

Forster Woods Connection

July 2026

Diving into Summer

June was filled with laughter, creativity, and unforgettable memories. From decorating the center with colorful paper plate flowers and enjoying slushies on warm afternoons to hosting our very first Forster Woods Car Show, every day brought something special.

The Car Show was truly the highlight of the month, featuring a Harley-Davidson motorcycle, Corvette, Mustang, Chevy van, and even a surprise visit from the East Lansing Fire Department! Participants shared stories, explored the fire truck, and created memories we'll never forget. We also enjoyed another heartfelt performance from Jamming with Karl, whose music once again filled our center with joy.

At Forster Woods, we believe the best days aren't measured by the activities on the calendar—they're measured by the conversations they spark, the memories they awaken, and the friendships they strengthen. June was a beautiful reminder of exactly that, and we can't wait to dive into July with a month full of under-the-sea adventures!



Under the Sea

Get ready to make a splash because we're diving Under the Sea all month long! From our crafts and games to puzzles and decorations, the entire day center is transforming into an underwater adventure filled with creativity and fun.

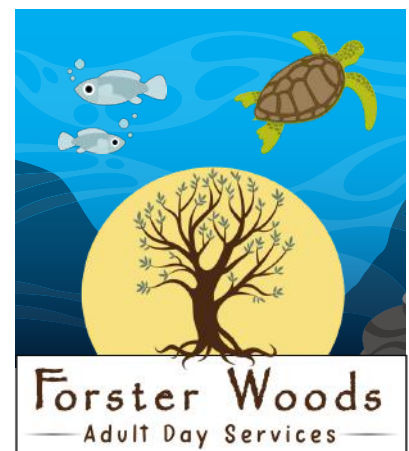
We've already begun bringing the ocean to life with our Under the Sea Jars—mini ecosystems at each table, each home to a friendly snail that participants can observe, admire, and even feed each day. Throughout the month, we'll also enjoy painting seashells, playing Under the Sea Bingo, trying our luck at a fishing game, and wrapping it all up with an exciting Under the Sea Party.

We can't wait to create more unforgettable memories as we explore the wonders of the ocean together!

MSU Nursing Students

We are excited to welcome two groups of Michigan State University nursing students to Forster Woods this summer! Throughout July, our Monday and Wednesday groups have been getting to know our participants, supporting daily activities, and building meaningful relationships along the way.

Over the next few weeks, the students will be planning and leading a Health Promotion Project for our participants. We can't wait to see the creative ideas they bring to life, and as always, we are grateful for the compassion, energy, and lasting connections they share with our Forster Woods family.



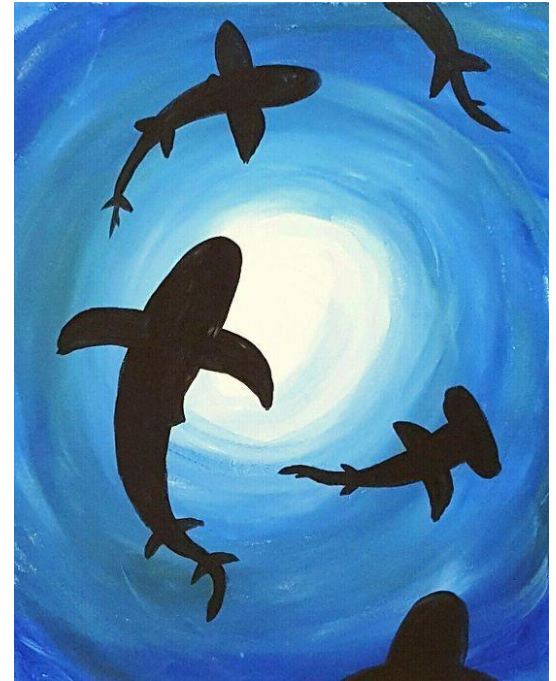


Shark Silhouette Painting



Materials:

- Shark Cutouts
- Tape
- Black Cardstock
- Dark Blue Paint
- Light Blue Paint
- White Paint
- Paint Brush/Sponge
- Water



Directions:

1. Tape your shark cutouts onto your black cardstock.
2. Start with the dark blue and use that to paint the border of your paper, round the corners.
3. Use the light blue paint, painting more towards the center. Slowly blend the colors.
4. Use the white paint for the middle of the paper. Blend the white into the light blue.
5. You can also try scrape painting, this is where you add drops of the paint in the correct spot and then use a square piece of plastic to scrape the colors along the paper to blend them.
6. You should peel off the shark cutouts when the paint is wet so it doesn't rip! Enjoy your masterpiece!



