

MEMORIAL DAY

ESTABLISHED AFTER THE CIVIL WAR BY UNION VETERANS AND NAMED
DECORATION DAY
1st celebrated at Arlington National Cemetery on
MAY 30th 1868

Waterloo, N.Y. is considered to be the birthplace of **MEMORIAL DAY**

1971 Year that Memorial Day was established as an official holiday

NOW CELEBRATED ON THE LAST MONDAY IN MAY

IN 2010, CONGRESS PASSED AND THE PRESIDENT SIGNED AN ACT CREATING A

NATIONAL MOMENT OF REMEMBRANCE

WHICH ENCOURAGES PEOPLE TO STOP AT 3 P.M. FOR A MOMENT OF SILENCE

Memorial Day pays tribute to those

U.S. SERVICE MEMBERS WHO LOST THEIR LIVES



1,196,793 Total war casualties, over 300,000 of which are buried at Arlington National Cemetery in Washington, D.C.

An average of **28** burials occur each weekday at Arlington – **6,900** annually

220,000
FLAGS PLANTED AT ARLINGTON FOR MEMORIAL DAY IN 2012

3rd
U.S. ARMY INFANTRY REGIMENT, OR THE "OLD GUARD," HAS PLACED FLAGS ON ARLINGTON GRAVES SINCE 1948



Laurelbrooke
Personal Care
May 2020

Care Planning for COVID-19

A family caregiver already has a very difficult job. There is so much to do for your elderly loved one, especially for those with difficult chronic conditions such as Alzheimer's disease. At the same time, you still have to handle all the other family and work responsibilities in your life. And you have to care for yourself, too. Now pile on the Covid-19, the lifestyle changes it demands and the health risks it creates. So you add extra handwashing and disinfecting, face masks and social distancing to your care regimen.

Here's one more thing to do. Plan a course of action if your loved one shows symptoms of the virus. Think about how you will quickly set up an area for quarantine so you and others do not get infected while still providing needed care. Also, know when you should contact medical professionals and be ready to support their efforts...just in case.

What is a care plan?

During the COVID-19 crisis, having a care plan is an important part of emergency preparedness. A care plan is a document that sums up a person's health conditions, lists current treatments and requirements, and contains key personal data. The plan should include information on:

- Health conditions.
- Current medications and therapies.
- Healthcare providers.
- Emergency contacts.
- Caregiver resources.

Having a care plan ready in a health emergency can save critical time while helping medical personnel to be aware of the patient's needs and provide the best possible care. To make the care plan process easier for you, the CDC offers a couple of forms in which all you have to do is fill in the blanks.

Download at: <https://www.cdc.gov/aging/caregiving/pdf/Complete-Care-Plan-Form-508.pdf>

