

# October 2020 #1

**Warm wishes for your health and safety from the Sibley Club Memory® Team!**

We love connecting with you all on our “Virtual Club Memory® Experience” sessions via Zoom every week. The detailed schedule is listed on **page 2** of this handout.

Please join using a computer or a tablet/smartphone device for the best experience. For those using a phone, for audio only access, a phone number is also included. If you want to practice connecting to Zoom using a computer, tablet or smartphone, please call us!

The staff contact information is listed on the **page 19**.

We hope you enjoy these brain teasers, information and helpful resources!

Please stay safe and healthy, and connected to Club Memory.

~Shruti, Sharon, Jihan, Joyce, D’Andre, Julia and Melissa

## Club Memory® Handouts



**Shruti Goel, MHA, CSA®, CDP  
Community Dementia Program  
Manager**



**SIBLEY MEMORIAL  
HOSPITAL**

JOHNS HOPKINS MEDICINE



**DACL**  
DEPARTMENT OF AGING AND COMMUNITY LIVING  
**LIVE BOLDLY**

**IONA**  
Age Well. Live Well.

**Supported by the D.C. Department of  
Aging and Community Living.**

## Virtual Club Memory® Sessions October 2020

Ward/SWC/ Church	Schedule	Zoom Meeting Information – Visit Zoom.us then enter the Zoom Meeting ID
<b>1</b> Bernice Fonteneau SWC	Every Fri, 11am - Noon	Meeting ID: 929 9726 8202 <b>OR</b> Dial: 301-715-8592 and enter the Meeting ID.
<b>2/3</b> National United Methodist	Every Wed	Please contact Marianne Panke for details – mpanke1@jhmi.edu
<b>4</b> Hattie Holmes SWC	Every Thurs, 10 am – 11 am	Meeting ID: 950 7746 3402 <b>OR</b> Dial: 301-715-8592 and enter the Meeting ID.
<b>5</b> Model Cities SWC	Every Thurs, 1 pm – 2 pm	Meeting ID: 973 2850 2234 <b>OR</b> Dial: 301-715-8592 and enter the Meeting ID.
<b>5</b> Greater Mount Calvary Holy Church	3 <sup>rd</sup> Tues 10/20, 1 pm – 2 pm	Meeting ID: 937 0022 4609 <b>OR</b> dial 301-715-8592 and enter the meeting ID.
<b>6</b> Hayes SWC	Every Wed, 11 am - Noon	Meeting ID: 912 2361 8632 <b>OR</b> Dial: 301-715-8592 and enter the Meeting ID.
<b>7</b> Washington SWC	Every Wed, 1pm – 2 pm	Meeting ID: 975 5829 0633 <b>OR</b> Dial: 301-715-8592 and enter the Meeting ID.
<b>8</b> Congress Heights SWC	Every Tues, 3 pm – 4 pm	Meeting ID: 298 827 6610 <b>OR</b> Dial 646-876-9923 and enter the Meeting ID.
<b>7</b> East Washington Heights Baptist	Every Tues, 11am to Noon	Meeting ID: 946 3047 0458 <b>OR</b> Dial 301-715 -8592 and enter the Meeting ID.
<b>8</b> Brighter Day Ministries	Every Fri, 2pm - 3pm	Meeting ID: 949 6240 2539 <b>OR</b> Dial: 301-715-8592 and enter the Meeting ID.

**Please note:** If there is a busy signal when you use 301-715-8592, dial **+1 646-876-9923** instead. When prompted, enter the meeting ID listed above for your location to join.

### Virtual Care Partner Support Groups

General Schedule	Dates	Time	Zoom Information
<b>1<sup>st</sup>, 3<sup>rd</sup> Mon</b> - Anacostia Neighborhood library and one-on-one video calls	10/05 and 10/19	6:30 pm – 8:00 pm	To be shared with group participants privately
<b>2<sup>nd</sup>, 4<sup>th</sup> Wed</b> - Shiloh Baptist Church	10/14 and 10/28	6:30 pm – 8:00 pm	To be shared with group participants privately



I wish you  
enough

## Inspiration Corner

An inspiring story as shared by staff  
member, Joyce.

Recently I overheard a Father and daughter in their last moments together at the airport. They had announced the departure. Standing near the security gate, they hugged and the Father said, 'I love you, and I wish you enough.'

