

Participant Council Meetings

Participant's Council Meeting – RM

Date: June 4, 2010

Attendance: 14 participants and Staff of Bain, Linda and Maria

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

New Participants: Elwyn A. And Margaret D.

New Staff Members: None

Food: Everybody is happy with the food.

Activities/Entertainment:

Went over the activities for the month.

Care: Everybody is happy with the care.

Complaints: None. Thelma B. says everything is wonderful Betty D. suggests walks. We will walk inside due to the weather.

Special Occasions: Father's Day and participant's birthdays.

Close: Meeting closed by staff

Participant's Council Meeting – TC

Date: June 4, 2010

Attendance: 22 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: Explained the food council ref. carbs, protein, fruits, fiber etc. Everyone likes the meals.

Activities/Entertainment:

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

Care: They feel the staff does care for everyone, especially the ones who do not do well.

Complaints: Absolutely not!

Special Occasions: Father's Day, we will go to Red Mountain to join the Mesa Fire Department and ride the antique fire truck.

Close: Meeting closed by staff

New Participants

Town Center

Paul A.

George L.

Red Mountain

Elwyn A.

Carmen McD.



Welcome

July Birthdays

Town Center

7/15 Yolanda B.

7/16 Blanca S.

7/16 Carmen Y.

7/28 Joanne W.

Red Mountain

7/10 Elizabeth A.

7/12 Dick S.

7/15 Pas G.

Staff

7/18 Thelma M.

7/26 Peter S.

7/26 Linda M.



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

July 2010



SIRRINE Auxiliary President, Rebecca Knight presented a check for \$15,000 raised this year through a series of raffles and a Motor Cycle Run. In accepting the check, Peter noted that the Auxiliary has been a part of SIRRINE for over 32 years and also provides our participants with the monthly birthday cakes and Christmas entertainment. He thanked them for their selflessness, their devotion to our mission and their ability to make us happier when they are around.



SIRRINE recently was recognized as Mesa United Way's Agency Partner of the Year during their year-end Campaign breakfast in June. The plaque was then delivered and presented by Mesa United Way Community Growth Specialist, Tom Foley, to staff and participants for our exemplary work during Campaign 2009. This was one of two plaques that SIRRINE received; the other being The 2009 Silver Trailblazer Award. Congratulations to our staff.

Announcing the winner of "Name the Geese" contest.

The winner is **Christina N**, participant at the Red Mountain facility.

Christina named them:

Dad-----**Sir**

Mom-----**Rine**

1st baby-----**Red**

2nd baby-----**Mountain**

You put it all together and you have SIRRINE Red Mountain.

Congratulations Christina!! Very Clever!

Powerful Tools for Caregivers

Tina and Sonia just finished a successful six sessions of **Powerful Tools** class for caregivers at Leisure World.

A group of ten caregivers shared their experiences and learned some techniques on how to solve problems, take care of themselves, and get assistance from other people and agencies.

We are planning a new class to be offered in August 2010. Details to follow.

If you are interested please contact Tina or Sonia at: 480-464-1061 or 480-641-7644

Celebrating 4th of July

“We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty, and the pursuit of Happiness.”

On July 4th the Liberty Bell in Philadelphia will be symbolically tapped 13 times at 2:00 p.m. EDST. This ceremony, honoring the signing of the Declaration of Independence, is a long-standing tradition in the city, but the **Let Freedom Ring National Bell Ringing Ceremony** is observed by people all over the U.S. wherever there’s a bell to ring and citizens to hear it ringing.

It is good to be reminded of our country’s origins. During our Independence Day Celebration, Friday, July 2, we will offer several events (see the activity schedule).

We will discuss and honor our founding fathers who were willing to give of everything for freedom.

We will also have the traditional summer games and contest.

A delicious picnic type meal will be served at lunch.

Patriotic music and sing along of summertime songs.

And of course the traditional watermelon feast.

Please join us!

U.S. Founding Fathers Quotes

“I have not yet begun to fight.”

“Give me liberty or give me death.”

“Early to bed, early to rise, makes a man healthy, wealthy, and wise.”

I’m a great believer in luck, and I find the harder I work, the more I have of it.”

“A countryman between two lawyers is like a fish between two cats.”

“These are the times that try men’s souls.”

“Be courteous to all, but intimate with few, and let those few be well tried before you give them your confidence.”

“Speak softly and carry a big stick.”

“The only thing we have to fear is fear itself.”

“Ask not what your country can do for you, ask what you can do for your country.”

How many authors of these famous quotations can you identify?

Whoever comes up with the most correct answers will win a prize.