Laurelbrooke Personal Care Activity Calendar - May 2020

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
		KEY								1		2	
	**Schedule is tentative.	HC	- Harmony Circle							9:15 AM	Move And Groove—Jasmine	9:00 AM	Good News—HC
	Activities are subject	PC	- Personal Care							10:00 AM	Move and Groove—HC		Good News—PC
	to change based on	GR	- Great Room							11:00 AM	Finish The Sentence Trivia—HC	7:00 PM	Color Me Happy—HC Aides
	current social	PCDR	- Personal Care							1:00 PM	Bingo—Periwinkle		
	distancing protocols		Dining Room							2:00 PM	Outdoor Walks—Honeysuckle		
										3:00 PM	Meditation and Music—HC		
										4:00 PM	Playdough Fun—HC		
										7:00 PM	Name That Tune—HC Aides		
3		4		5		6		7		8		9	
9:00 AM	Gospel Music and Televised Church—HC	9:15 AM	Move and Groove—Periwinkle	9:00 AM	Memory Game—Jasmine	9:15 AM	Move and Groove—Honeysuckle	9:00 AM	Memory Game—Periwinkle & Honeysuckle	9:15 AM	Move and Groove—Jasmine	9:00 AM	Good News—HC
10:00 AM	Gospel Music and Televised Church—PC	10:00 AM	Exercise and Relaxation—HC	10:00 AM	Thirst Quenchers and Chats—PC	10:00 AM	Simon Says Exercise—HC	10:00 AM	Thirst Quenchers and Chats—PC	10:00 AM	Exercise—HC		Good News—PC
		11:00 AM	Gospel Music—HC	11:00 AM	Outdoor Strolls—HC	11:00 AM	Bible Trivia—HC	11:00 AM	Outdoor Strolls—HC	11:00 AM	Memory Game—HC	7:00 PM	Color Me Happy—HC Aides
7:00 PM	Jokes of Fun—HC	1:00 PM	Bingo—Honeysuckle	1:00 PM	Craft—Honeysuckle & Periwinkle	1:00 PM	Bingo—Jasmine Hall	1:00 PM	Craft—Jasmine	1:00 PM	Bingo—Periwinkle		
		2:00 PM	Outdoor Walks—Jasmine	2:00 PM	Thirst Quenchers—HC	2:00 PM	Outdoor Walk—Periwinkle	2:00 PM	Bingo—HC	2:00 PM	Outdoor Walks—Honeysuckle		
		3:00 PM	Bible Trivia—HC	3:00 PM	Bowling—HC	3:00 PM	Eye Spy Outside—HC	3:00 PM	Resident’s Choice—HC	3:00 PM	Meditation and Music—HC		
		4:00 PM	Balloon Battle—HC	4:00 PM	Resident’s Choice—HC	4:00 PM	Color Me Happy - HC	4:00 PM	Balloons and Bubbles—HC	4:00 PM	Mother’s Day Inspiration—HC		
		7:00 PM	Resident’s Choice—HC Aides	7:00 PM	Ice Cream Social—HC Aides	7:00 PM	Trivia—HC Aides	7:00 PM	Good Old Days Reminisce—HC Aides	7:00 PM	Name that Tune—HC Aides		
10 Mother's Day		11		12		13		14		15		16	
9:00 AM	Gospel Music and Televised Church—HC	9:15 AM	Noodle Ball Exercise—Periwinkle	9:00 AM	Finish the Sentence Trivia—Jasmine	9:15 AM	Noodle Ball Exercise—Honeysuckle	9:00 AM	Finish the Sentence Trivia—Periwinkle & Honeysuckle	9:15 AM	Noodle Ball Exercise—Jasmine	9:00 AM	Good News—HC
10:00 AM	Gospel Music and Televised Church—PC	10:00 AM	Exercise and Relaxation—HC	10:00 AM	Thirst Quenchers and Chats—PC	10:00 AM	Simon Says Exercise—HC	10:00 AM	Thirst Quenchers and Chats—PC	10:00 AM	Exercise—HC		Good News—PC
		11:00 AM	Gospel Music—HC	11:00 AM	Outdoor Strolls—HC	11:00 AM	Bible Trivia—HC	11:00 AM	Outdoor Strolls—HC	11:00 AM	Finish the Sentence Trivia—HC	7:00 PM	Color Me Happy—HC Aides
7:00 PM	Jokes of Fun—HC	1:00 PM	Bingo—Honeysuckle	1:00 PM	Craft—Honeysuckle & Periwinkle	1:00 PM	Bingo—Jasmine Hall	1:00 PM	Craft—Jasmine	1:00 PM	Bingo—Periwinkle		
		2:00 PM	Outdoor Walks—Jasmine	2:00 PM	Thirst Quenchers—HC	2:00 PM	Outdoor Walk—Periwinkle	2:00 PM	Bingo—HC	2:00 PM	Outdoor Walks—Honeysuckle		
		3:00 PM	Bible Trivia—HC	3:00 PM	Bowling—HC	3:00 PM	Eye Spy Outside—HC	3:00 PM	Resident’s Choice—HC	3:00 PM	Meditation and Music—HC		