The daughter replied, 'Dad, our life together has been more than enough. Your love is all I ever needed. I wish you enough, too, Dad.' They kissed and the daughter left.

The Father walked over to the window where I was seated. Standing there I could see he wanted and needed to cry. I tried not to intrude on his privacy, but he welcomed me in by asking, "Did you ever say good-bye to someone knowing it would be forever?" "Yes, I have," I replied. "Forgive me for asking, but why is this a forever good-bye?" "I am old, and she lives so far away. I have challenges ahead and the reality is - the next trip back will be for my funeral," he said. "When you were saying good-bye, I heard you say, 'I wish you enough.'"

May I ask what that means?"

He began to smile. "That's a wish that has been handed down from other generations. My parents used to say it to everyone." He paused a moment and looked up as if trying to remember it in detail, and he smiled even more. "When we said, 'I wish you enough, we were wanting the other person to have a life filled with just enough good things to sustain them.'"

Then turning toward me, he shared the following as if he were reciting it from memory.

**"I wish you enough sun to keep your attitude bright no matter how gray the day may appear.**

**I wish you enough rain to appreciate the sun even more.**

**I wish you enough happiness to keep your spirit alive and everlasting.**

**I wish you enough pain so that even the smallest of joys in life may appear bigger.**

**I wish you enough gain to satisfy your wanting.**

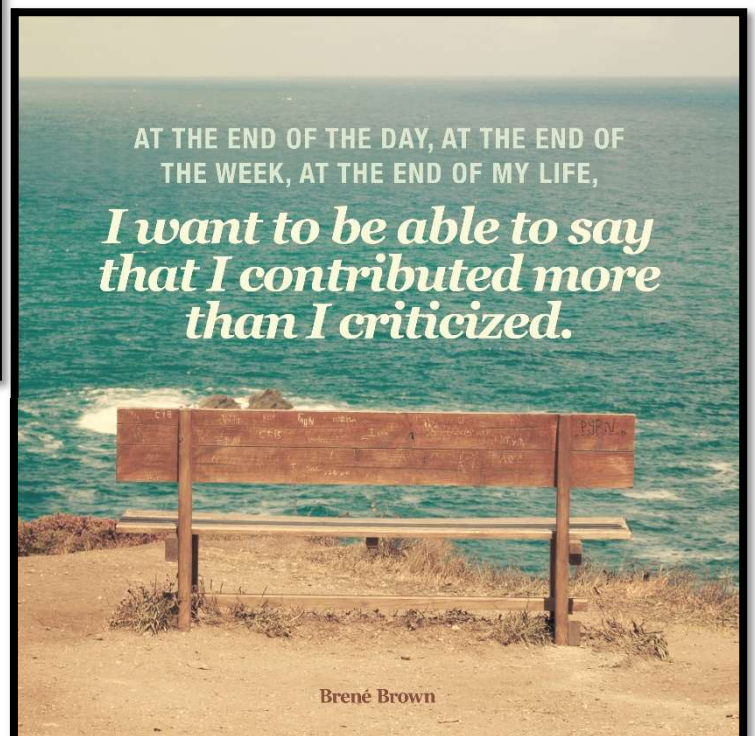
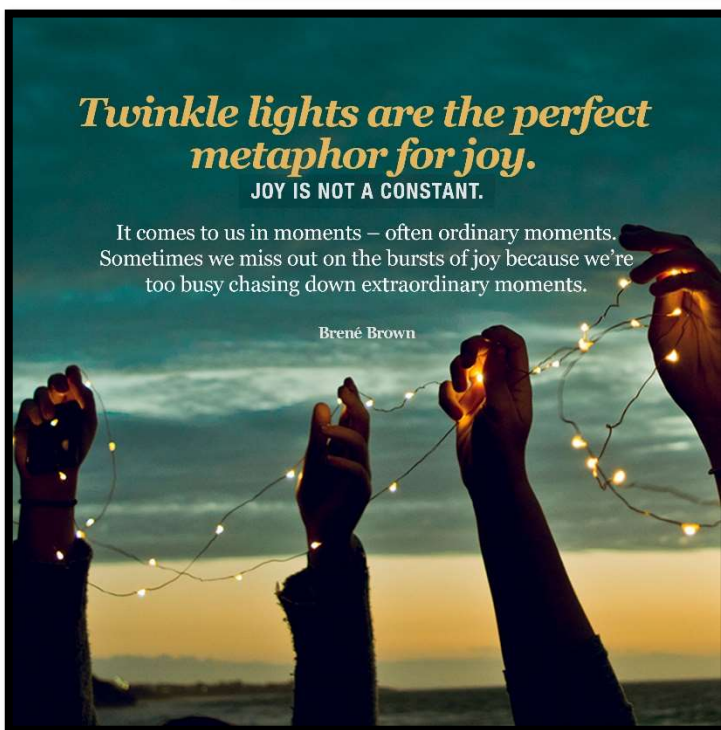
**I wish you enough loss to appreciate all that you possess.**

