

## Participant Council Meetings

### Red Mountain

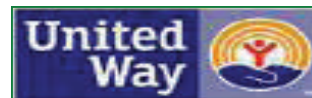
**Date:** November 1, 2011  
**Attendance:** 9 participants and  
**Staff:** Nancy and Maria  
**Open:** Purpose of meeting; to provide a safe and comfortable place. Participant rights were read.  
**New Participants:** Dorothy E, Art D.  
**New Staff Members:** None  
**Food:** Great food! Two people said the food is very good.  
**Activities/Entertainment:** Reviewed the November activities  
**Care:** Very Good! No complaints  
**Complaints:** None "Fantastic"  
**Special Occasions:** Participant art classes, Veterans Day.  
**Close:** Meeting closed

### Town Center

**Date:** November 1, 2011  
**Attendance:** 10 participants and  
**Staff:** Luz & Pam  
**Open:** Purpose of meeting; to provide a safe and comfortable place. Participant rights were read.  
**New Participants:** Eva S.  
**New Staff Members:** None  
**Food:** No complaints. Everyone enjoys the variety of food provided.  
**Activities/Entertainment:** Staff went over November activities  
**Care:** Care is special & appreciated  
**Complaints:** None  
**Special Occasions:** Participant art classes, Veterans Day.  
**Close:** Meeting closed

## Funding Sources

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



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

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

## Core Values

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

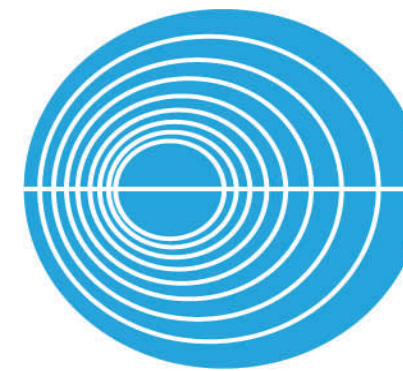
**We value** the family unit and assist individuals and their caregivers to meet the challenges of maintaining independence.

**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.



# SIRRINE

## Adult Day Health Services

Renewal Unity Service

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

December 2011

## Happy Holidays

The SIRRINE staff, Board of Directors and I wish you and your family the happiest of holidays and a New Year filled with health and the makings of great memories. *(Peter Sysyn)*

### SIRRINE Board

Linda Somo  
 Cecilia Fleming  
 George Bliss  
 Clark Hurlbert  
 Mary Louise Miller  
 Mari Stoffer  
 Susan Cook  
 Wilford Taylor  
 Janet Harvey  
 Fernando Valenzuela  
 Mary Jo Whalen  
 Bob Bloom  
 Andrew Poelman  
 Dr. Richard Dinsdale  
 Randy Bunker

### Executive Director:

Peter Sysyn

### Town Center Nurse/Site Manager

Sandra Estrada  
 Nancy McCoy  
 Luz Duran  
 Pam Teerink  
**Van Driver**  
 Vic Chadwell

### Fiscal Manager

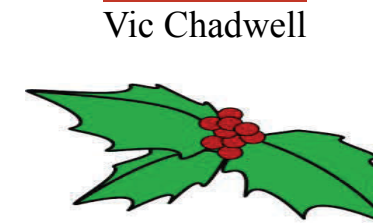
Jan Tankersley  
**Data Entry  
Specialist**  
 Thelma Marston

### Case Manager

Tina Coffman

### Red Mountain Nurse/Site Manager

Rosemary Fuller  
**Program Aides**  
 Linda Moschgat  
 Maria Salinas  
 Bain Norman  
**Van Driver**  
 Mike Hancock



## New Participants

**Town Center**  
 Donald S.  
 Eva S.

## Red Mountain



Welcome

## December Birthdays

### Town Center

12/5 Winona W.  
 12/25 Richard M.  
 12/28 Julia S.

### Red Mountain

12/5 Betty M.  
 12/15 Helen K.  
 12/16 Edith R.

### Staff

12/29 Nancy McC.



Happy Birthday

## Care Giver Tips For The Holidays

For most families, holidays are filled with great expectations. There are opportunities for togetherness, sharing, laughter, and memories. But holidays also can be a time of stress, disappointment, and sadness, especially when a loved one suffers from dementia or Alzheimer’s disease.

The observance of holidays and special occasions can be planned so the person with dementia or Alzheimer’s can enjoy it as well. However, we must be realistic about our expectations, respectful of the person’s needs, and flexible in our planning. The old traditions, customs, and ways of celebrating may need to give way to a gentler, quieter, and more controlled environment.

