

## Weekend Information- May 2019



Hello our fellow travelers, families, and caregivers!!! Below is some information for the upcoming weekend trip. We will have the Soc/Rec cell phone with the following number for the weekend: 610-506-6723.

We will be meeting at Helping Hands on THURSDAY at 12:00pm. Staff will quickly be “checking in” each traveler for emergency information, etc., in our lunchroom area or by the front doors. **Note:** We have an updated weekend sheet, so all participants need to fill out the new paperwork.

If desired, please pack a “carry-on” bag for the van ride down/back. Feel free to bring your music/headphones, puzzle books, reading material, or snacks or any other items desired. Please note, once we board the vans, we will not have access to your luggage until you are at the house.

**\*\*\*NOTE:** Please do NOT pack your medications in your luggage. Staff will be checking in medications, etc upon arrival. Please make sure that all medications are appropriately labeled for administration. If they are not in blister packs or bottles, you will NEED a printout with a very clear description for staff. **If this is not done adequately enough, you may risk not being able to participate in the trip.**

**Packing suggestions: We will be outdoors for a good bit of this trip, so please keep that in mind when packing.**

- twin size sheets
- towel/washcloth
- 3-4 pants
- 4 shirts
- sweatshirt or jacket
- socks
- sneakers (at least one pair for walking)
- pajamas or sleepwear
- rain jacket- optional and weather dependent
- clothing to be outdoors/boardwalk
- additional spending money- all meals are included, however snacks, extra drinks,



- toiletries- shower/shaving/teeth/hair
- deodorant
- undergarments
- down time activities
- sunglasses or a hat
- camera and film- Optional
- medications (please see attached info.)

souvenirs, and any shopping is not included. **\*\*Most folks bring approximately \$50.00 unless you are a "big spender."**

We plan to return at approximately 5:00pm on Sunday. If we will be more than half an hour late, we will contact you in advance at home or the designated telephone numbers.

If you have any further questions, feel free to contact me at the office or via email.  
Thanks,  
Jaimee & Laura