Under the Sea Scene Treat

Ingredients:

- Goldfish Vanilla Cupcake Flavor
- Graham Crackers
- White Ball Sprinkles
- Green and Red Jimmy Sprinkles
- Blue Buttercream



Directions:

1. Take one graham cracker and spread blue frosting on almost all of the cracker.
2. Place the bottom of the frosted graham cracker into the bowl with graham cracker crumbs, covering just the bottom of the cracker with crumbs, to mimic sand.
3. Add two goldfish per cracker, white ball sprinkles as bubbles, red sprinkles as crabs, and green sprinkles as seaweed.
4. Enjoy!

Fall Prevention Starts at Home

Simple strategies for families and caregivers to keep loved ones safe. 

Falls are the leading cause of injury, hospitalization, and loss of independence among older adults. Each year, approximately 14 million Americans age 55 and older (1 in 4) experience a fall, resulting in more than \$80 billion in annual health care costs. Falling once doubles the risk of falling again, which can lead to further physical decline, depression, and feelings of helplessness. Fortunately, most falls are preventable and begin with understanding common risk factors around the home, where most falls occur. By incorporating simple, practical prevention strategies, families and caregivers can help keep their loved ones safe, healthy, and at home longer.



1 Create a Safer Environment

- Remove small throw rugs or use double-sided tape to keep them secured.
- Use handrails on both sides of stairs and keep stairs free of clutter.
- Ensure high traffic areas are well lit; motion-detected lights can be helpful for mobility at night.
- Keep frequently used items between waist and shoulder height.



2 Encourage Safe Movement

- Regular movement helps maintain strength, balance, and confidence.
- Encourage daily walking or balance and strengthening activities when appropriate.
- During transfers, remind your loved one to change positions slowly, pause before walking, and use recommended assistive devices such as canes, walkers, or gait belts.



3 Support Healthy Habits

- Encourage hydration and a balanced diet to support overall health.
- Schedule annual eye exams and address vision changes.
- Wear proper footwear with non-slip soles that fit well.
- Review medications regularly with a healthcare provider. Some medications can cause dizziness or drowsiness and increase fall risk.
- Monitor for foot problems and seek treatment for pain or sores.



4 Reduce Bathroom and Toileting Falls

- Most falls within the home occur in the bathroom.
- Use grab bars, raised toilet seats, shower chairs, and non-slip mats.
- Consider urinals or bedside commodes for nighttime toileting.
- Establish scheduled toileting routines.



5 Stay Connected

- Consider medical alert systems, bed or chair alarms, and in-home camera systems when unable to provide direct supervision.
- Learn about community fall prevention programs and caregiver support resources.
- Don't hesitate to ask for help—ask your healthcare provider if concerned about falls at home.




For More Information

Visit the CDC STEADI (Stopping Elderly Accidents, Deaths & Injuries) program for tools and resources for caregivers.

www.cdc.gov/steady



Scan to access fall prevention resources. 

References

1. National Council on Aging. (2024). Preventing Falls: Tips for Older Adults and Caregivers. <https://www.ncoa.org/article/preventing-falls-tips-for-older-adults-and-caregivers/>
2. Centers for Disease Control and Prevention. (2024). STEADI: A CDC initiative to prevent falls and injuries. <https://www.cdc.gov/steady/>

Created by Jacob G.

