

Participant Council Meetings

Participant's Council Meeting – RM

Date: July 1, 2010

Attendance: 15 participants and Staff of Linda and Laura

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

New Participants: None

New Staff Members: None

Food: Everybody is happy with the food.

Activities/Entertainment:

Staff members will be the entertainers for the month of July with lip sync, dance, card tricks and much more. Laura will show the participants how to make a lei. Laura learned to make them while in Hawaii.

Care: Everybody is happy with the care.

Complaints: None.

Special Occasions: 4th of July and Luau

Close: Meeting closed by staff

Participant's Council Meeting – TC

Date: July 1, 2010

Attendance: 6 participants and Staff of Nancy, Odette, and Luz

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

New Participants: None

New Staff Members: None

Food: They want more ice cream.

Activities/Entertainment:

Staff went over the entertainers and high lights for the month.

Care: Thankful for the care the staff provides.

Complaints: None

Special Occasions: 4th of July & Birthdays

Close: Meeting closed by staff

Funding Sources

- Allstate Foundation
- Area Agency on Aging, Region One
- Arizona Department of Education
- Arizona Republic/12 News Season for Sharing
- ATK Corporation
- Bess Spiva Timmons Foundation
- Boeing
- Del E. Webb Foundation
- Leisure World Foundation
- Mahnah Club
- Max & Victoria Dreyfus Foundation
- Mesa United Way
- Private Fees and Donations
- SIRRINE Auxiliary
- SUNDT Foundation
- Valley of the Sun United Way



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

ALL PARTICIPANTS FUNDED BY SAIL 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.



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

August 2010

Participant of the Month

Lyn F.

Born in Guymon, Oklahoma Lyn traveled to Coolidge, Arizona, along with her parents and 3 siblings (Lyn being the oldest) and grew up with her playground being the now protected Casa Grande Ruins National Monument. In her twenties, the big city was calling her, so she came to Phoenix to study cosmetology and become a hair stylist. She worked many years in salons from the downtown Phoenix area to Sun City and raised 3 daughters. She had a flair for clothing, many of which she made herself and had a collection of shoes that would make Imelda Marcos swoon. She also loved to cook and could grow anything from a seed. Lyn has been a participant with SIRRINE since June 2009. She celebrated her 90th in March.



Lyn has an amazing sense of humor, she wants to look serious, but you can see the mischievousness shining in her eyes. Staff and participants love her as a member of our SIRRINE family. Congratulations Lyn for being selected as the "Participant of the Month".

Thank You

We would like to thank Sheri C. for her generous donation of 4 hula hoops for our Hawaiian Luau at Red Mountain. Not only did she donate the hula hoops, her grandchildren performed for us. They amazed all of us with their skillful performance. Thank you, for your generosity. We are amazed at the generosity of our family members. Sonia

New Participants

Town Center

George D.

Helen W.

Jim M.

Octaviana C.

Stella L.

Red Mountain

August Birthdays

Town Center

8/11 Corinne R.

8/23 Helen W.

Red Mountain

8/7 Margaret H.

8/19 Thelma B.

8/21 Judy L.



Welcome



Happy Birthday

Hispanic Support Group Meeting

August 31st, 3:00 p.m. At Town Center Facility

Guest speaker-to be announced

Alumni Support Group

To be Announced

Employee Corner

We are very proud of our employees. Frequently we receive praises from family members and the public about our dedicated staff.

We know our employees are very professional, caring and loving individuals who enjoy their jobs and are proud to be able to provide quality care to our dear participants.

To all of them we say thank you and we are pleased to have them as part of winning team.

We would like to recognize one of our employees, Mike H. He is the van driver for the Red Mountain facility. For 2 years he has transported our dear participants to and from their homes safe and secure. When the van breaks down with participants still on it, he handles the situation with a calm demeanor and professionalism. Mike, we thank you and admire your gentle ways with your co-workers, families and our dear participants.

Mike was born in Arizona. He has two brothers. He likes to read, dance and sports. He is taking courses at Mesa Community College to become an Administrator of a Health Care facility. We are proud to have him as a member of our staff.

Personally I consider Mike my “guardian angel”. Twice he has noticed that I had a flat tire on my car and volunteered to change them both times and that meant a lot to me.

Thank you, Mike!



Camp Caregiver

Changing leaves, briskness in the air, raging campfire with all the trimmings, hot dogs, marshmallows, chocolate, graham crackers and a country

Comraderie and fun abound. We play games, with prizes, take nature walks, watch for elk and laugh with new friends we've met and bonded with.