**I wish you enough hellos to get you through the final good-bye."**

They say it takes a minute to find a special person, an hour to appreciate them, a day to love them; but then an entire life to forget them. Remember to tell your family and friends that you wish them enough!



An Irish Blessing shared by Ms. Shirley J, Ward 5



## Resources and Information Corner

### Getting Your Affairs in Order: Advance Care Planning

**Making healthcare decisions** for yourself or someone who is no longer able to do so can be overwhelming. That's why it's important to get a clear idea about preferences and arrangements while you can make decisions and participate in legal and financial planning together.

**Use this checklist** to ensure healthcare and financial arrangements are in place before serious illness or a healthcare crisis.

- ✓ **Start discussions** early with your loved one while everyone can still help make decisions.



- ✓ **Make copies of healthcare directives** to be placed in all medical files, including information on every doctor seen.



- ✓ **Create documents** that communicate **healthcare, financial management,** and **end of life** wishes for yourself and the people you care for, with legal advice as needed.



- ✓ **Give permission** in advance for a doctor or lawyer to talk directly with a caregiver as needed.



- ✓ **Review plans regularly,** and update documents as circumstances change.



- ✓ **Reduce anxiety** about funeral and burial arrangements by planning ahead.



- ✓ **Put important papers in one place.** Make sure a trusted family member or friend knows the location and any instructions.



Source:

<https://www.nia.nih.gov/sites/default/files/advance-care-planning-infographic-508.pdf>

## Advance Health Care Directive

**Advance Health Care Directive** is a legal document that allows you to put into writing the kind of health care you would want if you were too ill to speak for yourself. An advance health care directive includes the following parts:

- A health care proxy/ health care Power of Attorney (POA)
- A living will
- After-death wishes

A **health care proxy/ health care POA** is used to name the person you wish to make health care decisions on your behalf if you aren't able to make them yourself. Your health care POA should be someone you trust to make decisions for you.



A **living will** is another way to make sure your voice is heard. It states which medical treatment you would accept or refuse if your life is threatened. Examples of medical treatment you can choose to accept or refuse includes: CPR if your heart and breathing stops, a breathing machine if you can't breathe on your own, or tube feeding if you can no longer eat.

**After- death wishes** includes choices about organ or tissue donation. Some advance care directives includes your wishes after you die including burial/ cremation and funeral/memorial wishes.

### Tips

1. Talk with your family, friends, and health care providers about your wishes. It's better to think about these important decisions before you are ill or a crisis strikes.
2. If you already have an advance health care directive, take time to review it to be sure you are still satisfied with your decisions and your health care proxy is still willing and able to carry out your plans.
3. Keep the original copies of your advance directives where they are easily found.
4. Give the person you've named as your health care proxy, and other concerned family members or friends, a copy of your advance directives.
5. Give your doctor a copy of your advance directives for your medical record.



**Please request an Advance Health Care Directive form from a Club Memory Resource Specialist.**

Julia Pruitt, LICSW  
202-510-3029  
jpruitt@iona.org

Melissa Susser, LICSW  
202-510-1773  
msusser@iona.org

Reference: <https://www.nia.nih.gov/health/advance-care-planning-healthcare-directives>

Disclaimer: This document is intended for general information only. It does not provide the reader with specific direction, advice, or recommendations.



# **NATIONAL PRESCRIPTION DRUG TAKE-BACK DAY**

**Saturday, Oct. 24, 2020**

**10 a.m.–2 p.m.**

**Sibley Memorial Hospital**

Outside of the Medical Office Building

5215 Loughboro Road, NW

Washington, DC 20016

Join Johns Hopkins in helping to stop prescription drug misuse.

On Oct. 24, Johns Hopkins Medicine will be participating in National Prescription Drug Take-Back Day. This event will be outside, contactless and our staff and volunteers will be wearing masks and other protective equipment.

