

Participant Council Meetings

Red Mountain

Date: June 3, 2011

Attendance: 12 participants and Staff: Linda & Maria

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

New Participants: Mildred R, Victoria R, Kellie N, & Alice A.

New Staff Members: None

Food: "Participants all agree that the food is very good that the Chef's Are wonderful, everything is great.

Activities/Entertainment:

Reviewed the June activity calendar

Care: All the participants agree that they are well taken care of. No complaints.

Complaints: None

Special Occasions: June birthdays were announced.

Close: Meeting closed

Town Center

Date: June 28, 2011

Attendance: Staff: 3 staff and 11 participants

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

New Participants:

Mary G,

New Staff Members:

None

Food: Good

Activities/Entertainment:

Staff went over June activities

Care: Good care. Everyone enjoys and appreciates the care provided.

Complaints: None

Special Occasions: Father's Day, Red Hat Society

Close: Meeting closed

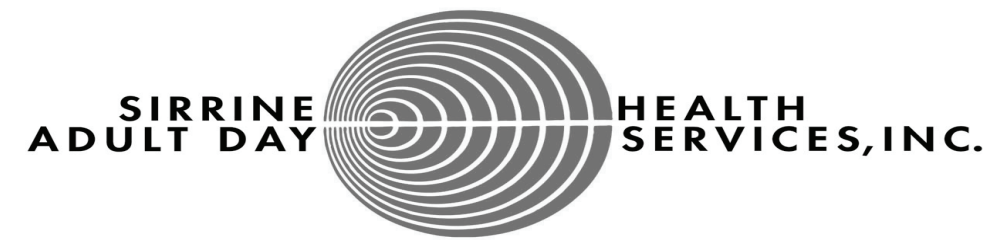
Funding Sources

- 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.



Renewal Unity Service

WWW.SIRRINEADULTDAYHEALTHSERVICES.ORG

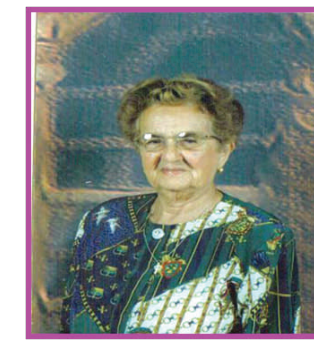
Red Mountain

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

Town Center

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

July 2011



"100" and Enjoying Life
Blanca S.



New Participants

Town Center

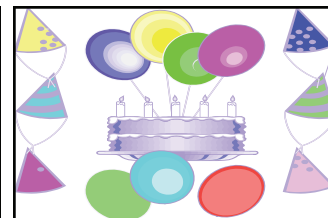
James H.
Mary G.

Red Mountain

Alice A.
Pearlie G.
Eline N.
Frank S.



Welcome



July Birthdays

Town Center

7/4 Conan W.
7/5 Yolanda B.
7/16 Blanca S.
7/22 Robert K.

Red Mountain

7/15 Pascual G.
Staff
7/18 Thelma M.
7/26 Linda M.
7/26 Peter S.

Happy Birthday

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.

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 100 on July 16th.

Blanca is a beautiful 100 year old lady. Blanca was born in the town of Andalucia, Columbia. 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. 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 Columbia and she lives with her daughter in Mesa, AZ.

Blanca came to the United States to help her daughter with her son 26 years ago and decided to stay. Blanca has been attending SIRRINE for 5 years and her delightful personality, her charm, and her 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 SIRRINE Staff



Sirrine Adult Day Care Wins:
“Sweet-Swinging” Billy Williams Gold Award

Triple Play Awards

This award reflects a level of achievement in three areas: participation rate of at least 60%; per capita gift of \$100.00 per person, or higher; average gift of \$150.00 per person or higher. Gold level meets all three of the criteria; Silver level meets two of the criteria; and Bronze level meets one of the criteria. Sirrine met all three of these criteria's.

Sirrine is proud to be a United Way Member agency.