It is a weekend that will add contentment to your life and give you needed rest and relaxation.

Come and enjoy this wonderful weekend with us in the cool pines of Show Low.

We welcome you to put Sept. 17-19th on your calendar for a weekend getaway with other caregivers.

The cost is \$34.00 which includes food and lodging. We stay in cabins with running water, showers and plumbing. Tell a friend; the more the merrier.

Call Tina at 480-464-1061 or 480-641-7644 for more information and reservations

Powerful Tools For Caregivers

Tina and Sonia will be teaching another class of this interesting 6 session course.

August 24th. till September 16th. Tuesdays and Thursdays 9:00 a.m. till 10:30 a.m.

At Mesa Active Adult Center 247 N. MacDonad St. classroom #2

Contact Tina or Sonia at:480-464-1061 or 480-641-7644

Promoting Adequate Sleep

There are numerous causes for sleeplessness. These include discomfort or pain, environmental causes such as being too warm or too cold, medications, depression, use of stimulants such as coffee, hunger and stress. Some persons may have disease-caused delusions or hallucinations. If the person is napping a lot during the day, sleep will be difficult during the night.

The most important role of the caregiver is to determine what is causing the person not to sleep. If the person is up and wandering through the night, determine if she/he is looking for the bathroom, is too warm, is hungry or up for some other reason, including pain. Scheduled toileting a couple times during the nights may assist in preventing a great deal of night-time restlessness. Persons with dementia may become more disoriented after dark or with awaking.

Fear and agitation may lead to restlessness and lack of sleep. Leaving a night light on in the bedroom may be of some help. Placing arrows on the walls or on the floor leading to the bathroom and labeling the bathroom door in big bold print may allow the person with dementia to get to the bathroom at night with minimum assistance. An even more effective technique for dealing with toileting at night is to place a commode at the bedside or men can use a urinal.

The more uninterrupted sleep a person can sustain, the more beneficial the sleep time. Additionally, even though the person may have to be toileted or changed during the night, turning on bright lights should be avoided to maximize the person's ability to get back to sleep.

Alzheimer's causes both short-term and long-term memory loss

Short Term Memory

Short-term memory holds recent memories:

What you had for lunch today

Who you talked to on the telephone last night

What plans you have for tomorrow

Short-term memory loss starts during the early stage of Alzheimer's

Long Term Memory

Long-term memories are memories you have from the past. These may be memories of “how to do things” or of “people and family.” Long-term memories may include:

Faces and names of people you have known all your life

Your children's names and how old they are

How to get home from the store

How to take a bath and get dressed

Long-term memories are mostly lost in middle or late stages of Alzheimer's.

Survival Tips

Put staying healthy at the top of your list

Have a backup plan in case something unexpected happens to you

Take one day at a time

Keep your sense of humor

Pat yourself on the back for the good job you are doing

Get enough rest and eat right

Make time for the things you like to do

Talk about how you feel with others

Listen to your friends

Make a list of all the things your loved one can still do

~ August 2010 TC Activity Schedule~				
Mon	Tue	Wed	Thu	Fri
2 10:30 Wii Games Bowling Golf 1:00 Bingo Table Games	3 10:30 Spanish Club Arts Guess Who 1:00 Bingo Table Games	4 10:30 Wii Games Scattergories 1:00 Bingo Table Games	5 10:30 Men's Club-History Spiritual Hour Spanish Club 1:00 Bingo Ball Toss	6 10:30 Council Meeting 10:45 Trivia 1:00 Bingo Cards Sports
9 10:30 Show and Tell Honoring Family With Family Pictures 1:00 Bingo Table Games	10 10:30 Spanish Club Arts Fun with Jokes 1:00 Bingo Dominos Checkers	11 10:30 Health Talk 1:00 Bingo Story Telling	12 10:30 Men's Club Cross Word Puzzles Spiritual Hour 1:00 Bingo Crafts	13 10:30 Paper Capers 1:00 Bingo Ball Toss
16 10:30 Wii Games Creative Time Everything Goes 1:00 Bingo Volley Ball	17 10:30 Spanish Club Arts Cards 1:00 Bingo Darts	18 10:30 Wii Games Price is Right 1:00 Bingo Darts Horseshoes	19 10:30 Men's Club-Creative Spanish Club Spiritual Hour 1:00 Scattergories	20 10:30 Parachute Game 1:00 Sports-Golf Bowling Darts
23 10:30 Wii Games Parachute Game 1:00 Bingo Horseshoes Ball Toss	24 10:30 Spanish Club Arts Spiritual Hour 1:00 Bingo Book Reading	25 10:30 Wii Games Parachute Game Volley Ball 1:00 Bingo Table Games	26 10:30 Men's Club-Tour. Minds Spanish Club Spiritual Hour 1:00 Bingo Ball Toss	27 10:30 Small Groups Cards/Dominos Crossword Puzzles 1:00 Bingo Darts
30 10:30 Wii Games Sports Hour 1:00 Table Games Bingo Cards 3:00-Red Hat Tea	31 10:30 Arts/Crafts Word Games 1:00 Wacky Fashion Show			

