care encourages employees and participants to get the flu vaccine. Craig’s Drug Store was at the Center to provide vaccinations. If participants still needs a flu shot, please see nursing. If they have already received the injection, please make sure their medical records are up to date.

THANK YOU for your donations in August-September

- | | |
|--|-------------------------|
| Marie Halverson | Starr & Hubert Trego |
| Marie Perry | Family of Minnie Insley |
| Jeannie Whirley | Royce & Pat Edwards |
| Mrs. Simone Turnell | Elaine Neal |
| John Matthews | Crystal Travers |
| Shirley Dail | Joyce Horsey |
| Dr. Leona Odemena | Elsie Jones |
| Wendy & Tom Wilson | Bill & April George |
| Newcomb & Collins Funeral Home, P.A.
Anonymous Donors | |

What's Up with Missy?

Pleasant Day Medical Adult Day Care participants have celebrated many cool things in October including; pet therapy, apples, cookbooks, country music, caramel, talking prescriptions, positive attitude, reading, popcorn popping, depression education, newspapers, football, random acts of poetry, "Leave it to Beaver", denim day, smiling, submarine-hoogie-hero-grinder, pumpkin patch, Columbus Day, knock-knock jokes, and Halloween. Trick or Treating on the 31st with Pleasant Day participants and staff was a monster mash BASH!



In November, Pleasant Day festivities include; Diabetes Health, giving thanks, the sandwich, family stories, turkey, Veterans' Day, scrapple, tongue twisters, vinegar, pizza toppings, the Nutcracker Suite, memories, Phil Donohue, Meet the Press, daylight savings time, healthy skin, pomegranates, raisins, aviation history, model railroads, Native American heritage, and pine cones. Thanksgiving Dinner for participants and staff is November 22nd. Please mark your calendar for the upcoming events and as always...



Thank you and Have a Pleasant Day!


Article by Missy LeCompte, Activities Coordinator at Pleasant Day

Ocean City Trip



Perfect skies allowed for a wonderful excursion for the annual Pleasant Day Ocean City trip. Participants were treated to hamburger and fries from The Atlantic Stand and caramel popcorn from Dolle's. After lunch, participants rode the tram up and down the boardwalk and shopped at the local stores. Thank you to everyone that helped make this a memorable day.

Family and caregivers:




With cold weather approaching, participants are starting to wear coats and jackets. Please label them with the participant's name.

Pleasant Day Medical Adult Day Care Center is operated by the Dorchester County Commission on the Aging, Inc. in full compliance with Civil Rights and Equal Opportunity legislation. Pleasant Day provides respite care for Alzheimer's victims, supervises the care of early discharge hospital patients, and provides ongoing medical supervision for persons with chronic medical problems. If you, or someone you know, is in need of Medical Adult Day Care, ask your personal physician for a referral to Pleasant Day, or call us at 410-228-0190.



The students of Open Bible Academy returned to Pleasant Day to sing for participants. After the songs, the students went around the audience and gave free hugs.



November is Model Railroad Month. Railroad enthusiast Hubert Trego will be speaking to participants about model railroads on November 28th.

Happenings at Pleasant Day



Baked chicken, live music, and an impromptu dance party made for an enjoyable Labor Day front yard picnic. Thank you to Chuckie Love and Tolley's Catering for the music and food.



With autumn here, Pleasant Day participants held a fall hat show to showcase their handmade hats. Participants decorated their hats with fruit, flowers, and even their favorite sports teams to show their team spirit.



Dave Ryan, editor of the Dorchester Banner, spoke to participants about the continuing importance of the newspaper for delivering local and regional news to the community.



If fine art is a matter of taste, then everyone is a Rembrandt at Pleasant Day. Participants decorated their own fall cookies with frosting and sprinkles and then sampled their work.



Service dog Katey and her trainer Deb Yost talked to Pleasant Day participants to explain the importance of service dogs and their roles during National Service Dog Month.



When inclement weather prevented Pleasant Day from holding its picnic at Great Marsh Park, indoor activities were scheduled instead. Competitions in blowing cups across the table, noodle toss, and team croquet were played by participants for prizes.



Several small pumpkins were donated to Pleasant Day. The pumpkins were painted into jack-o'-lanterns by participants and used as table decorations throughout October.



With football season in full swing, Pleasant Day participants have been making their best guesses at the winners of weekly NFL games. Congratulations to the first three winners for having the most accurate predictions: George Roberts, William Ulevich, and Walter Brock.

Happenings at Pleasant Day Pets on Wheels



Using teamwork, Pleasant Day staff and participants crafted beautiful centerpieces made from Mason jars, purple popcorn seeds, pieces of canvas, and a candle that will help decorate the dining hall at Pleasant Day for the fall season.

