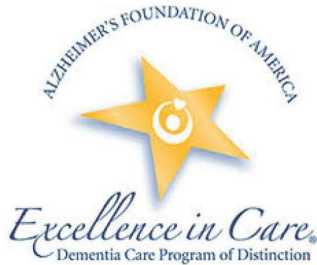


Serendipity Adult Day Services News



October 2026



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DOING THE
MOST GOOD™

DATES TO REMEMBER

10/12: AnchorRides Closed
**10/16: Field Trip. Mann Leiser
Greenhouses**
10/30: Halloween Party



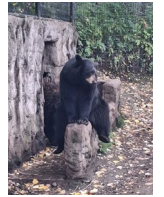
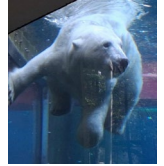
October

Autumn leaves of red and gold
that crunch beneath your feet,
Pumpkins on front porches,
candy corn, and trick-or-treat,
Tart and tangy cider,
apples ripened on the trees,
A hint of winter coming
on the chilly
autumn breeze.

UPDATES

Alaska Zoo

Well, Serendipity finally made it to the Zoo! It was a beautiful Autumn day; the sun was shining upon us and there were light winds to rush the golden leaves that made our day outdoors all the more lovely. We saw a polar bear swimming and playing with his ball, bears and yaks... Oh my! The vertical traverses - in gravel - made it all the more adventurous for all. We were assured the trails were wheelchair accessible, there was even a note on the map that indicated where wheelchairs were not permitted. And, *that* area was avoided – it can be assured. In hindsight, perhaps they should have just excluded all the trails, left us in the entry area and just brought the animals to us.



Courtesy of
Alex and Josh

We now refer to the field trip as “Leg Day on the Southside”.

We did have one adventurous, brave and stalwart participant, Alex who, with his walker and our twenty-something LDS volunteer, Josh, made the entire circuit while we languished below - staff and volunteers pushing wheelchairs and those being pushed clamping death grips on their wheelchair armrests. Alex was as agile as a mountain goat. It might have been the exhaustion that clouded my vision, but I was fairly certain, I saw Josh trying to keep up with Alex, who again, had possessed only his walker and his Russian athleticism and pride that out-propelled him from us and throughout the winding, winnowing trails and animal exhibits.

We finally all arrived on even ground and the day ended with smiles, laughter, popcorn, lovely souvenirs from the gift shop and many arising prayers that we survived the harrowing event. Yes, there clearly was a reason we never made to the Zoo the previous two times. Divine Providence is helpful only when you are attentive to it... clearly.

Serendipity Loves our Participant's Feet

Some of our folks are already taking advantage of the foot care services offered at Serendipity. Denise Ramp, FNP-C, CFCS, Love Your Feet, LLC, is accepting new participants for initial foot care assessment and toenail care, and fingernail care up to 3 hours. Routine foot care and toenail care, and fingernail care up to 1 hour, to promote healthy lower extremities, foot care education, and well-being through nursing foot care to support participants in the care of healthy legs and feet, comfort, and mobility. She will report foot care completed and follow-up care will be communicated directly to client home caregivers. Please reach out if you feel Denise's services could be of benefit to your loved one or client.

Caregiver Corner

Supporting Nighttime Wakefulness

By Kimberly West, ADC, CDP, MDE, VMC

For some people, being awake at night is not a new behavior. People who spent many years working the second or third shift often developed routines that kept them active during late-night and early-morning hours. These lifelong patterns may continue long after retirement and can remain familiar even after a dementia diagnosis. Nighttime wakefulness can be difficult for both the person living with dementia and the caregiver supporting them. Simple changes to the environment, routine, and caregiver response can help make these hours safer and easier to manage. The following tips offer practical ways to respond when someone is awake during the night.

Safety tips for nighttime wakefulness:

Keep hallways, bedrooms, and bathrooms free of clutter, cords, and loose rugs.

Use soft night-lights to mark the path to the bathroom and other familiar areas.

Use clear, easy-to-read signs or pictures at eye level to label familiar spaces and provide simple reminders, such as an arrow pointing toward the bathroom or a sign identifying the bedroom or kitchen.

Keep doors to unsafe areas, such as basements, garages, or storage rooms, secured.

Store medications, cleaning products, sharp objects, and other household hazards out of reach.

Nighttime activity suggestions:

- **Nurses or caregivers:** Fold washcloths, organize care supplies, match socks, or prepare a small comfort basket.
- **Factory or warehouse workers:** Sort safe objects by size or type, count items, assemble simple parts, or organize containers.
- **Drivers or transportation workers:** Look through road maps, sort postcards, talk about familiar routes, or watch quiet travel videos.
- **Police officers, firefighters, or security workers:** Check that doors are closed, organize a flashlight and safety kit, or look through familiar community photos.
- **Bakers, cooks, or restaurant workers:** Fold napkins, sort recipe cards, set out breakfast items, or help prepare a simple snack with supervision.
- **Cleaners or maintenance workers:** Wipe a table, fold cleaning cloths, organize safe tools, or complete a simple household task.
- **Office workers:** Sort mail, organize papers, use a calculator, make a list, or arrange pens and office supplies.
- **Hospitality workers:** Fold towels, arrange toiletries, sort room supplies, or prepare a welcome basket.
- **Retail workers:** Match items, organize a small display, fold clothing, sort coupons, or count play money.
- **Media, radio, or entertainment workers:** Listen to familiar late-night programs, organize records, look through magazines, or create a music playlist.

Supporting Nighttime Wakefulness, cont.

For anyone with a strong nighttime routine: Offer decaffeinated coffee or tea when appropriate, along with a familiar snack, quiet conversation, music, television, or another activity connected to how the person once spent work breaks.

Retirement or a dementia diagnosis does not always erase routines built over years of nighttime work. Safe, meaningful activities connected to the person's past work and interests can make periods of nighttime wakefulness more comfortable and purposeful.

Resources:

[Alzheimer's Association – Sleep Issues and Sundowning](#)

[Alzheimer's Association – Alzheimer's and Dementia Caregiver Support](#)

[Alzheimer's Association – Online Tools and Resources](#)

[National Library of Medicine – Sleep Disturbances in Dementia: What They Are and What To Do](#)

[Alzheimer's Research Association – Dementia and Sleep: Understanding Sleep Problems, Treatment, and Tips](#)

[Mayo Clinic – Alzheimer's: Managing Sleep Problems](#)

[UCLA Health – Caregiver Training Part XII: Sleep Disturbances](#)