

Participant Council Meetings

Red Mountain

Date: December 5, 2011
Attendance: 14 participants and Staff: Linda, Maria, Bain
Open: Purpose of meeting; to provide a safe and comfortable place. Participant rights were read.
New Participants: Carole L.
New Staff Members: None
Food: Good
Activities/Entertainment: Reviewed the December activities
Care: Betty said she was happy.
Complaints: None
Special Occasions: Make holiday crafts and decorate cookies
Close: Meeting closed

Town Center

Date: December 5, 2011
Attendance: 12 participants and 3 staff
Open: Purpose of meeting; to provide a safe and comfortable place. Participant rights were read.
New Participants: Donald S.
New Staff Members: None
Food: Everyone enjoys the variety of food provided.
Activities/Entertainment: Staff went over December activities
Care: Very good and appreciated
Complaints: None
Special Occasions: Outing Senior Center –Concert
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.

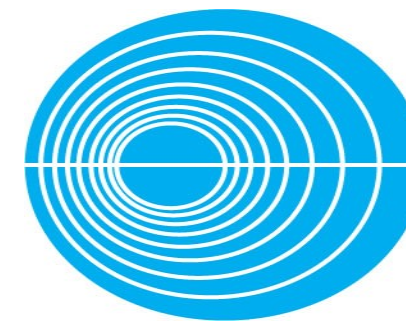
We value the family unit and assist individuals and their caregivers to meet the challenges of maintaining independence.

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

January 2012

Happy New Year

RECOGNIZING THE NEED FOR HELP

It has been our experience that all too often, caregivers often don't recognize when they are in over their heads, and often get to a breaking point. After a prolonged period of time, care giving can become too difficult to endure any longer. Short-term, the caregiver can handle it. Long-term, support is needed. Outside help at this point is often necessary.

A typical pattern with an overloaded caregiver may unfold as follows;

- 1 to 18 months – the caregiver is confident, has everything under control and is coping well. Other friends and family members are lending support.
- 20 to 36 months – the caregiver may be taking medication to sleep and control mood swings. Outside help has dwindled away and except for trips to the store or doctor, the caregiver has severed most social contacts. The caregiver feels alone and helpless.
- 38 to 50 months – besides needing tranquilizers or antidepressants, the caregiver's physical health is beginning to deteriorate. Lack of focus and sheer fatigue cloud judgment and the caregiver is often unable to make rational decisions or even ask for help.

It is often at this stage that family or friends intercede and find other solutions for care. This may include respite care by placing the relative in a day care facility such as SIRRINE, hiring home health aides or putting the disabled loved one in a skilled living facility. Without intervention, the caregiver may become ill and incapable of continuing to care for their loved one.

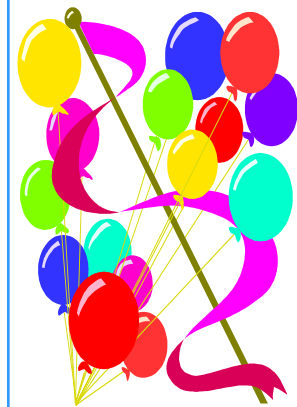
SIRRINE Adult Day Care offers a series of support programs to help the caregiver meet the daily challenges that she/he faces in dealing with a life altering illness. Such programs as our "Just for Fun" Support Group, peer and individual counseling and Camp Caregiver are but a few of the many ways our team of professionals can be of assistance. Our doors are open to caregivers and their family members at all times. Our New Year's pledge to you is to help you through a crisis, relieve your stress, and provide you with the tools to make informed decisions regarding your loved one. We are a phone call away at either 480-464-1061 or 480-641-7644.

Respectfully,
Tina Coffman, Case manager; Sandra Estrada, LPN; Rosemary Fuller, RN and Peter Sysyn, Executive Director

New Participants

Town Center

Red Mountain
Carol L.
Donald P.
James W.



Welcome

January Birthdays

Town Center
1/18 James W.

Red Mountain
1/1 James W.
1/16 Bernice M.

Staff

1/3 Jan Tankersley



Happy Birthday

Here are some inspirational quotes about giving.