Pumpkins made of paper and colored with crayons and pencils were made by Pleasant Day participants to take home with them to prepare for the Halloween season.



For American Pharmacists Month, Chuck Kelly of Craig's Pharmacy spoke to Pleasant Day participants and answered their questions about flu shots and the importance of being inoculated.



Everyone can learn something at the Dorchester County Historical Society! Pleasant Day participants took a field trip there to see all of the displays about local life in the past.



Cold nose, warm heart! The adorable doggies of Pets on Wheels, led by pack leader Linda Aaron, will be visiting Pleasant Day participants on the third Monday every month until the end of the year. If you and your pets would like to join Pets on Wheels, please contact Linda Aaron at (443) 521-7798 for more information.



A Halloween Minute-to-Win-It was held at Pleasant Day, pitting participants and staff against each other for prizes. From pulling out tissues the fastest, eating a cookie on your head without using your hands, and sorting candies, everyone had fun and a good laugh.



For center closings due to inclement weather, please listen to **WCEM radio (AM 1240 or FM 106.3), WHCP (101.5), WAAI (FM 100.9), WTDK (FM 107.1),** or watch **WBOC, WMDT or WBAL (TV).** This information is usually available between **6:30-7:00 a.m.** In most cases, we will also have a message on the Pleasant Day answering machine (410-228-0190).



On Sunday, November 5th, Daylight Savings ends at 2 am. Please remember to set your clocks back one hour before you go to bed the night before. This is also an excellent opportunity to check your batteries in both your clocks and your smoke detectors!

Adult Day Services Week

Pianothon



For the tenth consecutive year, Pleasant Day held its Pianothon for Adult Day Services Week. Thank you to Sheila Herbert and Deen Wright for volunteering to play.

VFW #7460 Crab Feast



One of the most anticipated events held at Pleasant Day, the annual crab feast gave seafood lovers all they could eat of delicious Chesapeake Bay Blue Crabs provided by Lindy's Seafood. Thank you to all of the pickers and helpers that came down to make this day possible. Many thanks to the VFW #7460 for sponsoring this feast.

Lunch at Old Salty's Restaurant



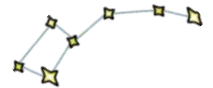
A round of bus bingo through southern Dorchester County and lunch at Old Salty's Restaurant were the order of the day. Pleasant Day participants enjoyed a hot roast beef sandwich, green beans, and cole slaw, followed by a slice of pie for dessert.



Gabbin's Soft Ice Cream



Participants tested their strength by throwing a wet t-shirt for the amusingly named wet t-shirt contest. For their reward, the Gabbin's Soft Ice Cream truck gave participants a cup or cone of ice cream, paid for by an anonymous donor.



HTUGRR Visitor Center Trip



Adult Day Services Week concluded with a tour of the pictures and stories of the Harriet Tubman Underground Railroad Visitor Center.



Dorchester County Commission on the Aging, Inc.

*Pleasant Day
Medical Adult Day Care
"A Place Like Home"*

2474 Cambridge Beltway
Cambridge, MD 21613

Return Service Requested

**Pleasant Day
Medical Adult Day Care**
"Your Care is our Business"

**Find the
hidden
frog!**



This is not the hidden frog

Place
Label
Here



Pleasant Day will be closed on Thursday, November 23rd and Friday, November 24th. Please plan accordingly and have a happy and safe Thanksgiving holiday!

**Attention: State Employees/Retirees
Designation Code 2415**

Pleasant Day is pleased to announce that the Office of the Secretary of State has once again approved the Dorchester County Commission on the Aging, Inc. t/a Pleasant Day Medical Adult Day Care to be part of the Maryland Charity Campaign. The campaign time frame will be from October 4th, 2017 - December 15th, 2017.

To all of you who designated your donation to us (#2415), listed alphabetically under the Dorchester County Commission on the Aging, Inc., the non-profit that operating Pleasant Day Medical Adult Day Care, thank you so very much! All funds go to help Pleasant Day participants. I hope you will designate us to receive your withholding deduction again this year and encourage others to do the same. Thank you again!

**Pleasant Day
Medical Adult Day Care Center**

PLEASANT DAY is:

MEDICAL

Attendance is prescribed by your physician
Nurses are on duty 100% of time
Nurses provide medical services and treatment
Nurses are in contact with your doctor
Nurses administer medications & observe for effects



ADULT

Any adult who needs regular medical help

DAY

Opens at 8:00 - Closes at 4:00 - 5 days a week
No beds - No one stays overnight

CARE

Help with toileting, bathing, eating, walking
Providing support, stimulation and exercise
Nurturing staff who are State certified and licensed

CENTER

A fresh, clean, home-like setting providing coordinated care so that:

- You continue to live in your home or with family
- You don't have to go to a nursing home
- You attend as many days as you like
- You help your loved ones to help you