

Participant Council Meetings

Participant's Council Meeting – RM

Date: February 5, 2010

Attendance: Maria, Laura, Susana, and 18 participants.

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

New Participants: Thelma B, Martha Mc, Carlotta M, Luella S.

New Staff Members: None

Food: The participants enjoy the food and would like to have second servings if available or just more at the first serving.

Activities/Entertainment:

Crowning Valentine King and Queen, Outing to TC, Cookie decorating, Lip Sync, and Chinese New Year.

Care: Participants feel the care provided is very well and there is nothing bad about it. The participants look forward to coming just the care and companionship provided. They give two thumbs up.

Complaints: Some participants would like more group walks.

Special Occasions: President's Day (closed), February birthdays

Close: Meeting closed by staff

Participant's Council Meeting – TC

Date: February 5, 2010

Attendance: Nancy and 27 participants

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

New Participants: Mary A.

New Staff Members: None

Food: Everyone likes the food.

Activities/Entertainment:

Went over the activity highlights for the month. All were pleased with the activities.

Care: Very good. Comment of "it is very nice here".

Complaints: None

Special Occasions: Crowning Valentine King and Queen

Close: Meeting closed by staff

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 Serrine should serve with integrity and compassion

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
- Mahnah Club
- Mesa United Way
- Private Fees and Donations
- Serrine Auxiliary
- SUNDT Foundation
- Valley of the Sun United Way



New Participants

Town Center

Mary A.

Red Mountain

Martha McG.

March Birthdays

Town Center

3/2 Nancy T.

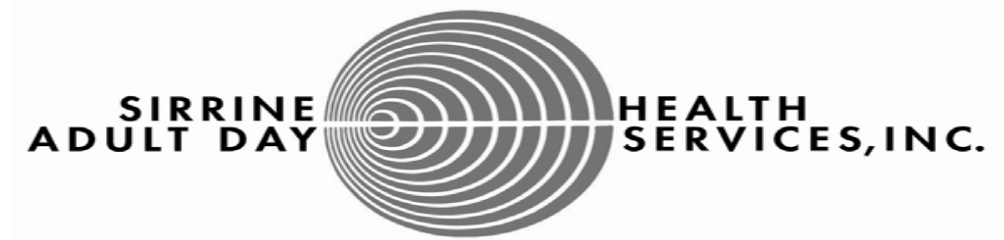
3/13 Thomas B.

3/17 Martha McC.

Red Mountain

3/7 Lynn F

3/8 Christina N.



Your Partner in Caregiving

WWW.SIRRINEADULTDAYCARE.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 2010

11th Annual Multigenerational Alzheimer's Conference

For Caregivers & Family Members
Dealing with Alzheimer's Disease and Memory Loss
"Alzheimer's Disease: A Different Vision, A New Hope"

Saturday, March 13, 2010

8:00 a.m. – 12:30 p.m.

Red Mountain Active Adult Center

7550 E Adobe Rd, Mesa, AZ 85207

All sessions for you, your family and the care for your loved one are free!
Day care provided by Serrine Adult Day Care (same location)

Sessions to include topics such as:

*Early Stage Alzheimer's Disease (presented by Anna Burke, MD)

*Behavior Management (Presented by Lori Waldberg, MSW)

*Medications: Current Treatment and What's on the Horizon (presented by Bryan Woodruff, MD)

Also at Serrine Adult Day

*"What's Wrong with Granddad and What Can You Do?"

(Presented by Rosemary Fuller, RN)

Close with "Interactive Programs That Work"

Please call 602-528-0545, for more information and registration

Powerful Tools for Caregivers

Powerful Tools for Caregivers is an educational program designed to provide you with the tools you need to take care of yourself.

You will learn to reduce stress, improve self-confidence, better communicate your feelings, balance your life, increase your ability to make tough decisions, and locate helpful resources.

Classes consist of six 90 minute class sessions held weekly

Date: March 2nd – April 6th, 2010

Time: 10:30 a.m. – 12:00 p.m.

Location: Red Mountain Multigenerational Center, Conference Rooms A & B
7550 E Adobe Rd, Mesa, AZ 85207

Teachers: Sonia Dillehay and Tina Coffman

Cost: \$30.00/person for six week session, includes The Caregiver Helpbook

For more information or to register contact Sonia Dillehay or Tina Coffman at:
480-464-1061 or 480-641-7644

Just For Fun Support Group

Our **Just For Fun Support Group** had another great day. We hopped on the light rail and took it to Central Phoenix. We had a delicious lunch at Macayos and then returned from our sight seeing tour.

Please join this group in March when we go to Barleen's for our St. Patrick's Day celebration. We will have lunch and enjoy the variety show that is offered.

Contact Tina Coffman for details at: 480-464-1061 or 480-641-7644

Hispanic Support Group

Wednesday, March 31st

Enjoy educational time and lunch
At Sonia's Place

Call Sonia for more information at:
480-464-1061 or 480-641-7644

Technology and Recreation

Although our seniors didn't live during the first part of the 20th century, they likely heard stories from their parents and grandparents. I remember listening to my grandparents tell stories of life during the early years of the 1900's and how much had changed during their lifetime. I can still see the twinkle in my grandmother's eyes as she described her life as a child and then as a wife and mother raising her children during the Great Depression. My parents tell stories of WWII and beginning their lives together raising a family. The 20th century brought about many changes in leisure activities that include literature and music as well as inventions that brought us movie theaters, radio, and television. (*Author unknown*)

We have enjoyed these glorious inventions over the years. Did our great grandparents ever dream of watching a movie at home or listening to orchestra playing romantic tunes on the radio at home or playing the Wii game where ski slopes, bowling alleys, golf courses are brought right into your living room? These last few weeks we have enjoyed watching the Winter Olympics in Canada. What a treat to be able to see these young athletes competing for the gold, silver and bronze.