Grab your mask, drive up and drop off your unused or expired prescription medications. Our on-site staff will dispose of them for you safely and securely. No questions asked. This event is open to employees, patients and the public.

If you need assistance on the day of the event, look for a security guard or volunteer in a bright yellow t-shirt.

**For more information, visit [www.JHTakeBack.com](http://www.JHTakeBack.com) or contact the pharmacy team at 866-679-0707.**



## October 4<sup>th</sup> – 10<sup>th</sup> is Mental Illness Awareness Week



### Ways To Create Joy and Satisfaction

#### Ask yourself “What's My ‘Flow’?”

- Activities that totally absorb us, challenge without overstressing us and make us feel fulfilled. They can create a feeling of "flow."
- They offer you an additional psychological boost.
- Different people have different sources of flow. For you, it may be basting a turkey, for someone else it might be bowling or mowing the grass or crocheting.
- Whatever your flow, it makes you feel effective, confident and in control.

## The 10 Tools

These proven tools can help you feel stronger and more hopeful. Check out each page for specific, easy-to-follow tips.

Connect with others

Stay positive

Get physically active

Help others

Get enough sleep

Create joy and satisfaction

Eat well

Take care of your spirit

Deal better with hard times

Get professional help if you need it

Name up to 3 activities that give you a feeling of being in “flow”

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## To get more flow:

- **Identify the high points of your day.** Try to notice when you feel "in the zone". Or reflect at the end of the day about what made you feel good.
- **Don't look for flow in passive activities.** Watching TV, for example, doesn't offer the challenge that tends to spark flow. And once you improve at a task, consider raising the level of difficulty in some way.
- **Inject flow into regular activities.** If you inject more meaning or creativity into routine tasks, you can make them more rewarding. This could mean volunteering to help someone else with a task you are really great at doing – for example teach a friend to knit or crochet. Or doing a routine task in a different way – for example, use your non-dominant hand.

Source: URL: <http://www.mentalhealthamerica.net/create-joy-and-satisfaction>.

## Resources for Immediate Response

### National Suicide Prevention Lifeline

Call 1-800-273-8255, a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.

### Disaster Distress Helpline

Call [1-800-985-5990](tel:1-800-985-5990) or text TalkWithUs to 66746. DDH provides crisis counseling and support for anyone in the U.S. experiencing distress or other behavioral health concerns related to any natural or human-caused disaster, including public health emergencies.

### Crisis Text Line

Text MHA to 741741 and you'll be connected to a trained Crisis Counselor. Crisis Text Line provides free, text-based support 24/7.

### The Trevor Project

Call [1-866-488-7386](tel:1-866-488-7386) or text START to 678678. A national 24-hour, toll free confidential suicide hotline for LGBTQ youth.

### Trans Lifeline

Dial 877-565-8860. Trans Lifeline's Hotline is a peer support service run by trans people, for trans and questioning callers.

### Dial 2-1-1 Run by the United Way.

If you need assistance finding food, paying for housing bills, accessing free childcare, or other essential services.

### National Domestic Violence Hotline

For any victims and survivors who need support, call [1-800-799-7233](tel:1-800-799-7233) or [1-800-799-7233](tel:1-800-799-7233) for TTY, or if you're unable to speak safely, you can log onto [thehotline.org](http://thehotline.org) or text LOVEIS to 22522.

### StrongHearts Native Helpline

Call 1-844-762-8483, a confidential and anonymous culturally-appropriate domestic violence and dating violence helpline for Native Americans, available every day from 7 a.m. to 10 p.m. CT.

### The National Sexual Assault Telephone Hotline

Call 800.656.HOPE (4673) to be connected with a trained staff member from a sexual assault service provider in your area.

### Caregiver Help Desk

Contact Caregiver Action Network's Care Support Team by dialing [855-227-3640](tel:855-227-3640). Caregiving experts are available 8:00 AM – 7:00 PM ET.

