

Forster Woods Connection

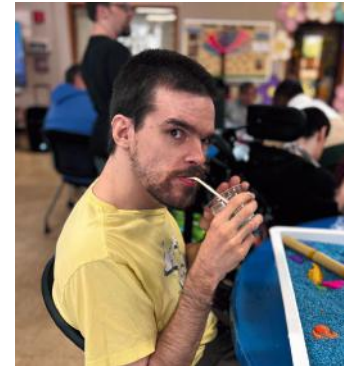


August 2026

Aloha August



We had a whale of a time during our Under the Sea month at Forster Woods! July was filled with creativity, laughter, and memories that truly made a splash. Participants enjoyed favorites like Under the Sea Bingo, Sea Glass Suncatchers, Popsicle Stick Sea Scenes, and our Under the Sea Party, where everyone reeled in Goldfish crackers during our magnetic fishing game. We also loved welcoming back Drum Circle, Singing with Judy, Pet Therapy, Bible Study, and our summer favorite, Jamming with Karl. While we're sad to see Karl return to his crossing guard duties, we're so grateful for the joy and unforgettable performances he shared with our Forster Woods family. July was certainly one to seas the day, and we can't wait to dive into all the fun August has in store!



To top it all off, our staff came together to create something truly special—our very own Forster Fish Tank! After weeks of research, planning, and generously donating all of the supplies, we've officially welcomed mystery snails, shrimp, and neon tetras to the Forster Woods family, with a few more aquatic friends joining our little community each week. Be sure to follow us on Facebook to watch our underwater family continue to grow!



Hawaiian Adventures

After spending July beneath the waves, we're shore to be making our way onto land for a tropical August adventure! This month, Forster Woods is bringing the spirit of Hawaii to life with exciting activities like our Hawaii Travelogue, Hawaiian Bingo, and a special Forster Fish Tank Deep Dive, where participants will learn about the fish in our aquarium, why our underwater community thrives, and what it takes to care for it. To top it all off, we'll celebrate with our Luau Party, featuring a Taste of Hawaii experience where participants will learn about tropical fruits and Hawaiian-inspired foods while sampling fresh fruits along the way. It's sure to feel like we're spending the day on the beautiful shores of Hawaii, and we can't wait to share this tropical journey together!

Discovery Studio

This summer, we transformed our traditional craft and participant choice time into something even more meaningful: Discovery Studio. Built on the principles of person-centered care and inspired by the Montessori approach, which encourages independence, hands-on learning, and purposeful choice, Discovery Studio gives participants the freedom to explore activities that match their interests while promoting creativity, confidence, social connection, and overall well-being.

Each day, participants choose from a variety of stations, including crafts, sensory experiences, Wii games, table games, and our ChompSaw station, where recycled cardboard is transformed into amazing creations. With something for everyone—and new stations added throughout the year—Discovery Studio is a place where creativity is celebrated, friendships grow, and participants are empowered to discover new passions.



Forster Woods
— Adult Day Services —

Craft Corner & Recipe of the Month



Hawaiian Tiki Windstocks

Materials:

- Printed Tiki Face
- Toilet Paper Roll
- Markers
- Glue
- Scissors
- Scrap paper for handle



Directions:

1. Start by coloring your printed tiki face with markers.
2. For the bottom (vertical lined part), color all of it brown to represent the wooden post tiki faces are carved into.
3. Once your paper is fully colored, cut straight lines on the bottom part so they can flow in the wind.
4. Once your paper is cut, glue the tiki face around the craft roll/toilet paper roll, let the brown strips flow.
5. Use the scrap piece of paper and glue a handle on the top to carry or hang!



Hawaiian Dream Cups

Ingredients:

- 6 Graham Crackers
- 1 Tbsp Melted Butter
- 3.4oz Vanilla Pudding
- Splash of Milk
- 20oz Crushed Pineapple
- 8oz Cool Whip

Directions:

1. Start by making your crust layer, place your graham crackers in a bag and crush them up.
2. Melt your butter and mix it with the graham crackers crumbs in a bowl, set aside.
3. For the pudding, mix the dry pudding mix with the crushed pineapple, gently stir in the cool whip, for a thinner texture, add a splash of milk.
4. Layer your dessert and add a cute umbrella to top it off, enjoy!





