



# MYERSTOWN SENIOR COMMUNITY CENTER



59 N. Ramona Rd.  
Myerstown, PA 17067  
717-866-6786, © 717-675-9546  
Myerstown.SeniorCenter@lebanoncountypa.gov



## NEWSLETTER MAY 2024

Myerstown Senior Center is located at 59 N. Ramona Rd within the Myerstown Christian Fellowship Church and is open to all Lebanon County seniors 60 years of age and over.

We offer both on and off-site activities such as day trips, social events, exercise programs, consumer education, bingo and daily meals offered 5 days a week. Meal reservations need to be made by 11:00 AM on the previous business day. Suggested donation for meals is \$4.50. No membership fee to join us. We are open weekdays from 10:00 AM to 2:00 PM.

### COMMUNITY PHONE NUMBERS

Lebanon County Area Agency on Aging:  
717-273-9262

Social Security Office: 1-800-772-1213

PACE-PACENET: 1-800-225-7223

Rent Rebate Office: 1-888-728-2937

Medicare: 1-800-633-4227

Anti-Fraud Hotline: 1-855-303-9470



### BUS TRIP INFORMATION

- **Bird-in-Hand "Half Stitched" Musical Comedy Show & Smorgasbord**  
Wednesday 8/21, \$99 by 7/12
- **Dutch Apple "Jersey Boys" Show & Lunch**  
Thursday, 9/12, \$101 by 8/9
- **Penn's Peak "Tribute to Dolly & Kenny" Show & Lunch**

Wednesday, 10/2, \$91 by 8/2

- **American Music Theatre "Joy to the World" & Family Style Lunch@ King's**  
Wednesday, 12/4, \$92 by 10/28

### SPECIAL PROGRAM INFORMATION

- **"Health is Wealth" Information & Resource Fair @ Maple Sr. Center**  
Wednesday, 5/1 @ 10:00 AM  
(RSVP for lunch by 4/24)
- **Mother's Day Luncheon @ Mick's\***  
Wednesday, 5/8 @ 12:00PM (SU by 5/1)
- **Mini Golf & Dinner\***  
Thursday, 5/9 @ Kauffman's. 4:00 PM  
Thursday, 5/30 @ Wetlands. 4:00 PM
- **Mother's Day Tea Party & "Boom Box Bingo" Entertainment**  
Tuesday, 5/14 @ 10:30. RSVP by 5/7
- **Soup & Sandwich Special Meal\***  
Thursday, 5/16. Order by 5/9  
Menu: Italian Wedding, Minestrone, Turkey Sandwich, Cole Slaw, Strawberry Pie, Milk
- **Myerstown Senior Center 50<sup>th</sup> Anniversary Celebration @ Hebron's\***  
Thursday, 5/23 @ 11:30. \$10 by 5/3

### Upcoming Events

6/12 – FMNP Check Distribution  
6/13 – Father's Day Special Carpool Trip to Alpacas Farm

\*Program w/cost & registration required.

\*\*All schedule subject to change.

## Nutrition Concerns for Individuals with Dementia

By Barbara Gordon

### **Eating Challenges with Dementia**

Weight loss is common and tends to become more severe as dementia gets worse. In addition to simply forgetting to eat, there are other reasons weight loss might occur:



- Appetite triggers in the brain may not be working normally or medications may impact the desire to eat.
- Food may taste bland due to changes in sense of smell and taste.
- Difficulty focusing may cause an individual to spend less time eating and therefore consume fewer calories.
- Coordination skills might decline, making use of eating utensils or feeding oneself difficult.
- Chewing and swallowing problems can make it difficult to eat. Some individuals may be prescribed diets that include softer foods to help encourage intake or thickened liquids for easier swallowing.

With severe dementia, individuals may also lose the ability to distinguish food from non-food objects. This might lead to replacing food intake with items that can't be digested or may even be toxic.

### **Healthy Eating for Individuals with Dementia**

The goal for most individuals with dementia is to eat a variety of foods needed for good nutrition status. For individuals who may be on a special diet for other health conditions such as diabetes or high cholesterol, health care providers may lift these restrictions to promote better overall intake. As dementia worsens, some individuals may require more calories because of increased activity. Oral nutrition supplements are often recommended to help get the calories and nutrients needed to maintain weight.

As we age our thirst sensation decreases. Add this to the other challenges of dementia and individuals may also be at an increased risk of dehydration. Encouraging fluid intake and providing foods that are rich in water, such as fruits and vegetables, can also help.

Mealtimes are also an important part of ensuring an individual with dementia gets enough to eat. Serving meals at a kitchen or dining table can help them focus on the task of eating. Individuals with dementia can become easily distracted, so avoid using patterned plates, having too many items on the table and turn off the television during meals. Eating with others in a family-style setting may help them to focus on eating and increase how much they eat.