

Participant Council Meetings

Participant Council Meeting

Red Mountain

Date: March 16, 2011

Attendance: 13 participants and Staff of Linda, Laura, & Maria

Open: Purpose of meeting; to provide a safe and comfortable place. Participant rights were read.

New Participants: Cheryl V. and Olivia C.

New Staff Members: None

Food: Good-No complaints

Activities/Entertainment:

Went over February activities.

Care: No complaints

Complaints: None

Special Occasions: March birthdays were announced.

Close: Meeting closed by staff

Participant's Council Meeting

Town Center

Date: March 7, 2011

Attendance: Staff: Nancy, Luz, Odette and 19 participants

Open: Purpose of meeting; to provide a safe and comfortable place. Participant rights were read.

New Participants:

Paul S. & Dolores M

New Staff Members: None

Food: Ok

Activities/Entertainment:

Went over February activities

Care: Yes

Complaints: None. No

Special Occasions: Outing to

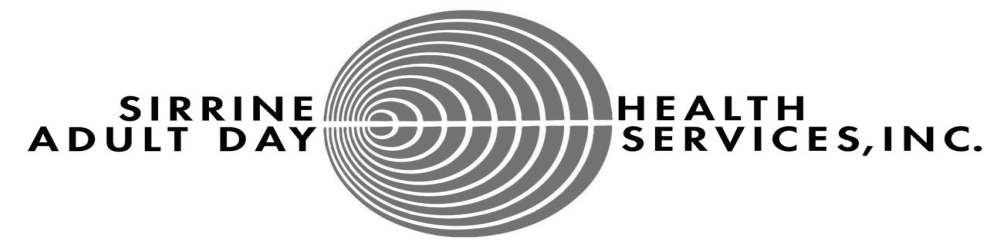
Arizonia Museum and

Chordial-Aires Woman's Chorus

Close: Meeting closed by staff

Funding Sources

- Area Agency on Aging, Region One
- Arizona Department of Education
- Arizona Republic/12 News Season for Sharing
- Boeing
- Leisure World Foundation
- Mesa United Way
- Private Fees and Donations
- SIRRINE Auxiliary
- Valley of the Sun United Way



Your Partner in Caregiving

WWW.SIRRINEADULTDAYHEALTHSERVICES.ORG

Red Mountain

7550 E Adobe Road Mesa, AZ 85207 480-641-7644

Town Center

247 N Macdonald Mesa, AZ 85201 480-464-1061

April 2011

Employee of the Month

Odette C.

Hello, my name is Odette. I was born in Angola, Africa and raised in Massachusetts. I moved to Arizona two years ago. My biggest pleasure is being a mom to my four children and caring for the participants here at SIRRINE. I also enjoy cooking and decorating.

Every day I am thankful for the opportunity to work and I enjoy being with our participants. They are always cheerful and have given me so much in return with their smiles and appreciation. Thank you for making me feel at home.



New Participants

Town Center

Louisa R.
Paul S.

Red Mountain



April Birthdays

Town Center

4/2 Oleta B.
4/13 Paul S.
4/20 Gloria G.
4/26 Mary Lee Mc.

Red Mountain

4/27 Ray R.

ALL PARTICIPANTS FUNDED BY SAIL AND FAMILY CAREGIVER ARE WELCOME TO MAKE CONTRIBUTIONS TOWARDS THEIR CARE

Core Values

We value individuality and diversity in each client and build upon each individual's strengths.

We value the family unit and assist individuals and their caregivers to meet the challenges of maintaining independence.

We value providing quality care based upon need.

We believe in providing service to clients with respect and preserving their dignity regardless of their physical and mental capabilities.

We value professionalism, creativity and loyalty of all staff.

We believe that all who are associated with SIRRINE should serve with integrity and compassion.

Bird of Prey Presentation

Monday March 14th, Liberty Wildlife, a rehabilitation and refuge center brought owls, hawks, and falcons to our center for our participant's education. They were fascinated by the rehab "stories" and how beautiful these birds are up close. Many questions were asked and answered by the well-trained staff.



Break Away Weekend

On May 20-22nd, we will be taking our spring trek to Camp Wilderness in Show Low. It is a weekend of fun, games, good food, bonfires, s'mores, hot dogs, campfire entertainment and unforgettable memories. It is a way to relieve stress of your care giving. It is a break-away weekend established just for caregivers. Cost is \$34.00 for the weekend. Contact Tina at 480-464-1061 or 480-641-7644 for more information.

April Support Group

Potluck Picnic at the Park
April 21st, 12:00 noon, Red Mountain Park
Bring a dish to pass. Beverages will be provided.
Two speakers are scheduled to speak.
Come and enjoy nature and camaraderie with other caregivers.
Contact Tina at 480-464-1061 or 480-641-7644 for more information.



Welcome

Happy Birthday

Becoming An Alzheimer's Whisperer

I recently attended a seminar conducted by Dr. Verna Carson and I thought "what an idea-Alzheimer's Whisperer".

There are significant changes occurring in the brain that can affect its functions and one's state of caring for oneself. At the first stage the person can hide it pretty well, but as the brain changes, the effects of reasoning, personality changes and communication becomes evident. The thinking process or cognitive changes deteriorate to the point of no return. Somehow the emotional bond of love remains long after forgetting one's name.