Helping Without Taking Over

By Kimberly West ADC, CDP, MDE, VMC

Helping without taking over is one of the most important skills in dementia care. Many people living with dementia can still take part in daily routines when they are given the right kind of support. By offering gentle guidance, allowing extra time, and focusing on what the person can still do, caregivers can help preserve confidence, dignity, and independence. This approach helps make daily care feel more cooperative and less like doing tasks for the person.

Here are some key tips for helping without taking over:

- Give the person a little extra time to process, respond, or try the task on their own.
- Look for small parts of the task they can complete, even if they cannot do the whole thing.
- Give instructions one step at a time, using simple prompts like “Pick up the towel,” or “Put your arm in the sleeve.”
- Start with gentle cues first by pointing, demonstrating the task, or placing an item within reach before giving a verbal reminder.
- Start the task, then allow the person to continue. For example, begin folding one towel, button the first button, or place the spoon in their hand.
- Offer simple choices instead of open-ended questions. For example, ask, “Would you like the blue shirt or the red shirt?” instead of “What do you want to wear?”

- Do not correct every mistake; if the result is safe and acceptable, let it be.
- Use encouraging words like, “You’re doing great” or “Thank you for helping.”
- Set the task up for success from the start by laying out the needed supplies in order, keeping the environment calm and simple.
- Match the task to the person’s current ability. Complete the harder parts if needed, and leave easier parts, such as wiping a table or stirring batter, for the person living with dementia.
- Watch for signs of stress, confusion, or fatigue. If any of these signs are present, simplify the task further or take a break.



Helping without taking over is a way to respect the person’s abilities while still providing the support they need. By slowing down, offering simple cues, and giving the person chances to participate, caregivers can help everyday routines feel less like care tasks and more like shared activities. Even when the outcome is not perfect, the opportunity to try, choose, and contribute can help the person living with dementia feel respected, capable, and included.

August Special Events



August Birthdays

18th - Brian H.

19th - Thomas H.



21st - Theresa V.



29th - Lowell J.

30th - Patrick K.

HAPPY
BIRTHDAY

Special Dates

Aug. 11th  Vacation Packing Bingo

Aug. 12th  Singing with Judy

Aug. 13th  Drum Circle

Aug. 13th  Karaoke/Dance Party

Aug. 17th  Movie Showing

Aug. 19th  Fish Tank Presentation

Aug. 21st  Hawaii Themed Bingo

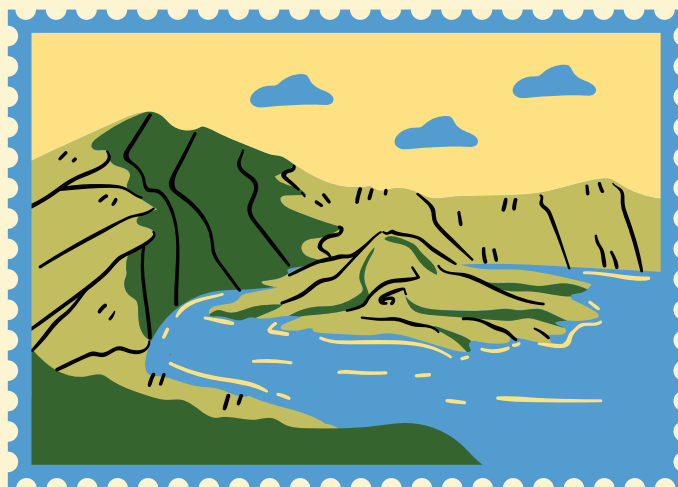
Aug. 25th  Bingo Store

Aug. 26th  Luau Party

Aug. 28th  Singing with Judy

TBD  Bible Study

TBD  Pet Therapy with Hounds



August 2026



Opportunity in the Community

Potter Park Zoo:

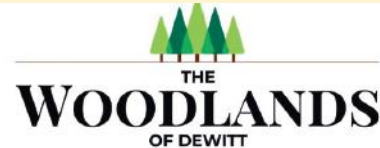


FALCONERS is designed to allow children or adults of all ages with special needs and unique abilities (such as autism or developmental disabilities) and their whole family to have an enriching educational experience in a safe, welcoming and sensory friendly environment. There will be one sensory friendly event in Lansing, Michigan per month throughout 2026.