New Employee

We would like to introduce our new employee, Odette. She joined our program a few months ago. We welcome Odette, she is a great addition to our team.

Hello my name is Odette. I was born in Angola, Africa. I have Portuguese Heritage. I came to the United States when I was 9 years old where I got my education and built my family.

I am a mother of 3 boys and 1 girl. I moved to Arizona 18 months ago to fulfill yet another one of my dreams.

Arizona reminds me a lot of Africa. I love the weather and the kindness of the people I have come to know.

I have had the blessing of being hired at Serrine Adult Day Care. “Thank You”. I get to do what I believe is my best trait, caring and compassion towards those who need help.

New Volunteer

When you enter at Serrine Town Center you are greeted by a beautiful smile of a beautiful young lady, Sarah.

She is the daughter of Mary who is a very active auxiliary member and board member.

Sarah is spending part of her summer helping us with a variety of tasks such as greeting, answering the phones,

Hispanic Support Group

No meeting scheduled for July,

Will meet again in August.

Have a nice month

Sonia

Blanca S. “99” and Enjoying Life



The secrets of living a long happy and healthy life are: *Don’t Worry or stress about things in life you cannot change. *Be happy with what you have. *Eat good and healthy food and enjoy it. *Sleep well. *Dance, Sing, have fun. *Love everyone and everything. *Laugh a lot. These are the words of wisdom of our dear participant Blanca, who will reach the age of 99 on July 16th. Blanca is a beautiful 99 year old lady. Blanca was born in the town of Andalucía, Colombia. She was raised in a warm and loving family. Her father was the mayor of the town and her mother was a stay at home mother, caring for her family. Blanca enjoyed clothes and fashion. She studied design and high couture making her profession a very important part of her life. Blanca along with her good taste and skills in music, dancing, and acting makes this lovely lady a one of a kind artist.

Her grandfather was a famous violinist, who owned one of the few Stradivarius violins’ in existence. They performed all over the country. Blanca was blessed with a beautiful singing voice that paired wonderful with her grandfather’s music. She also was a member of her church choir.

Blanca met her husband and they knew they were made for each other. They married and had two children, a boy and a girl. Her son a lawyer lives in Colombia and she lives with her daughter in Mesa, AZ.

Blanca came to the United States to help her daughter with her son 25 years ago and decided to stay. Blanca has been attending Serrine for 4 years and her delightful personality, her charm, and unusual flair amazes everyone who knows her.

Her daughter says that Blanca’s great grandfather died at the age of 105 and her sister died at the age of 96 so there is longevity in her family along with good habits.

Happy Birthday Blanca!

We are looking forward to the big “100”.

We love you! The Serrine Staff

Mesa Arizona Mayors Youth Summer of Services

Sumer time is here, and “it is hot out there” is the comment we hear all around us. We count our blessings to be indoors where it is cool and nice.

For our young population, who enjoy the outdoors, the choices are limited, pools, rivers, movies, malls, libraries etc.

The Mesa Arizona Mayors Youth Summer of Services is a great program! It offers our youth the opportunity to spend their summer days serving our community as a part of “service” learning projects. During the months of June and July teens ages 14 -17 commit themselves to making the difference in our community.

Some of the service projects include assembling medical packets for doctors overseas, stocking shelves at the food bank, helping in Adult Day Care Centers, assisting in an animal shelter and many more.

Serrine Adult Day Care was contacted to receive services at both sites.

On June 16th we had 4 students and a Vista Volunteer leader at the Red Mountain facility and 5 students with a Vista Volunteer leader at the Town Center facility who interacted with our participants. The participants were delighted. The Students feelings of hesitation, shyness, and fear of the unknown changed to feelings of amazement, interest, and caring.

The Vista Volunteer Anissa, sent us an e-mail with some of the students comments:

“I want to let you know the kids really enjoyed helping out.” (leader)

“They told me that this was their favorite project so far.”

“The youth enjoyed playing games with the participants.”

“They enjoyed helping to serve the food.”

“They can’t wait to come back.”

The Vista Volunteer leaders said they enjoyed dedicating their services to Serrine and cannot wait to come back.

We look forward to the next groups of students on July 7 and 14th.

We congratulate our Mayor, Scott Smith, for launching this project. We are proud to be one of the recipients of this project.