Caregivers need to know that their loved ones with dementia still have the ability to feel another's emotional state. It may be a feeling of anger, anxiety, or even being upset for whatever reason; they are able to pick up one's feelings. If you received some upsetting news leaving you in frustration, take some time for yourself to vent it off before you continue to provide care for them.

The emotions behind your words or facial expressions are also important. Remember validate, validate, validate. You must when you communicate with your loved one. Try to figure out what your loved one is trying to tell you. See the situation at hand. Is there facial expression of pain, frowning, is there aggressiveness, or refusing to move? At times your loved one can't communicate they hurt. Connect the dots. Your loved one may have some reoccurring illness that can cause pain, such as arthritis. Check with your doctor about pain relief.

Do not argue or attempt to reason. Go with the flow. Agree with them. Make direct eye contact in a quiet and calm manner. Be aware of non-verbal communication. Hone your skills to interpret posture and tone. Do not get too close to invade the person's space. You need to communicate understanding your loved one's level of memory. Sometimes you may have to use the therapeutic fib. For example the person with dementia may think they are 20 years old, but in reality they are 88 years old. Go with what they think. They will forget the conversation in 5 to 15 minutes. As a caregiver you will realize the lapse of forgetfulness. Banish the saying, "Don't you remember?" If the person with dementia could remember he/she would not ask. One possible way to remind the person with dementia is writing down on a notepad with large letters in a simple sentence, the answer they seek. For example, "where are we going?" "to the doctor". Taking your loved one to the toilet every 2 to 3 hours is better than having to clean up after an incontinent episode. You may have to assist them by pulling down their underwear, or wiping. When it is time for a shower or bath, use a positive approach. They may get upset and think they had a shower 15 minutes ago. Wait and try again in 15 minutes. Meal intake may decrease to the fact they think they just ate. Fluid intake is also important.

Last but not least, safety measures should always be of great concern. One way to stop a person with dementia from leaving the house is to place a black door mat inside the doorway. They will perceive the mat as an open hole in the ground.

Our role as a caregiver is to understand the many changes that are occurring with our loved one.

Become the "**Whisperer**"

(written by Sandra Estrada, LPN/Site manager)

Sirrine Adult Day Care will be closed Friday, April 22, 2011

CONTRIBUTIONS/DONATIONS TO HELP US WITH FUTURE PROGRAMS ARE ALWAYS WELCOMED.

~ April 2011 Menu ~				
Mon	Tue	Wed	Thu	Fri
				1 Baked Chicken Breast Mashed Potatoes Capri Blend Vegetables Whole Wheat Roll Fresh Fruit Milk
4 Pepper Steak Asian Rice Pilaf Oriental Vegetables Whole Wheat Roll Sliced Pears Milk	5 Monterey Chicken Broccoli & Cauliflower Garden Salad Whole Wheat Roll Ambrosia Milk	6 Veal Marsala Mashed Potatoes Sliced Carrots Whole Wheat Roll Fresh Fruit Milk	7 Oven Roasted Open Faced Turkey Sweet Potatoes Mixed Vegetables Whole Wheat Bread Apple Sauce Milk	8 Sloppy Joes Baked Potato Wedges Peas & Carrots Whole Wheat Bun Chocolate Pudding Milk
11 BBQ Ribette Sandwich Sweet Corn California Vegetables Whole Wheat Bun Fruit Cup Milk	12 Baked Ziti w/Meat Sauce Italian Blend Vegetables Garden Salad Whole Wheat Roll Pear Halves Milk	13 Chicken Salad Sand. Tri Colored Bean Salad Potato Salad Petite Bun Apple Oatmeal Crisp Milk	14 Soft Shell Beef Taco Mexican Fiesta Rice Refried Beans Flour Tortilla Tropical Fruit Salad Milk	15 Crab Cake Sliced Carrots Oriental Blend Veggies. Whole Wheat Roll Fresh Fruit Milk
18 Sweet/Sour Meatballs Vegetable Rice Pilaf Broccoli Whole Wheat Roll Peach Halves Milk	19 Bratwurst & Sauerkraut German Potato Salad 5 Way Blend Vegetables Whole Wheat Bun Cherry Trifle Milk	20 Seafood Salad Plate Pickled Beets Cucumber/Onion Salad Whole Wheat Roll Fresh Fruit Milk	21 Baked Ham with Pine-apple/Cranberry Glaze Au Gratin Potatoes Green Beans Dinner Roll Apple Pie Milk	22 Baked Tilapia with Hollandaise Four Way Blend Veggies. Wild Rice Pilaf Whole Wheat Roll Fruit Jell-O Milk
25 Cheese Burger Deluxe Steak Fries Sliced Carrots Whole Wheat Bun Birthday Cake Milk	26 Teriyaki Glazed Chicken Breast California Vegetables Garden Salad Whole Wheat Roll Tropical Fruit Salad Milk	27 Swiss Steak Capri Blend Veggies. Mashed Potatoes Whole Wheat Roll Fresh Fruit Milk	28 Scrambled Egg Strata Home Fried Potatoes Biscuits/Sausage Gravy Fruit Cup Milk	29 Seafood-Pasta Alfredo Broccoli Peas-Pimento-Onion Whole Wheat Roll Pineapple Tidbits Milk

Please notify us by Thursday prior to the week you are changing your schedule

Policy: Sirrine Adult Day Care of Mesa, Inc. is an equal opportunity provider and employer