- All monthly events are free
- Inclusive for the entire family/support group
- Many events include hands-on activities
- Special sensory-friendly nights for Boo at the Zoo and Wonderland of Lights

Next Date: Friday, August 21, 2026 | Go to their website to register!

Sponsors



- Beautiful Accommodations
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Day Center Photos

“July Memories”





Participant Spotlight: Beverly B.

Beverly has a warm and gentle presence that makes her such a special part of the Forster Woods family. Most days, you'll find her relaxing in her favorite recliner along the fireplace wall—the perfect front-row seat to all the fun. She enjoys watching the activities unfold around her, smiling and laughing along with everyone, but when it's time for Bingo, Beverly is always ready to jump in!

One of the first things you'll notice about Beverly is her beautiful smile and her signature stylish head scarves, which have become part of her unique charm. She has a wonderful way of making people feel appreciated, never missing an opportunity to offer a heartfelt "thank you" to the staff around her. While she often enjoys quietly taking everything in, she has a lifetime of wonderful stories and experiences that make getting to know her such a joy.

Beverly also has a special place in her heart for animals, making pet therapy visits some of her favorite moments at Forster Woods.

Fun Facts: Beverly once had a blue parakeet, and she has an incredible 42 grandchildren!

Beverly's kindness, gratitude, and warm smile brighten our days, and we are so grateful to have her as part of our Forster Woods Family!



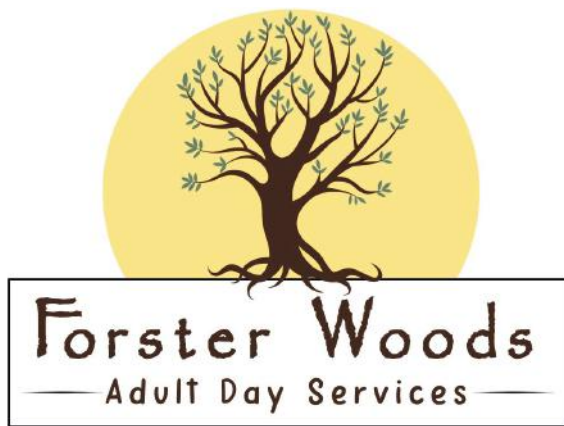
Ways to Support

Your support makes all things possible here at Forster Woods and there are several ways you can contribute and make a difference. Every donation helps us provide vital resources for our individual clients. From meals and personal care items to therapeutic activities and special events, your generosity directly supports their well-being. You can visit our website at www.forsterwoods.org or simply scan the QR code to make a donation today!



Our Amazon Wishlist is filled with supplies we use daily—craft materials, office items, and other essentials for our program. By purchasing an item, you make a direct impact on the lives of our clients, helping us create enriching experiences and maintain a well equipped space. Just scan the QR code for our Wishlist and see how you can help!





Supporting Adults. Empowering Families. Building Community.

Our program provides meaningful daytime support for adults who benefit from structure, social engagement, and compassionate care. Through enriching activities, personalized attention, and a welcoming environment, participants remain active, connected, and valued members of the community.

We also support families and caregivers by providing trusted daytime care and peace of mind. Together, we are building a stronger, more inclusive community where adults can thrive and families feel supported.

Program Impact

- Adults maintain independence and meaningful daily routines
- Reduce social isolation and build friendships
- Support veterans, older adults, and individuals needing daytime care
- Provide respite and support for family caregivers

Program Sponsors & Community Partners

We are grateful to the organizations and community partners whose support helps make our program possible.

