

Participant Council Meetings

Participant Council Meeting

Red Mountain

Date: February 4, 2011
Attendance: 19 participants and Staff of Linda, Laura, & Maria
Open: Purpose of meeting; to provide a safe and comfortable place. Participant rights were read.
New Participants: none
New Staff Members: None
Food: OK
Activities/Entertainment: Went over February activities.
Care: OK
Complaints: None
Special Occasions: February birthdays were announced.
Close: Meeting closed by staff

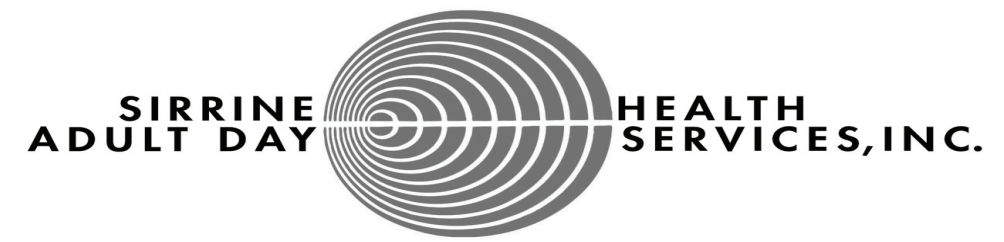
Participant's Council Meeting

Town Center

Date: February 10, 2011
Attendance: Staff: Nancy, Luz, Odette and 12 participants
Open: Purpose of meeting; to provide a safe and comfortable place. Participant rights were read.
New Participants: Jean O.
New Staff Members: None
Food: "Yummy"
Activities/Entertainment: Went over February activities
Care: Good Care
Complaints: None. "Happy to be here"
Special Occasions: February birthdays were announced.
Close: Meeting closed by staff

Funding Sources

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



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

March 2011

Employee of the Month

Laura Peeters



I was born in Silver City, New Mexico and raised in Southern California. I have 4 children and 5 grandchildren. I enjoy being around my family, they are very important to me. On weekends if I am not running around with my grandkids, I am out doing home visits with the elderly.

I enjoy many different hobbies; sewing, crocheting, cooking, and reading.

I look forward to everyday of work at SIRRINE Adult Day Care. The staff is like part of my family, they are very family oriented. It is a joy and a pleasure to work with our participants. It's like one big happy party, always something new. The smiles and kind words are priceless.

When I lost my father, SIRRINE was there for me, everyone from staff members to our participants and caregivers helped me through the sad days.

New Participants

Town Center

William B.
Jean O.

Red Mountain

Cheryl V.
Olivia C.

March Birthdays

Town Center

3/1 William B.
3/6 Antoinette S.
3/17 Stella L.
3/17 Martha McC.

Red Mountain

3/8 Christina N.
3/21 Caroline H.

Staff

3/16 Rosemary F.
3/24 Laura P.
3/29 Luz D.

ALL PARTICIPANTS FUNDED BY SAIL AND FAMILY CAREGIVER 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.



Welcome

Happy Birthday

Tax Deductions for Caregivers

Caring for an aging relative can result in many out-of-pocket expenses, but there are tax breaks available to help. Here are a few tips on how caregivers like you can keep more money at tax time.

Claim Them as a Dependent: If you provide more than half of the support for a relative, you can claim him or her as a dependent on your income tax return. For 2009, the amount of the exemption for each dependent was \$3,650.

Deduct Fees for Help: Medical expenses incurred for a relative in a nursing home or rehab can be deducted, as long as they are your dependent. Also keep track of fees paid for in-home help such as nurses, therapists, and adult day care.

Itemize Medical Expenses: There are many care items you can deduct, including the cost of doctor visits, surgeries, lab work, and supplies like false teeth or wheelchairs. If your loved one can't travel alone, you can also deduct transportation expenses like mileage, parking, tolls, and even meals and lodging if your main reason for being there is to get medical care.

Keep Careful Records: You can deduct medical expenses if they exceed 7.5% of your adjusted gross income so you'll need to retain all receipts and/or documentation in order to establish that you meet the deduction requirement.