"Before giving, the mind of the giver is happy; while giving, the mind of the giver is made peaceful; and having given, the mind of the giver is uplifted." -Buddha -

"It's not how much we give but how much love we put into giving." -Mother Teresa-

"For it is in giving that we receive."-St. Francis of Assisi-

I have found that among its other benefits, giving liberates the soul of the giver.~**Maya Angelou** Quotes On Giving

"When you cease to make a contribution, you begin to die."-Eleanor Roosevelt-

"You give but little when you give of your possessions. It is when you give of yourself that you truly give."
-Kahlil Gibran, philosopher-

"Every charitable act is a stepping stone towards heaven."-Henry Ward Beecher-

"As I give, I get."-Mary McLeod Bethune-

"Some people give time, some money, some their skills and connections, some literally give their life's blood. But everyone has something to give."-Barbara Bush-

"Happiest are the people who give most happiness to others."-Dennis Diderot-

"We make a living by what we get; we make a life by what we give."-Winston Churchill-

"Trying to get without first giving is as fruitless as trying to reap without having sown."-Napoleon Hill -

"Giving people a little more than they expect is a good way to get back more than you'd expect."-Robert Half-

"Before you speak, listen. Before you write, think. Before you spend, earn. Before you invest, investigate. Before you criticize, wait. Before you pray, forgive. Before you quit, try. Before you retire, save. Before you die, give."
-- William A. Ward {American Anthropologist

A generous man forgets what he gives and remembers what he receives.~ Old Proverb

We must not only give what we have; we must also give what we are.~ Desire Joseph Mercier

Sirrine Adult Day Health Services is a registered Charitable organization. Our status as a 501(c) 3 organization enables donations to be tax deductible. While Sirrine receives funding from various agencies and united ways, we still depend on individual donations to help defray the costs of operating an adult day care on a daily basis. As the economy worsens and the resources from the past dry up, the cost of food, fuel, and insurances continue to go up. No donation is too small. Sirrine greatly appreciates all that is given.

~ January 2012 Menu ~				
Mon.	Tue.	Wed.	Thu.	Fri.
2 NEW YEAR'S OBSERVED CLOSED	3 BBQ Chicken Breast Country Blend Veggies. Garden Salad Whole Wheat Roll Ambrosia Milk	4 Veal Marsala Mashed Potatoes Italian Blend Veggies. Whole Wheat Roll Strawberry Shortcake Milk	5 Open Faced Turkey - Sandwich Candied Yams Mixed Vegetables Whole Wheat Bread Apple Sauce Milk	6 Sloppy Joe Baked Potato Wedges Sliced Carrots Whole Wheat bun Fruit Milk
9 BBQ Riblette Sandwich Sweet Corn California Blend. Veggies. Whole Wheat Bun Fruit Cup Milk	10 Pasta/Meat Sauce Italian Blend Veggies. Garden Salad Whole Wheat Roll Pear Halves Milk	11 Soft Shell Beef Taco Spanish Rice Ranch Fiesta Veggies. Flour Tortilla Fruit Cocktail Milk	12 Chicken Salad Sub Three Bean Salad Red Skin Potato Salad Petite Sub Roll Apple Oatmeal Crisp Milk	13 Crab Cake Sliced Carrots Oriental Vegetables Whole Wheat Roll Fruit Milk
16 Pizza Salad Ice Cream	17 Bratwurst & Sauerkraut German Potato Salad California Veg. Blend Whole Wheat Bun Fruit Milk	18 Chicken Tetraxini Spinach Winter Blend Veggies. Whole Wheat Roll Pineapple Tidbits Milk	19 Tuna Salad Plate Cole Slaw Macaroni Salad Whole Wheat Roll Cherry Trifle Milk	20 Hamburger Deluxe Steak Fries Sliced Carrots Whole Wheat Bun Fruit Milk
23 Citrus Glazed Chicken - Breast Capri Blend Vegetables Broccoli Whole Wheat Roll Birthday Cake Milk	24 Salisbury Steak California Veg. Blend Garden Salad Whole Wheat Roll Tropical Fruit Milk	25 Pork Chopette Sweet Potatoes Green Beans Whole Wheat Roll Apple Sauce Milk	26 Quiche Lorraine Roasted Tomato Brussel Sprouts Whole Wheat Roll Apricots Milk	27 Baked Catfish Filet Broccoli Country Blend Veggies. Whole Wheat Roll Pineapple Upside-down Cake Milk
30 Chicken & Bowtie - Cacciatore Spinach Italian Blend Vegetables Whole Wheat Roll Sliced Pears Milk	31 Baked Ham with Pineapple/Raisin Sauce Candied Yams Garden Salad Whole Wheat Roll Fruit 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: Sirrine Adult Day Care of Mesa, Inc. is an equal opportunity provider and employer