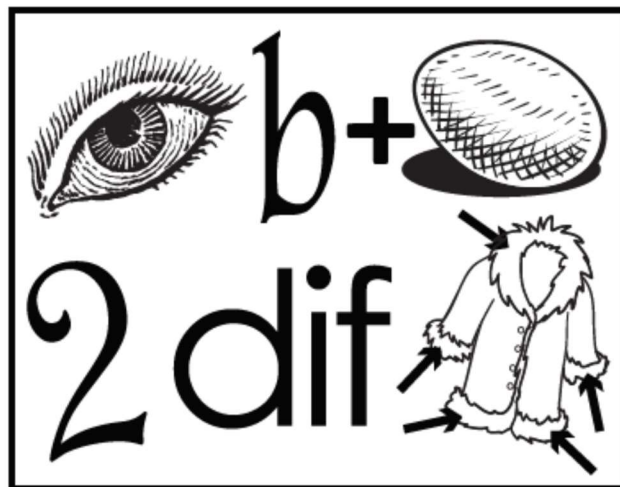


## Concentration Puzzles

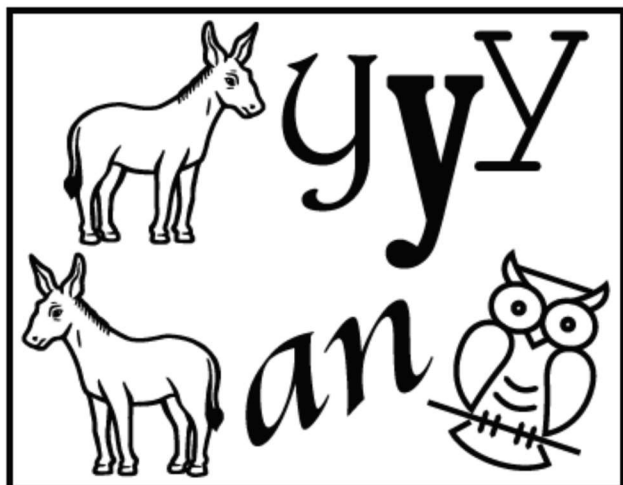
Use the visual clues in the puzzle to figure out what it says.



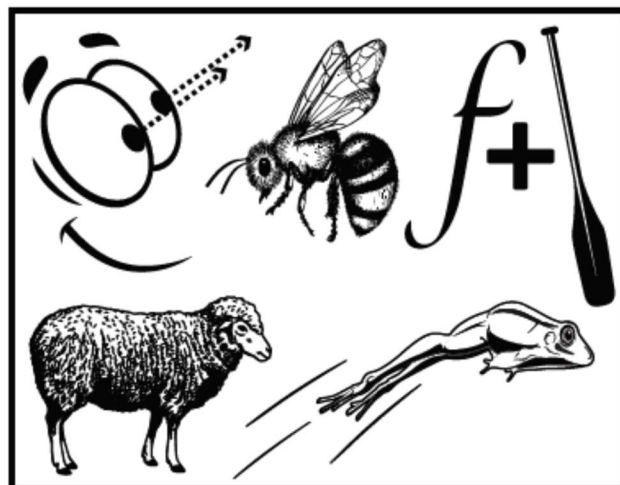
Puzzle #1



Puzzle #2



Puzzle #3



Puzzle #4

Animal Humor shared by Club Memory member, Michelle D.



## Missing Last Letter: Halloween Candy

Fill in the missing last letter of these Halloween candy treats.

1. LOLLIPO \_
2. CHOCOLAT \_ BA \_
3. CAND \_ COR \_
4. LICORIC \_
5. TWI \_
6. TOOTSI \_ ROL \_
7. SKITTLE \_
8. SNICKER \_
9. MILK \_ WA \_
10. PEPPERMIN \_ PATTI \_



## Halloween Humor



What does a ghost do to stay safe in a car?  
He puts on his sheet belt.

What did the ghost teacher say to her class?  
"Watch the board, and I'll go through it again."

How are vampires like false teeth?  
They both come out at night.

Why didn't the mummy have any friends?  
He was too wrapped up in himself.

What do you call an anxious witch?  
A twitch

What happens when a ghost gets lost in the fog?  
He is mist.

Why aren't there any famous skeletons?  
They're a bunch of no bodies.

It's right behind you and creeps on the ground. It follows you home but does not make a sound. What is it?

