



Los Gatos Live Oak Adult Day Services Monthly Newsletter

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<http://liveoakadultdaycare.org/locations/los-gatos/>

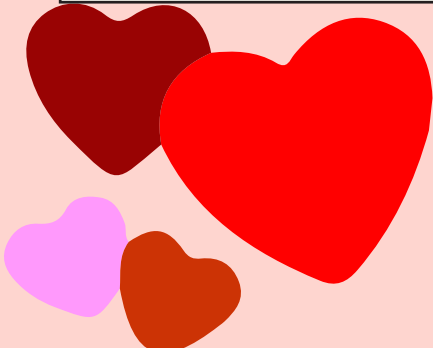
What's Inside This Month

- OUR DELICIOUS MENU
- ACTIVITY CALENDAR
- VALENTINE'S DAY CELEBRATION
- TAX HELP FOR FREE
- THINGS TO DO NEARBY
- BENEFITS FOR VETERANS
- RESOURCE OF THE MONTH : IHSS
- ALZHEIMER'S BLOG MUST READ

...And Much More!

February is here! We are halfway through winter, but in California that means as many sunny days as cold. It's beautiful outside and in. There are so many wonderful activities planned this month for our clients and we are eager to enjoy all of them together. More play and emphasis on maintaining our gross motor skills will be the center of this month's exercise sessions. We will enjoy yoga, bowling, bucket ball, chair soccer and more. We will also continue our nutrition and cooking exploration with at least one delicious homemade vegetable soup in the works. With Spring around the corner there are also plans to start our own little herb garden to flavor some of those cooking projects. Of course, we will have a special celebration for Valentine's Day. Look for special announcements.

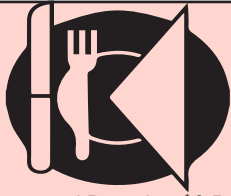
For our caregivers, it is time to think about your support system and identify the people you can call on when you need a moment of reflection. The Mayo Clinic lists eight ways caregivers can relieve stress: accept help, focus on what you can realistically provide, set manageable goals in your daily life, get connected to your community, stay healthy and see your doctor, seek social support, set personal health goals and join a support group. Those are all wonderful ways to find a healthy balance while caregiving. We offer a support group the first Wednesday of each month at 4pm. Think of caring for yourself and joining us on February 7th. Well wishes to all of you!



Important Dates This Month

February 2nd-Groundhog Day
February 14th-Valentine's Day
February 16th-Chinese New Year

February 19th-President's Day
****CENTER IS CLOSED**



Suggested Donation \$3 Per Meal

February Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Korean Crispy Chicken with Rice Broccoli Spears Miso Soup Romaine Salad with Sesame Dressing	2 Cider Braised Pork Caramelized Onions Whole Wheat Roll Fresh Glazed Carrots Roasted Brussel Sprouts Tropical Fruit Cup
5 Braised Beef Whole Wheat Roll Mashed Potatoes Broccoli Crowns Fresh Fruit	6 Chicken Cacciatore Pasta Peas and Carrots Fresh Tossed Salad Fresh Orange	7 BBQ Pulled Pork Sandwich Corn on the Cob Coleslaw Fresh Banana	8 Oriental Shoyu Chicken with Rice Asian Vegetable Soup Stir Fry Fresh Fruit	9 Spinach Quiche Whole Grain Bread Roasted Red Potatoes Gelatin with Tropical Fruit
12 Mediterranean Chicken with Wild Rice Herbed Summer Squash Spinach Salad with Red Bell Peppers Fresh Apples	13 Balsamic Glazed Pork Chop Whole Wheat Roll Baked Sweet Potato Broccoli Spears Fresh Fruit	14 Beef Lasagna Italian Blend Vegetables Fresh Caprese Salad Fresh Orange	15 Sweet and Sour Pork Brown Rice Oriental Blend Vegetables Fruit Cocktail	16 Fish Sandwich Baked Sweet Potatoes Pineapple Slaw Fresh Banana
19  HOLIDAY Center Closed	20 Teriyaki Chicken Wonton Soup Brown Rice Bok Choy, Peppers and Onions Pineapple Chunks	21 Pork Ragu with Baked Ziti Peas and Carrots Romaine Salad Fresh Orange	22 Beef Stuffed Cabbage Rolls Whole Wheat Rolls Roasted Cauliflower Fresh Carrot Raisin Salad Fresh Fruit	23 Puffed Pastry with Spinach, Mushrooms and Cheese California Blend Vegetables Fresh Tossed Salad Fresh Whole Fruit
26 Chicken Curry with Basmati Rice Roasted Cauliflower Carrot and Raisin Salad Fresh Apple	27 Swedish Meatballs Whole Wheat Penne Broccoli Spears Fresh Tossed Salad Fresh Fruit	28 Honey Mustard Chicken Wild Rice Fresh Herbed Carrots Tossed Salad with Mandarin Oranges Fresh Banana		

*****R.Y.D.E.*****

REACH YOUR DESTINATION EASILY is a new curb-to-curb transportation program.

Learn about RYDE! We have a special presentation during the Caregiver's Support Group. Please come and learn about this great program.

Wednesday, February 7th 3:30PM

Resource Page

The Alzheimer's Reading Room is an act of love by advocate Bob De Marco. It has an extensive library of articles, lists of resources, inspiring anecdotes and is simply a must visit website for those caring for person's sufferinf from Alzheimer's and dementia. Please take some time to view the website and find support in its amazing Knowledge base.

<http://www.alzheimersreadingroom.com/2016/08/alzheimers-reading-room.html>

Veteran's Info

"Aid & Attendance pays up to \$2,846 per month for qualified veterans and their surviving spouses who need help with some of the activities of daily living. The benefit is a reimbursement for home care, adult day care, board and care, assisted living and skilled nursing care."

May 13, 2017
Exerpted from
Veterans Adult Day Care | American Veterans Aid Blog
<https://americanveteransaid.com/new-blog/veterans-adult-day-care/>

Featured Resource: IHSS Funding

The In-Home Supportive Services program is a program that provides social and financial assistance to those needing caregivers in their homes to handle daily activities and be safe in their homes. To be eligible for IHSS, an applicant must be 65 or older, blind, or disabled.

An applicant must also meet all of the following conditions:

- 1)Be a California resident
- 2)Live in their own home, not a nursing home
- 3)Have a Medi-Cal eligibility determination.

If you are not currently receiving Medi-Cal, please contact our Agency's Application Assistance Center via telephone at 1-877-962-3633 or via our website at www.MybenefitsCalWIN.org

4)Submit a completed Health Care Certification form [SOC 873] completed by a Licensed Health Care Professional

To apply for IHSS, call 408-792-1600 between 8am and 5pm, Monday through Friday.



AARP- FREE TAX PREPARATION SERVICE - Call for an appointment and details, 408-354-1514 @LG Adult Rec Center