Use Flexible Spending Accounts: Flexible spending accounts (FSAs) allow you to put aside pretax dollars for medical expenses. Once you pay for eyeglasses, hearing aides, prescriptions, or some other medical expenses, you can reimburse yourself out of your FSA.

Consult with a Tax Professional: To ensure you fully understand all the deductions to which you are entitled, talk to a tax professional.

Take Advantage of Tax Deductions

Being able to deduct care expenses makes it easier for caregivers like you to provide in-home help, adult day care, assisted living facilities, and other services your loved one may need. Eldercare/link has a nationwide network of service providers for all care needs, and can help you find the best option for your loved one quickly.

Just For Fun Support Group

On **March 10th** at noon

Join the support group at

Kwan's Chinese Restaurant,

(Gilbert/McKellips)

Cost: approx. \$7.00

There will be a guest speaker

Contact Tina Coffman: 480-464-1061 or 480-641-7644

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

~ March 2011 Menu ~				
Mon	Tue	Wed	Thu	Fri
	1 Baked Ziti w/Meat Sauce Italian Blended Veggies. Garden Salad Whole Wheat Roll Pear Halves Milk	2 Chicken Salad Sand. Tri Colored Bean Salad Potato Salad Petite Bun Apple Oatmeal Crisp Milk	3 Soft Shell Taco Mexican Fiesta Rice Refried Beans Flour Tortilla Tropical Fruit Salad Milk	4 Crab Cake Sliced Carrots Oriental Blended Veggies. Whole Wheat Roll Fresh Fruit Milk
7 Sweet & Sour Meatballs Vegetable Rice Pilaf Broccoli Whole Wheat Roll Peach Halves Milk	8 Bratwurst & Sauerkraut German Potato Salad California Vegetables Whole Wheat Bun Cherry Trifle Milk	9 Seafood Salad Plate Pickled Beets Cucumber/Onion Salad Whole Wheat Roll Fresh Fruit Milk	10 Chicken Tetrizzini Roasted Tomato Spinach Whole Wheat Roll Pineapple Tidbits Milk	11 Cheese Burger Deluxe Steak Fries Sliced Carrots Whole Wheat Bun Fresh Fruit Milk
14 Swiss Steak Capri Blended Veggies. Mashed Potatoes Whole Wheat Roll Fresh Fruit Milk	15 Teriyaki Glazed Chicken Breast California Vegetables Garden Salad Whole Wheat Roll Tropical Fruit Salad Milk	16 Country Fried Steak Mashed Potatoes Green Beans Whole Wheat Roll Apple Sauce Milk	17 Corned Beef/Cabbage Steamed Red Potatoes Sliced Carrots Rye Bread Lime Sherbert Milk	18 Baked Tilapia with Hollandaise Sauce Broccoli Peas, Pimento/Onion Whole Wheat Roll Pineapple Upside down Cake Milk
21 Chicken & Bowtie Pasta Alfredo Spinach Italian Blended Veggies. Whole Wheat Roll Sliced Pears Milk	22 Baked Ham with Pineapple/Raisin Sauce Candied Yams Garden Salad Whole Wheat Roll Fresh Fruit Milk	23 Meat Loaf O'Brian Potatoes with Red Peppers Baby Carrots Whole Wheat Roll Cherry Cobbler Ice Cream Milk	24 Chicken Chow Mein Vegetable Rice Pilaf Emperor Blend Veggies. Whole Wheat Roll Fruit Cocktail Milk	25 Roast Turkey /Dressing Mashed Potatoes Grn. Beans/Mushrooms Whole Wheat Roll Sliced Peaches Milk
28 Chicken Kiev Vegetable/Wild Rice Pilaf Monterey Blend. Veggies. Whole Wheat Roll Birthday Cake Milk	29 Pork & Green Chile Stew Spanish Rice Refried Beans Flour Tortilla Apricots Milk	30 Ground Beef Goulash Italian Blend Vegetables Brussels Sprouts Whole Wheat Roll Tropical Fruit Milk	31 Chef Salad Pickled Beets Potato Salad Whole Wheat Roll Ice Cream Cup Milk	

Please notify us by Thursday prior to the week you are changing your schedule

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