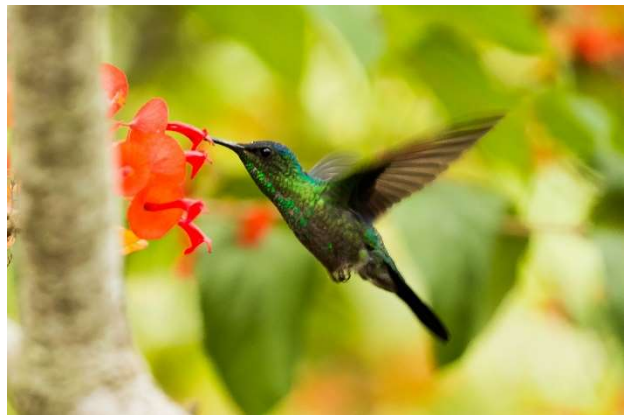
Your shadow

How do you fix a jack-o'-lantern?  
With a pumpkin patch

# Smaller than a Breadbox Trivia Game

Circle the item in each pair that is smaller in size.

1. Which bird is smaller? A. Swift or B. Hummingbird
2. Which candy bar is smaller? A. Snickers or B. Twix
3. Which bird's egg is smaller? A. Finch or B. Canary
4. Which microscopic life form is smaller? A. Bacteria or B. Virus
5. Which bloodsucker is smaller? A. Flea or B. Tick
6. Which country is smaller? A. Monaco or B. Vatican City
7. Which state is smaller? A. Rhode Island or B. Delaware
8. Which body of water is smaller? A. Brook or B. Rill
9. Which part of an atom is smaller? A. Proton or B. Electron
10. Which gambling "device" is smaller? A. Quarter or B. Poker chip
11. Which type of freezing precipitation is smaller? A. Hail or B. Sleet
12. Which type of seed is smaller? A. Beet seed or B. Pumpkin seed



## Can you find what's hiding in plain sight?

Look carefully at each of these images and name the object that is hiding in plain sight.

1. \_\_\_\_\_



2. \_\_\_\_\_



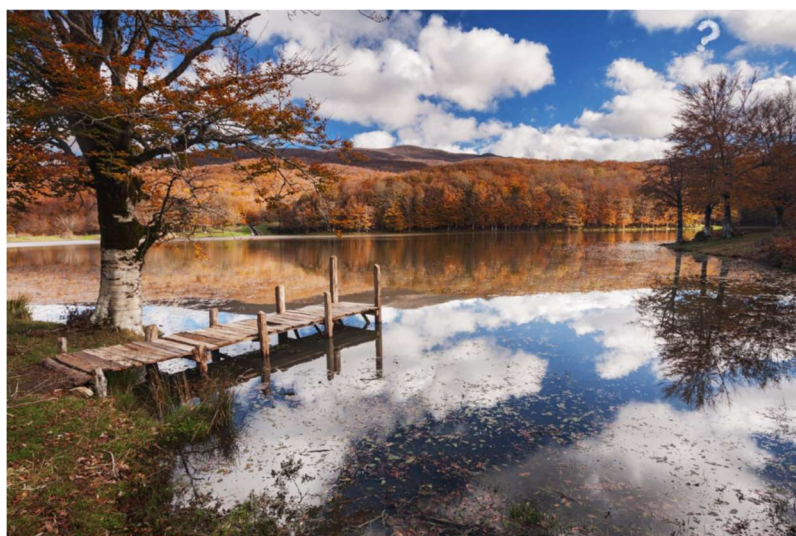
3. \_\_\_\_\_



4. \_\_\_\_\_



5. \_\_\_\_\_



6. \_\_\_\_\_



# BOO! Worksheet

List as many words as you can that contain a double "O."



1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_
16. \_\_\_\_\_
17. \_\_\_\_\_
18. \_\_\_\_\_
19. \_\_\_\_\_
20. \_\_\_\_\_

21. \_\_\_\_\_
22. \_\_\_\_\_
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28. \_\_\_\_\_
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31. \_\_\_\_\_
32. \_\_\_\_\_
33. \_\_\_\_\_
34. \_\_\_\_\_
35. \_\_\_\_\_
36. \_\_\_\_\_
37. \_\_\_\_\_
38. \_\_\_\_\_
39. \_\_\_\_\_
40. \_\_\_\_\_

## Caption This!



1.

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2.

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3.

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5.

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4.