~ July 2010 TC Activity Schedule~				
Mon	Tue	Wed	Thu	Fri
			1 10:30 Council Meeting 10:45 Men's Club-History Spiritual Hour Sports 1:00 Bingo Table Games	2 10:30 Sing Along 10:45 Picnic Games 11:00 Independence Day Tribute 1:00 Water Melon Feast Bingo
5 CLOSED Celebrate Independence Day	6 10:30 Spanish Club Art Class Sports 1:00 Bingo Games	7 10:30 Intergenerational Small Group Fun 1:00 Bingo Cards	8 10:30 Men's Club Spiritual Hour 1:00 Bingo Crafts	9 10:30 Sing Along to the 50's And Dance Cards 1:00 Bingo Sports
12 10:30 Scattergories Table Games 1:00 Bingo Volley Ball	13 10:30 Spanish Club Art Class Spiritual Hour 1:00 Bingo Sports	14 10:30 Dance to Tapes Guess Who? 1:00 Bingo Table Games	15 10:30 Men's Club Current Events Women's Bowling Sports 1:00 Bingo Table Games	16 10:30 Wii Games Bowling Cards 1:00 Bingo Table Games
19 10:30 Wii Game Crafts Current Events-World News 1:00 Bingo Dance to Tapes	20 10:30 Bowling Art Class Spanish Club 1:00 Bingo Sing Along	21 10:30 Intergenerational Table Games 1:00 Intergenerational Sports	22 10:30 Men's Club-Wood Work Spiritual Hour Cards 1:00 Bingo Dance	23 10:30 Scattergories Table Games 1:00 Bingo Volley Ball
26 10:30 Tournament of Minds Bean Bag Toss 1:00 Table Games Bingo Cards 3:00-Red Hat Tea	27 10:30 Celebrating Hawaii Spanish Club 1:00 Hawaiian Luau	28 10:30 Small Group Fun Dominos/Cards/Crafts Words 1:00 Bingo Sports Hour	29 10:30 Men's Club Table Games Golf Darts 1:00 Bingo Crafts	30 10:30 Wii Games Sing Along & Dance To Tunes 1:00 Crafts Bingo

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

~ July 2010 RM Activity Schedule ~				
Mon	Tue	Wed	Thu	Fri
			1 10:30 Men's Club-History Spiritual Hour 10:45 Council Meeting 1:00 Bingo Cards	2 10:30 Independence Day Games/Trivia/Reading Sing Along 11:30 Picnic Lunch 1:00 Water Melon Feast
CLOSED Celebrate Independence Day	6 10:30 Art Class-Mariah Bowling 1:00 Bingo Table Games	7 10:30 Intergenerational Fun Small Groups 1:00 Bingo Volley Ball	8 10:30 Kitchen Band (Orchards) 1:00 Bingo Table Games	9 10:30 Sing Along and Dance To Oldies 1:00 Bingo Volley Ball
12 10:30 Price is Right 1:00 Bingo Table Games	13 10:30 Art Class-Mariah Ball Toss Cross Word Puzzles 1:00 Bingo Sports	14 10:30 Health Talk 1:00 Bingo Table Games/Dominos Cards	15 10:30 Men's Club-Woodwork Spiritual Hour 1:00 Bingo Volley Ball	16 10:30 Scattergories 1:00 Bingo Table Games
19 10:30 Show and Tell Trivia 1:00 Bingo Flower Arranging	20 10:30 Volley Ball Art Class-Mariah 1:00 Bingo Volley Ball	21 10:30 Bingo Games 1:00 Small Group Games	22 10:30 Men's Club-Sports Ladies Cards 1:00 Bingo Sing Along & Dance	23 10:30 Sing Along to the 50's 1:00 Bingo Table Games
26 10:30 Paper Capers Crossword Puzzle 1:00 Table Games Bingo 2:45-Red Hat Tea	27 10:30 Scattergories 1:00 Table Games-Cards Crossword Puzzles- Dominos	28 10:30 Celebrating Hawaii Trivia Word Games 1:00 Bingo Hawaiian Luau	29 10:30 Men's Club-History Ladies Bowling 1:00 Table Games	30 10:30 Bowling Darts 1:00 Bingo Sports