Activities offered on a daily basis

- 7:00-8:00-Chit Chat-Coffee Social
- 8:00-9:00-Crafts-Games
- 9:00-9:30-The News-English
- 10:00-Exercise

- 12:30-Spanish Bingo-Singing
- 2:00-Exercise
- 3:00-Sports-Cross Word Puzzles-Table Games
- 4:00-Tea Party-Social Hour-Trivia

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

~ August 2010 RM Activity Schedule ~				
Mon	Tue	Wed	Thu	Fri
2 10:30 Small Group Dominoes, Cards, Crafts 1:00 Bingo Balloon Toss Music	3 10:30 Art Class-Mariah Paper Caper 1:00 Bingo Darts Balloon Toss	4 10:30 Scattergories 1:00 Bingo Table Games	5 10:30 Bingo Table Games 1:00 Spanish Class Crafts	6 10:30 Council Meeting 10:45 Men's Club Charades 1:00 Bingo Table Games
9 10:30 Show and Tell Honoring Family-with Family Pictures 1:00 Bingo Sports	10 10:30 Art Class-Mariah Bowling 1:00 Bingo Food Bingo	11 10:30 Tournament of Minds Table Games 1:00 Bingo Animal Bingo	12 10:30 Bingo Bowling 1:00 Spanish Class Sports	13 10:30 Men's Club Spiritual Hour 1:00 Bingo Volley Ball
16 10:30 Creative Time Anything goes 1:00 Bingo Table Games	17 10:30 Art Class-Mariah Dance to Tapes 1:00 Bingo Horseshoes	18 10:30 Cross Work Puzzles Reminisce 1:00 Bingo	19 10:30 Bingo Musical Instruments 1:00 Spanish Class Word Games	20 10:30 Men's Club Spiritual Hour 1:00 Bingo Volley Ball
23 10:30 Scattergories 1:00 Bingo Dominos Scrabble	24 10:30 Art Class-Mariah Music and instruments 1:00 Bingo Word Games	25 10:30 Bingo Sing Along 1:00 Wacky Fashion Show	26 10:30 Fun with Jokes Painting Baskets 1:00 Spanish Class Table Games	27 10:30 Men's Club Spiritual Hour 1:00 Bingo Volley Ball
30 10:30 Creative Time Sing Along to 50's 1:00 Bingo Chit Chat 2:45-Red Hat Tea	31 10:30 Art Class-Mariah Spiritual Hour Table Games 1:00 Table Games Bingo Music and Songs			

Activities offered on a daily basis

- 7:00-8:00-Chit Chat-Coffee Social
- 8:00-9:00-Crafts-Games
- 9:00-9:30-The News-English
- 10:00-Exercise

- 12:30-Spanish Bingo-Singing
- 2:00-Exercise
- 3:00-Sports-Cross Word Puzzles-Table Games
- 4:00-Tea Party-Social Hour-Trivia