		4:00 PM	Balloon Battle—HC	4:00 PM	Residents Choice—HC	4:00 PM	Color Me Happy—HC	4:00 PM	Balloons and Bubbles—HC	4:00 PM	Fly a Kite and Lemonade—HC		
		7:00 PM	Residents Choice—HC Aides	7:00 PM	Ice Cream Social—HC Aides	7:00 PM	Trivia—HC Aides	7:00 PM	Good Old Days Reminisce—HC	7:00 PM	Name that Tune—HC Aides		
17		18		19		20		21		22		23	
9:00 AM	Gospel Music and Televised Church—HC	9:15 AM	Move and Groove—Periwinkle	9:00 AM	Bible Trivia—Jasmine	9:15 AM	Exercise and Relaxation—Honeysuckle	9:00 AM	Bible Trivia—Periwinkle & Honeysuckle	9:15 AM	Exercise and Relaxation—Jasmine	9:00 AM	Good News—HC
10:00 AM	Gospel Music and Televised Church—PC	10:00 AM	Exercise and Relaxation—HC	10:00 AM	Thirst Quenchers and Chats—PC	10:00 AM	Simon Says Exercise—HC	10:00 AM	Thirst Quenchers and Chats—PC	10:00 AM	Exercise—HC		Good News—PC
		11:00 AM	Gospel Music—HC	11:00 AM	Outdoor Strolls—HC	11:00 AM	Bible Trivia—HC	11:00 AM	Outdoor Strolls—HC	11:00 AM	Orange Volcano—HC	7:00 PM	Color Me Happy—HC Aides
7:00 PM	Jokes of Fun—HC	1:00 PM	Bingo—Honeysuckle	1:00 PM	Craft—Honeysuckle & Periwinkle	1:00 PM	Bingo—Jasmine	1:00 PM	Craft—Jasmine	1:00 PM	Bingo—Periwinkle		
		2:00 PM	Outdoor Walks—Jasmine	2:00 PM	Thirst Quenchers—HC	2:00 PM	Outdoor Walk—Periwinkle	2:00 PM	Bingo—HC	2:00 PM	Outdoor Walks—Honeysuckle		
		3:00 PM	Bible Trivia—HC	3:00 PM	Bowling—HC	3:00 PM	Eye Spy Outside—HC	3:00 PM	Resident’s Choice—HC	3:00 PM	Meditation and Music—HC		
		4:00 PM	Balloon Battle—HC	4:00 PM	Resident’s Choice—HC	4:00 PM	Color Me Happy—HC	4:00 PM	Balloons and Bubbles—HC	4:00 PM	Planting Fun—HC		
		7:00 PM	Resident’s Choice—HC Aides	7:00 PM	Ice Cream Social—HC Aides	7:00 PM	Trivia—HC Aides	7:00 PM	Good Old Days Reminisce—HC	7:00 PM	Name that Tune—HC Aides		
24/31		25 Memorial Day		26		27		28		29		30	
9:00 AM	Gospel Music and Televised Church—HC	9:15 AM	Move and Groove—Perwinkle	9:00 AM	Finish the Sentence Trivia—Jasmine	9:15 AM	Noodle Ball Exercise—Honeysuckle	9:00 AM	Finish the Sentence Trivia—Periwinkle & Honeysuckle	9:15 AM	Noodle Ball Exercise—Jasmine	9:00 AM	Good News—HC
10:00 AM	Gospel Music and Televised Church—PC	10:00 AM	Exercise and Relaxation—HC	10:00 AM	Sing a Song—PC	10:00 AM	Simon Says Exercise—HC	10:00 AM	Thirst Quenchers and Chats—PC	10:00 AM	Exercise—HC		Good News—PC
		11:00 AM	Gospel Music—HC	11:00 AM	Outdoor Strolls—HC	11:00 AM	Bible Trivia—HC	11:00 AM	Outdoor Strolls—HC	11:00 AM	Finish the Sentence Trivia—HC	7:00 PM	Color Me Happy—HC Aides
7:00 PM	Jokes of Fun—HC	1:00 PM	Bingo—Honeysuckle	1:00 PM	Craft—Honeysuckle & Periwinkle	1:00 PM	Bingo—Jasmine	1:00 PM	Craft—Jasmine	1:00 PM	Bingo—Periwinkle		
		2:00 PM	Outdoor Walks—Jasmine	2:00 PM	Thirst Quenchers—HC	2:00 PM	Outdoor Walk—Periwinkle	2:00 PM	Bingo—HC	2:00 PM	Outdoor Walks—Honeysuckle		
		3:00 PM	Bible Trivia—HC	3:00 PM	Bowling—HC	3:00 PM	Eye Spy Outside—HC	3:00 PM	Residents Choice—HC	3:00 PM	Meditation and Music—HC		
		4:00 PM	Balloon Battle—HC	4:00 PM	Residents Choice—HC	4:00 PM	Color Me Happy—HC	4:00 PM	Balloons and Bubbles—HC	4:00 PM	Horse shoes—HC		
		7:00 PM	Resident’s Choice—HC Aides	7:00 PM	Ice Cream Social—HC Aides	7:00 PM	Trivia—HC Aides	7:00 PM	Good Old Days Reminisce—HC	7:00 PM	Name That Tune—HC Aides		