Because of the changes he/she has experienced, the person with Alzheimer’s may feel a special sense of loss during the holidays. At the same time, busy activity professionals and care givers may be overwhelmed trying to maintain holiday traditions for loved ones at home and/or in a facility. Here are some suggestions that may help you during the holiday season.

### Prepare Visitors

Encourage people to visit, but ask that they call ahead to insure that their loved ones are groomed, dressed, and ready. They may be involved in activities and resist going with family if prior arrangements have not been made. Celebrate early in the day or hold holiday lunches rather than dinners to reduce the likelihood of “Sundowner Syndrome.”

If family members have not visited in a while, familiarize them beforehand with their loved one’s behavior and physical condition.

Try not to have too many people visit at one time, since all the activity may aggravate them. Individuals with dementia can generally only track conversation between two or three people at the most.

Ask visitors/family to watch for signs of fatigue and restlessness. If these are noted, suggest shortening the length of the visit or outing.

Encourage visitors to bring things to share with their loved one, such as photographs, holiday treats, favorite song recordings, movies, or stories or scriptures to read. Remind family members that the individuals live in the present moment and may have difficulty recalling the past.

Help family communicate with the person with Alzheimer’s. Ask them to their world and interact with him/her according to where he/she is mentally today. In other words, family members need to let go of who the person **was** and focus on who he/she is **now**. Although people who suffer from Alzheimer’s may not be able to communicate, he/she can probably hear words and understand their meanings. Accordingly, always assume that he/she knows what is being said around them.

Help them to remember. People with Alzheimer’s may forget words, daily tasks, and most fundamental movements. However, they do remember emotion. They will remember that you are kind, gentle, loving, and that you care.

~ December 2011 Menu ~				
Mon	Tue	Wed	Thu	Fri
			<b>1</b> Soft Shell Beef Taco Spanish Rice Ranch Fiesta Veggies. Flour Tortilla Fruit Cocktail Milk	<b>2</b> Crab Cake Sliced Carrots Oriental Vegetables Whole Wheat Roll Fruit Milk
<b>5</b> Sweet & Sour Meatballs Vegetable Rice Pilaf Broccoli Whole Wheat Roll Peach Halves Milk	<b>6</b> Bratwurst & Sauerkraut German Potato Salad California Veg. Blend Whole Wheat Bun Fruit Milk	<b>7</b> Chicken Tetrazzini Spinach Winter Blended Veggies. Whole Wheat Roll Pineapple Tidbits Milk	<b>8</b> Tuna Salad Plate Cole Slaw Macaroni Salad Whole Wheat Roll Cherry Trifle Milk	<b>9</b> Hamburger Deluxe Steak Fries Sliced Carrots Whole Wheat Bun Fruit Milk
<b>12</b> Citrus Glazed Chicken - Breast Capri Blend Vegetables Broccoli Whole Wheat Roll Fruit Milk	<b>13</b> Salisbury Steak California Veg. Blend Garden Salad Whole Wheat Roll Tropical Fruit Milk	<b>14</b> Pork Chopette Sweet Potatoes Green Beans Whole Wheat Roll Apple Sauce Milk	<b>15</b> Quiche Lorraine Roasted Tomato Brussel Sprouts Whole Wheat Roll Apricots Milk	<b>16</b> Baked Catfish Filet Broccoli Country Blend Veggies Whole Wheat Roll Pineapple Upside - Down Cake Milk
<b>19</b> Roast Turkey Candied Yams Garden Salad Whole Wheat Roll Birthday Cake Milk	<b>20</b> Chicken & Bowtie - Cacciatore Spinach Italian Blend Veggies. Whole Wheat Roll Sliced Pears Milk	<b>21</b> Meat Loaf Mashed Potatoes Sliced Carrots Whole Wheat Roll Apple Oatmeal Cobbler Milk	<b>22</b> Chicken Stir Fry Vegetable Rice Pilaf Winter Blend Veggies. Whole Wheat Roll Fruit Cocktail Milk	<b>23</b> Honey Cured Ham Au Gratin Potatoes Green Beans Dinner Roll Apple Pie Milk
<b>26</b>  Christmas Observed  CLOSED	<b>27</b> Southwestern Pork Stew Spanish Rice Rancho Fiesta Veggies. Flour Tortilla Fruit Milk	<b>28</b> Ground Beef Chili Mac Italian Blend Veggies. Brussel Sprouts Whole Wheat Roll Tropical Fruit Salad Milk	<b>29</b> Chef’s Salad Plate Pickled Beets Macaroni Salad Whole Wheat Roll Peach Cobbler Milk	<b>30</b> Cocktail Meatballs Chicken Nuggets Mini Corn Dogs Hot Apple Chutney Crème Puffs Milk

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

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