~ August 2010 MENU ~

Mon	Tue	Wed	Thu	Fri
2 Meatball Sub Sandwich Capri Blended Veggies. Broccoli Whole Wheat Hoagie Roll Fresh Oranges Milk	3 Lemon Pepper Chicken California Mix Vegetables Garden Salad Whole Wheat Roll Apple Sauce Milk	4 Bake Ham/Cherry Sauce Sweet Potatoes Cauliflower Whole Wheat Roll Ice Cream Cup Milk	5 Spinach & Mush. Quiche Sliced Carrots Brussels Sprouts Whole Wheat Roll Apricots Milk	6 Crab Cake Oriental Mix Vegetables Peas & Pimento Whole Wheat Roll Fresh Apples Milk
9 Bowtie Pasta & Chicken Alfredo Spinach Italian Blend Vegetables Whole Wheat Roll Pineapple Tidbits Milk	10 Roast Pork Loin Scalloped Potatoes Garden Salad Whole Wheat Roll Fresh Fruit Milk	11 Salisbury Steak/Gravy Mashed Potatoes Baby Carrots Whole Wheat Roll Cherry Oatmeal Cobbler Milk	12 Chicken Fritter/Gravy Chuck Wagon Corn Collard Greens Whole Wheat Roll Fresh Fruit Milk	13 Roast Turkey & Dressing Mashed Potatoes Green Beans Whole Wheat Roll Fruit Cocktail Milk
16 Sheppard's Pie Mashed Potatoes Stewed Tomatoes Whole Wheat Roll Fresh Fruit Milk	17 BBQ Chicken Sandwich Baked Potato Wedges 4 Way Blend Vegetables Whole Wheat Bun Tropical Fruit Salad Milk	18 Chief Salad Pickled Beets Macaroni Salad Whole Wheat Roll Fresh Fruit Milk	19 Fusilli/3 Cheese Lasagna Italian Vegetables Roasted Tomato Whole Wheat Roll Apricots Milk	20 Roast Beef Mashed Potatoes Mixed Vegetables Whole Wheat Roll Ice Cream Cup Milk
23 Country Fried Steak Mashed Potatoes Chuck Wagon Blended Vegetables Whole Wheat Roll Birthday Cake Milk	24 Herb Roasted Chicken Breast Italian Mixed Vegetables Garden Salad Whole Wheat Roll Fruit Cocktail Milk	25 Pork Chopette Mashed Potatoes Succotash Whole Wheat Roll Peach Crisp Milk	26 Open Face Oven Roasted Turkey Sand. Sweet Potato Mash Green Beans Whole Wheat Bread Apple Sauce Milk	27 Sweet & Sour Pork Vegetable Rice Pilaf Caribbean Blend Veggies. Dinner Roll Sherbert Milk
30 BBQ Riblette Sandwich Ranch Style Beans California Vegetables Whole Wheat Bun Fresh Fruit Milk	31 Bake Rigatoni with Meat Sauce Island Blend Vegetables Spinach Whole Wheat Roll Sliced Pears Milk			

Please notify us by Thursday prior to the week you are changing your schedule so we have the proper number of meals ordered.

Hawaiian Celebration

Vacation time is here and we decided to take a subliminal trip to the Magic Islands of Hawaii on July 22nd at Red Mountain and July 27th at Town Center. We began at 10:30 a.m. with a little bit of history, geography, culture, traditions and of course dance and music. Serrine was decorated with flowers, palm trees, birds, seagulls, and more. A photo session followed and ended the first part of the program.

A nice meal was served as the guests sat at beautifully decorated tables. After lunch a video of Maui State Parks was shown at the Red Mountain facility and a Hawaiian review was done at the Town Center facility till the Hawaiian Dancers Bev Ibbs and group arrived. The dancers performed native Hawaiian dances. Bev played the ukulele and her sister led the sing along. The staff and participants learned a traditional Hawaiian dance. A fruit punch was served at the end of the event. Everyone had a great time.

I thank all the staff from both facilities for their cooperation, creativity and willingness to put together ideas to make this a successful celebration. Thank you staff, Mahalo and Aloha! Sonia.



Birthdays, More than just another day

Everybody celebrates birthdays; after all, it is a tradition. Families and friends gather, gifts are given, the Happy Birthday Song is sung in unity, and a favorite cake is placed in front of the guest of honor with lighted candles to be blown out while making a wish. And of course, through all of this, cameras flash with the hopes of catching the very moment when the candles are extinguished, filling the room, in some cases, with a cloud of smoke. Pieces of cake are cut and served with ice cream to all in attendance. Ah, such a joyous occasion filled with wonderful memories.

As the years pass by, our feelings about birthdays seem to become less significant. "I don't want people to fuss over my birthday" or "It's just another day" or "Don't get me any presents; I don't need anything." But deep down, we all know that whether we are 40 or 50, 80, or 90, we still wake up on the morning of our birthdays feeling lucky to be alive and reminiscing about the years gone by. *(article from Creative Forecasting)*

I went to a birthday party for a beautiful 99 year old lady this weekend. She was dressed to the nines, wearing a big smile, playing hostess to all the guests. Memories of yester-years came to my mind; memories of home, family, togetherness, friendships, and celebrations.

A birthday party is a universal tradition. This is such a special occasion. For one day we feel extra special, extra cared for, and extra popular. Since infant age we learn that this is our "special day" and our parents, spouses, friends, make sure we receive the proper honors and attentions.

Serrine is fortunate to have a group of ladies from the Serrine Auxiliary who for many years have been bringing birthday cake and ice cream to celebrate monthly birthdays. To the Auxiliary ladies, thank you for making us feel special. We look forward to the special treat.

Happy Birthday to our August Birthdays!