

Generation Station LLC

September 2015 Newsletter...Volume 1

September 7th is Labor Day and the Generation Station is CLOSED!

Services offered at the Generation Station

The Generation Station is an Adult Social Day Center. For your care and convenience we staff the same as a Medical Day Care Center with NJ State Licensed Professionals, although we charge a fraction of the price.

For your convenience and well being we have a Physical Therapist and Social Worker who join our staff several times a week. This means that you do not have to go elsewhere for those services and family members or caregivers are not tasked with having to take time off work to get those services provided to you. These professionals are billed separately from the Generation Station, and therefore you will receive an explanation of those benefits from your insurance company, just as you would any other medical service. You may receive an additional bill from the Generation Station for your co-pay if required, which must be paid in addition to what you are paying for social day care.

We are happy that we are able to provide these added services to you. Please let us know of any other services you would like for us to add or if you have any questions about our services.

It's Care Plan Time...

Once each year we like to spend with you and your family members to review any changes that you may have in health or needs from our staff. We will be scheduling appointments in October, to meet with you and your family to talk about anything that we can do to better serve you and any changes in your health status or daily needs.

We will also discuss your ability to travel, go on weekly trips and participate in daily activities that are offered in the coming seasons.

If your family needs to have an evening appointment, please let us know as soon as possible so that we can accommodate them.



Recipe of the Month

APPLE-ZUCCHINI BREAD by Nancy C, adapted from *Taste of Home*

Makes 1 (8 x 4") loaf

- 2 cups all-purpose unbleached flour
 - 1/2 Tablespoon baking soda
 - 1/4 teaspoon salt
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
 - 2 large eggs
- 3/4 cup light olive oil or non-GMO canola oil
 - 1 cup sugar
 - 1/2 cup packed light brown sugar
 - 1/2 Tablespoon vanilla extract
 - 1 cup shredded unpeeled zucchini
- 1/2 cup shredded peeled apple (I used a Granny Smith apple)
 - Optional: 3/4 cup chopped pecans or walnuts

Preheat oven to 350°F. Grease and flour a 8 x 4" loaf pan well; set aside (If you use a 9 x 5" loaf pan, your baking time will be a little less, and your loaf will not look quite as full, since it will be a little wider and longer).

In large bowl, combine flour, baking soda, salt, cinnamon, and nutmeg.

In medium bowl, beat eggs; add oil, sugars, and vanilla, blending well. Pour this mixture over dry ingredients and mix well. Stir in zucchini, apples, and pecans or walnuts, if using (batter will be thick). Spoon batter into your prepared 8 x 4" loaf pan. Bake at 350° degrees for 55 to 60 minutes or until toothpick inserted near center comes out clean (if you use a 9 x 5" pan, your baking time may be more like 50 to 55 minutes).

Cool in pan for 15 minutes, then remove to a wire rack to cool completely. Note: even though I greased and floured my loaf pan, I still had to loosen the edges of the loaf with a knife so it would come out easily.

**Geno & Loretta
have invited us to their home...**

Mrs. Grace Key's family is hosting an End of Summer Bar-B-Que for the members of the Generation Station! We will be going to enjoy good food, fun with friends, swimming, (be sure to wear your bathing suit), and games on

Thursday, September 3rd at 11.

Since we are having our own picnic we will not attend the County event on the 9th!

We greatly appreciate their hospitality!!



Update on Transportation

The Generation Station is moving away from the pick-up and drop off of those attending the program. We are always willing to assist those who drive themselves or have family members who bring them in and pick them up. With very few exceptions, beginning September 15, 2015 we can no longer provide pick-up and drop-off service.

Access Link has already begun transporting those who need transportation. If you need information on Access Link please call us at (856) 467-6687 and we will be happy to assist you in receiving the service. Please ask for Linda, our Social Worker and she will set up your appointment. Access Link will also take you on other errands and appointments, as well as to the Generation Station.