July Special Events



Under the Sea Jars

Special Dates

- Jul. 10th  Singing with Judy
- Jul. 10th  Fall Risk Themed Bingo
- Jul. 13th  Drum Circle
- Jul. 15th  Bible Study
- Jul. 17th  Pet Therapy with Hounds
- Jul. 17th  Under the Sea Bingo
- Jul. 21st  Pet Therapy with Maggie
- Jul. 22nd  Jamming with Karl
- Jul. 23rd  Under the Sea Party
- Jul. 24th  Singing with Judy
- Jul. 28th  Pet Therapy with Maggie
- Jul. 31st  Bingo Store

July Birthdays



7th - Peter T.

8th - Peggy H.



22nd - Eureka P.



24th - Holly I.

31st - Keith M.

31st - Pat F.



HAPPY BIRTHDAY!

★ ★ ★ ★ ★ ★
HAPPY
Independence
Day



Opportunities in the Community

Club Create:

Sensory Friendly Crafts

Club Create member meet once a month to participate in an art experience, share a snack, and socialize. the arts experience may include cisual art, music, dance, or drama.

Club Create Lansing meets the second Wednesday of each month at Peckham to have fun and create. Members enter through the south entrance shown in the picture.

Club Create is free to participants. Any person with a disability is welcome to join.

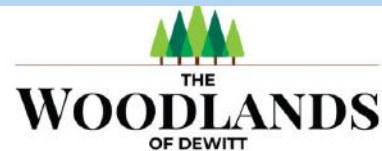
Please RSVP to Riley Barelotti at rbarelotti@peckham.org prior to scheduled class.

Accessible Lansing:

Lansing offers many fun and accessible places to explore this summer! Whether you enjoy nature, animals, science, history, or transportation, there is something for everyone. Take a stroll or roll along the scenic River Trail, discover the wonders of the universe at Abrams Planetarium, enjoy hands-on learning at Impression 5 Science Center, visit the amazing animals at Potter Park Zoo, or step back in time at the R.E. Olds Transportation Museum.

These destinations are welcoming, engaging, and offer accessible features that make them enjoyable for visitors of all abilities. July is the perfect time to get out, explore our community, and create lasting memories with family and friends!

Sponsors



- Beautiful Accommodations
- Great Food
- Great Care
- 24/7 Staffing
- FUN Activities
- Socialization
- Engaging Entertainment
- Community Involment

For a tour call: (517)455-4888

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Day Center Photos

“June Memories”





Participant Spotlight: Shelonda D.

Shelonda is one of those people whose joy is simply contagious. Her bright smile, infectious laugh, and playful sense of humor have a way of lifting the spirits of everyone around her. Whether she's cracking a joke, sharing a laugh, or striking a pose the moment a camera comes out, Shelonda brings fun and positivity wherever she goes.

A creative spirit at heart, Shelonda especially enjoys arts and crafts and is a familiar face in our Wednesday baking group, where she helps whip up delicious treats for everyone to enjoy. (Fun fact: she's mastered the impressive one-handed egg crack!). She also loves dressing up for our themed parties and embraces every opportunity to join in the fun.

Shelonda has built wonderful friendships with many of her fellow participants and especially enjoys spending time with Ellie and Jade, two of staff members. Her kindness, humor, and enthusiasm help create an atmosphere where everyone feels welcome and included.

Whether she's making us laugh, showing off her latest craft, or bringing people together with her joyful personality, Shelonda reminds us that happiness is meant to be shared. We are so grateful to have her as part of our Forster Woods family!



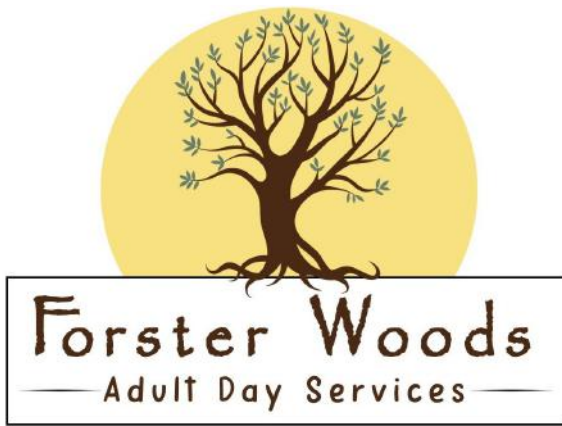
Ways to Support

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.