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## October Birthday Poem by Eryn Clark

### October Decorates for Birthdays



Even the trees dress up  
For an October birth.  
The merriment just spreads,  
Covering the Earth.  
We celebrate Picasso,  
Helen Hayes, Dorothy Lamour,  
Chrysler's Iacocca,  
Double O Seven—Roger Moore,  
Desmond Tutu, the archbishop,  
Who won the Nobel Prize,  
And if you like your ketchup,  
Then you must know Henry Heinz.  
For expertise in etiquette,  
Call Mrs. Emily Post,  
And chef Emeril Lagasse  
For the most delicious roast.  
October ladies are so great,  
Like Juliette Gordon Low—

She founded the Girl Scouts  
To help young ladies grow.  
Julie Andrews, Rita Hayworth,  
Fanny Brice, and Minnie Pearl,  
Then Gertrude Ederle—  
The first channel-swimming girl!  
Add to the list some splendid men:  
Jesse Jackson, William Penn,  
Michael Landon, Ralph Lauren—  
Think I'm done? Well think again!  
McDonald's founder—Ray Kroc,  
Pelé—he's a soccer jock,  
Great physician Jonas Salk,  
And John Lennon sure could rock.  
We end with E. E. Cummings,  
With his poems our souls are fed.  
Happy birthday, October baby,  
Let's paint this whole town red!



**Questions about Club Memory®?**  
Please contact one of our team members below.



### Community Dementia Program Managers

Shruti Goel: (P) 202-660-5664 or sgoel2@jhmi.edu

Sharon L. Sellers: (P) 202-660-6957 or sseller7@jhmi.edu

### Resource Specialists

Julia Pruitt: (P) 202-510-3029 or jpruitt@iona.org

Melissa Susser: (P) 202-510-1773 or msusser@iona.org

Peter Godwin, Graduate Social Work Intern: pgodwin@iona.org



**To send us a note or share suggestions, please write to:**  
Sibley Memorial Hospital,  
SSA Club Memory – Bldg. D,  
5255 Loughboro Road, NW  
Washington, DC 20016-2695

## ANSWERS

### **Concentration Puzzles – pg. 11**

1. Root of the matter; 2. I beg to differ; 3. As wise as an owl; 4. Look before you leap.

### **Missing Last Letter – pg. 12**

1. LOLLIPOP; 2. CHOCOLATE BAR; 3. CANDY CORN; 4. LICORICE; 5. TWIX; 6. TOOTSIE ROLL; 7. SKITTLES; 8. SNICKERS; 9. MILKY WAY; 10. PEPPERMINT PATTIE

### **Can you find what's hiding in plain sight? – pg. 14-15**

1. Penny; 2. Basketball; 3. Cat; 4. Heart; 5. Question mark and 6. Potato

### **Caption This! Possible Answers – pg. 17**

1. We need to get some better friends!; 2. There is no such thing as too many Halloween decorations; 3. So many masks, so few faces; 4. Trick-or-treating is exhausting!; 5. If you think this is so cute, you wear it!

### **Smaller than a Breadbox Trivia – pg. 13**

- Hummingbird. Both birds are petite, but the tiniest bird of all is the bee hummingbird. The teeny hummingbird weighs less than a dime and is hard to see without binoculars
- Twix. While most regular-size candy bars weigh about 1.5 ounces, Twix bars weigh in at 1.79 ounces. That's still smaller than a regular-size Snickers bar, which weighs 1.86 ounces
- Finch. Finch. Finch eggs are a little bit smaller at 15 X 12 mm versus Canary eggs which are about 18 X 13 mm.
- Virus. Bacteria are over 100 times larger than viruses, although both are microscopic
- Fleas. Fleas measure about 1/8 inch, about half the size of ticks at 1/4 inch
- Vatican City. Vatican City, which is also a country and the home of the pope, is 0.2 square miles. Monaco has one city, Monte Carlo, and is 0.77 square miles.
- Rhode Island. They don't look that different on a map, but Delaware is nearly twice the size of Rhode Island.
- Rill. A brook is a small stream, but it's still bigger than a rill, which is a tiny stream or rivulet.
- Electron. The mass of a proton is about 1800 times greater than the mass of an electron!
- Quarter. The diameter of a quarter is just under an inch. Poker chips are 1.5 inches in diameter.
- Sleet. Sleet is what falls to Earth when a snowflake enters warmer air and melts but then refreezes as a small pellet. Hail is formed when objects such as dust particles in the air collide with super cooled water and be as large as golf balls.
- Beet seed. Beet seeds are round and granular, similar to Grape Nuts cereal. Their diameter is about 1/8<sup>th</sup> inch. Pumpkin seeds are shaped like a raindrop and are about 1/2 inch long.