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

~ July 2010 MENU ~

Mon	Tue	Wed	Thu	Fri
			1 Chicken Fritter with Southern Gravy Chuck Wagon Corn Collard Greens Whole Wheat Roll Fresh Fruit Milk	2 All Beef Hot Dogs Tater Tots Corn on the Cob Whole Wheat Hot Dog Buns Ice Cream Cup Milk
5 Independence Day Observed Closed	6 BBQ Chicken Sandwich Baked Potato Wedges Four Way Blended Veggies. Whole Wheat Bun Tropical Fruit Salad Milk	7 Chef Salad Pickled Beets Macaroni Salad Whole Wheat Roll Fresh Fruit Milk	8 Fusilli & Three Cheese Lasagana Casserole Italian Vegetables Roasted Tomato Whole Wheat Roll Apricots Milk	9 Salisbury Steak Mashed Potatoes Capri Blended Veggies. Whole Wheat Roll Mandarin Orange Cake Milk
12 Country Fried Steak Mashed Potatoes Chuck Wagon Blended Vegetables Whole Wheat Roll Sliced Pears Milk	13 Herb Roasted Chicken Breast Italian Mixed Vegetables Garden Salad Whole Wheat Roll Fruit Cocktail Milk	14 Pork Chopette Mashed Potatoes Succotash Whole Wheat Roll Peach Crisp Milk	15 Baked Tilapia Filet Vegetable Rice Pilaf Oriental Blended Veggies. Whole Wheat Roll Apple Sauce Milk	16 Sloppy Joe Sweet Corn Peas & Carrots Whole Wheat Bun Fresh Oranges Milk
19 BBQ Ribette Sandwich Ranch Style Beans California Vegetables Whole Wheat Bun Fresh Fruit Milk	20 Baked Rigatoni with Meat Sauce Island Blended Veggies. Spinach Whole Wheat Roll Sliced Pears Milk	21 Home Style Meatloaf Mashed Potatoes Sliced Carrots Whole Wheat Roll Apple Oatmeal Crisp Milk	22 Chicken Salad Plate Tri Colored Bean Salad Potato Salad Whole Wheat Roll Tropical Fruit Salad Milk	23 Roast Turkey & Dressing Mashed Potatoes Green Beans Cranberry Sauce Whole Wheat Roll Pumpkin Pie Milk
26 Chicken Cordon Bleu Au Gratin Potatoes Malibu Blended Veggies. Whole Wheat Roll Birthday Cake Milk	27 Fish Sandwich Capri Blended Vegetables Steak Fries Whole Wheat Bun Fresh Fruit Milk	28 Hamburger Deluxe Ranch Style Beans California Blended Veggies. Whole Wheat Bun Cherry Trifle Milk	29 Chicken Parmesan Italian Vegetables Spinach Whole Wheat Roll Pineapple Tidbits Milk	30 Polish Sausage & Sauerkraut Potato Wedges Peas & Carrots Whole Wheat Hot Dog Bun Fresh 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.				

Malnutrition

Malnutrition is a broad term. Typically, it refers to inadequate nutrition. Malnutrition is more common in older adults than in younger adults and is complicated by the fact that older adults have less ability to experience hunger. Therefore, older adults are less likely to regain weight and return to baseline without some type of intervention or treatment.

Malnutrition is usually characterized by involuntary weight loss in older adults. Involuntary weight loss in the elderly is usually caused by one or more of the following factors: inadequate dietary intake, loss of appetite, disease processes, and loss of muscle mass (atrophy).

Multiple factors can be involved in weight loss due to inadequate dietary intake. These factors can include social factors (i.e., poverty, social isolation), psychological factors such as depression or dementia, medical factors such as difficulty chewing or swallowing, or effects of medications.

Age-related changes or physiologic factors can be associated with malnutrition in the elderly. These changes in taste and smell can alter their appetite and the ability to enjoy certain foods. As individuals age, they experience delayed gastric emptying, thus causing a feeling of fullness after only eating a small amount and not being able to eat as much. Decreased physical activity and decreased resisting energy expenditure can also cause decreased appetite.

People with poor appetites

- May have physical or emotional illnesses
- May be dealing with stress or anxieties
- May be taking medications that affect their appetite
- May have difficulties with chewing due to poor-fitting dentures or mouth pain
- May be constipated

People with Dementia

- May not be able to recognize hunger or thirst
- May not be able to communicate that they are hungry or thirsty
- May have declining perceptions of smell and taste
- May have difficulty swallowing (dysphasia)
- May not be able to recognize dining utensils
- Eventually may lose the ability to feed themselves

Suggestions for promoting eating

- Offer frequent nutritional snacks such as finger foods during the day.
- Play pleasurable music when serving food, as this can provide positive stimulation.
- Avoid loud television or other noise that might distract during the meal.
- Use spices and herbs to stimulate the appetite
- Offer Ginger Ale before a meal

Resources

- Alzheimer's Association www.alz.org
- Culture Change Now www.culturechangenow.com

Helpful Information

The recent tragedy of a young woman being kidnapped and eventually killed, after she had repeatedly given the kidnapper a wrong pin to her ATM card. If she had known that if you are ever forced by a robber to withdraw money from an ATM machine, you can notify the police by entering your pin # in reverse. For example if your pin # is 1234 then you would enter it 4321. The ATM recognizes that your pin number is backwards from the ATM card you placed in the machine. The machine will still give you the money you requested, but unknown to the robber, the police will be immediately dispatched to help you.