6 Steps to Improve Your Memory

1. Learn something

Stimulating the brain helps it develop a resilience that allows us to fight off diseases like Alzheimer's, says Paul D. Nussbaum, Ph.D, an adjunct professor of neurological surgery at the University of Pittsburgh School of Medicine who has been working with AARP on its **brain health** program. "Age doesn't matter," he says. "We have the ability to shape our brains throughout our lives."

2. Sleep

Getting fewer than six hours of sleep a night can raise the risk of stroke, according to research presented at a 2012 Associated Professional Sleep Societies meeting.

3. Eat right

More than half your plate should be filled with green, leafy vegetables. **Get plenty of fish, nuts and olive oil**; steer clear of refined carbs. A 2009 Columbia University study found that this kind of diet may help ward off Alzheimer's.

4. Challenge yourself

"The number one memory complaint people have is that they're bad with names," says neurologist Majid Fotuhi, M.D., Ph.D. "People need to stop whining and realize they can do it!" His prescription: Memorize three names a day — such as those of an announcer on TV, a person in your company and a key player on your favorite sports team.

5. Walk with a friend

Psychiatrist Gary Small, M.D., calls this a triple threat against Alzheimer's disease: It gives you a **cardiovascular workout**, stress-relieving social interaction and mentally stimulating conversation.

6. Meditate

Reduced anxiety improves blood flow to the brain. A quick calm-me-down: Inhale for a count of seven, hold for a count of seven, exhale for a count of seven. Repeat seven times. Courtesy of AARP.com



Word Search

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

See how many of these newspaper related words you can find in the puzzle. The words can be forward, backward or diagonal.

Created by Sue Lindlaut
Grand Forks Herald 2012

- | | | | |
|--------------|------------|--------------|--------------|
| 1. LABOR | 5. WORK | 9. SUMMER | 13. AMERICAN |
| 2. DAY | 6. LONG | 10. NATIONAL | 14. MONDAY |
| 3. HOLIDAY | 7. WEEKEND | 11. USA | 15. DAY |
| 4. SEPTEMBER | 8. ENDING | 12. TRAVEL | 16. OFF |

TGS...All Aboard!

SEPTEMBER 2015

Daily Activities

8:30am-9:15am

Breakfast:

9:30am to 10:15am

Word of the Day

Current Events

PT/LCSW Appts

10:20 am to 11:00 am

Let's Get Moving

11:15am to 12 Noon-

Open forum

Group games

12:15pm - 12:45pm

Lunch

12:45 pm -1:30pm

Bingo/Discussion Groups

TV Groups

1:30 to 2:45

Clubs

(Cards, Book, Arts & Crafts,
Bible Club)



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Sloppy Joes Chips Dessert	2 BBQ & Pool Party Trip	3 Chicken Nuggets Fries, Veg Dessert	4 Chefs Choice	5
6	7 Labor Day TGS Closed	8 Fish Sticks, Mac N Cheese, Veg Dessert	9 Gloucester County Senior Picnic	10 Hot Dog, Baked Beans, Potato Salad, Dessert	11 Chefs Choice	12
13	14 Chefs Choice	15 Hot Turkey Sand w/ Gravy, Mashed Potatoes Veg, Dessert	16 Sausage N Peppers w/ Onion & Peppers w/ Roll, Chips Dessert	17 Ham & Cheese Sandwich, w/ Lett & Tom, Soup Dessert	18 Chefs Choice	19
20	21 Chefs Choice	22 Chicken Patty on Roll, Macaroni Salad, Veg, Dessert	23 Italian Hoagie Chips Dessert	24 Salisbury Steak, Mashed Potatoes w/ Gravy, Veg Dessert	25 Chefs Choice	26
27	28 Chefs Choice	29 Beef Lo Mein w/ Broccoli & Onions Dessert	30 Lasagna Side Salad Italian Bread Dessert			

Find the Generation Station at:

Angie's list.



a
place
for
mom.



Care.com



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**It's a GREAT day at the Generation Station!
You won't want to miss another day!**

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