SPANISH SUPPORT GROUP
with Sandra
Date and Time to be announced
Call (480-464-1061)

Just For Fun Support Group
July 7th
Dorothy's House for Lunch
Contact Tina for more info:
480-641-7644 or 480-464-7644

The Dangers of Dehydration in Elderly People

Next to oxygen, water is the nutrient most needed for life. A person can live without food for a month, but most people can survive only three or four days without water. Water makes up 85% of the blood, 70% of the muscles and about 75% of the brain, and is present in and around each of our cells.

It is needed to regulate body temperature, carry nutrients, remove toxins and waste materials.

Dehydration occurs when the amount of water you take is less than the amount you are losing. Fluids can be lost through the urine, skin, or lungs. Along with fluids, electrolytes, such as sodium and potassium, are also depleted in a dehydrated individual.

Physiologic changes in the body make elderly people especially prone to dehydration. This is due, in part because the aging brain isn't able to effectively determine how much water the body needs. With age, an elderly person's thirst response diminishes, which means he or she may not recognize the need to drink.

Make sure the elderly always have a cool drink at arm's reach. Many people balk at drinking water. Water is important, but not the only way to stay hydrated. Clear broths, fruit juices, jello, lemonade, and Crystal Light are just a few alternatives to water. Every effort should be made to drink at least 6-8 glasses of water per day.

Happy drinking!
(Information from internet, modified by Rosemary Fuller, RN)

~ July 2011 Menu ~

Mon	Tue	Wed	Thu	Fri
				1 All Beef Hot Dog Sweet Corn Baked Beans Whole Wheat Bun Ice Cream Cup Milk
4 Independence Day Closed	5 Lemon Pepper Chicken Breast Scandinavian Veggies. Garden Salad Whole Wheat Roll Tropical Fruit Milk	6 Chef Salad Pickled Beets Carrot & Raisin Salad Whole Wheat Roll Fruit Milk	7 Lasagna/Meat Sauce Italian Vegetables Roasted Tomato Whole Wheat Roll Apricots Milk	8 Beef Stew Vegetable Rice Pilaf Broccoli Whole Wheat Roll Mandarin Orange Cake Milk
11 Country Fried Steak Mashed Potatoes Chuck Wagon Corn Whole Wheat Roll Sliced Pears Milk	12 Herb Roasted Chicken Breast Italian Blend Vegetables Garden Salad Whole Wheat Roll Fruit Cocktail Milk	13 Meat Loaf Mashed Potatoes Succotash Whole Wheat Roll Peach Oatmeal Crisp Milk	14 Polish Sausage & Sauerkraut Potato Wedges Peas & Carrots Whole Wheat Bun Apple Sauce Milk	15 Sloppy Joe Oven Roasted Potatoes Peas & Carrots Whole Wheat Bun Fruit Milk
18 BBQ Ribette Sandwich Sweet Corn California Blend. Veggies Whole Wheat Bun Fruit Milk	19 Baked Rigatoni/with Meat Sauce Garden Salad Italian Blend Vegetables Whole Wheat Roll Pear Halves Milk	20 Pork Chopette Mashed Potatoes Sliced Carrots Whole Wheat Roll Apple Oatmeal Crisp Milk	21 Chicken Salad Platter Tri Colored Bean Salad Red Skin Potato Salad Whole Wheat Roll Tropical Fruit Milk	22 Baked Catfish Scalloped Potatoes Four Blend Vegetables Whole Wheat Roll Fruit Milk
25 Chicken Parmesan Italian Blend Vegetables Spinach Whole Wheat Roll Birthday Cake Milk	26 Seafood & Pasta Alfredo Normandy Blend Veggies. Garden Salad Whole Wheat Roll Fruit Milk	27 Hamburger Deluxe Sweet Potato Fries Country Blend Veggies. Whole Wheat Bun Strawberry Shortcake Milk	28 Pork Chow Mein Asian Rice Pilaf Oriental Blend Veggies. Whole Wheat Roll Pineapple Tidbits Milk	29 Roast Turkey & Stuffing Candied Yams Green Beans Whole Wheat Roll Pumpkin Pie 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