I particularly enjoy travel shows where the host or hostess takes you to the most remote regions of the earth showing us how people live in other parts of the world.

I believe we need to celebrate technology because it opens a world of magic to all of us. We can go to foreign places, do things, enjoy beauty, practice sports without leaving our home.

Sirrine utilizes some of the latest inventions, such as the karaoke machines, DVD and CD players, Wii games, magnifiers for reading, and other inventions. Our intention is give our participants new experience and quality programs that surprise and delight them in new and different ways.
(*Sonia Dillehay, Activity Director*)

St. Patrick's Day, March 17, 2010

St. Patrick was born at Kilpatrick in Scotland in 387 A.D. He was 16 years old when he was captured by Irish marauders and sold as a slave to a Chieftain named Milchu in Ireland. He lived in Ireland for six years as a slave. In a dream, he heard a voice, believed to be God's who told him to leave Ireland. He escaped and eventually became a priest. Years later, in another dream, an angel told him to return to Ireland. He was sent to Ireland by Pope Celestine I. He taught Christianity to the Irish people. There are many facts and some folklore about the happenings and miracles which occurred when St. Patrick was there. One fact was that he taught the people about Trinity of God's nature. The Irish people were having a difficult time understanding how God could be one and yet three persons (Father, Son, Holy Spirit) at the same time. St. Patrick held up a clover and showed the people how it was one clover, yet it had three leaves. People still use this example to explain the Blessed Trinity. One of the examples of folklore is that he drove the snakes from Ireland which may or may not be true. It is thought that this is used as a metaphor of his driving out the devil by getting rid of pagan worship.

Irish Blessing

May the road rise to meet you,
May the wind be always at your back,
May the sun shine warm upon your face,
May the rains fall soft upon your fields,
And until we meet again, may God hold
you in the palm of His hand.

~ March 2010 RM Activity Schedule~

Mon	Tue	Wed	Thu	Fri
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1 10:30-Creative Art Class 1:00-Bingo Table Games	2 10:30-Spring Crafts Sports 1:00-Bingo Table Games	3 10:30-Music/Comedy-with Monte 1:00-Bingo Volley Ball	4 10:30-Men's Club Spiritual Hour 1:00-Bingo Sports	5 10:30-Council Meeting 10:45-Trivia 1:00-Bingo Dominoes
8 10:30-Music Program with Carole 1:00-Bing Games	9 10:30-Spring Crafts Cards 1:00-Bingo Fun with songs	10 10:30-Health Talk 1:00-Bowling Bingo	11 10:30-Men's Club Spiritual Hour 1:00-Music Program-Shirl	12 10:30-Sports Bingo 1:00-Lip Sync Show
15 10:30-Art/Crafts 1:00-Harmonica Band	16 10:30-Bingo Games 1:00-Hawaiian Show	17 10:30-St. Patrick's Day History and Games 1:00-Bingo Cards	18 10:30-Music Program-Senior Song Birds 1:00-St. Patrick's Music with Mike	19 10:30-Scattergories 1:00-Bingo Scrabble
22 10:30-Art/Crafts 1:00-Bingo Darts	23 10:30-Music Program-with Ethel 1:00-Bingo Bowling	24 10:30-Table Games 1:00-Music Program-Gloria	25 10:30-Men's Club Spiritual Hour 1:00-Bingo Darts	26 10:30-Music Program-2B's 1:00-Bingo Table Games
29 10:30-Art & Creative Time 1:00-Bingo Table Games 2:30-Red Hat Tea	30 10:30-Show and Tell Old Things Display 1:00-Bingo Sports	31 10:30-Golf Horseshoes 1:00-Bingo Table Games		

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-Words-Table Games

4:00-Tea Party-Social Hour-Trivia

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

~ March 2010 TC Activity Schedule ~

Mon	Tue	Wed	Thu	Fri
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1 10:30-Wii Game Art Class Bowling 1:00-Bingo Sports	2 10:30-Spanish Club Spring Crafts Games 1:00-Bingo Ball Toss	3 10:30-Sing Along To Tapes Bingo 1:00-Music & Comedy With Monte	4 10:30-Spanish Club Men's Club Spiritual Hour Table Games 1:00-Bingo Words Game	5 10:30-Council Meeting 10:45-Trivia 1:00-Bingo Sports
8 10:30-Wii Game Art Class Volley Ball 1:00-Music Program-With Carole	9 10:30-Spanish Club Spiritual Hour Sports 1:00-Bingo Table Games	10 10:30-Health Talk 1:00-Lip Sync Show	11 10:30-Spanish Club Men's Club Darts Bean Bag Toss 1:00-Bingo Sing Along	12 10:30-Music Program Senior Song Birds 1:00-Hawaiian Show
15 10:30-Wii Game Horse Shoes Golf 1:00-Bingo Sports	16 10:30-Spanish Club Spiritual Hour Cards 1:00-Bingo Singing	17 10:30-St. Patrick's Celebration Games & Readings 1:00-Bingo Games	18 10:30-St. Patrick's Celebration-with Mike 1:00-Bingo Table Games	19 10:30-Bingo Games 1:00-Spring Show-With Shirl
22 10:30-Music Program - With 2B's 1:00-Bingo Word Games/Darts	23 10:30-Wii Game Spanish Club Spiritual Hour 1:00-Bingo Darts	24 10:30-Sports Spring Crafts Wii Game 1:00-Karaoke with Vic	25 10:30-Spanish Club Men's Club Spiritual Hour 1:00-Bingo Bowling	26 10:30-Bingo Table Games 1:00-Music Program-With Gloria
29 10:30-Harmonica Band 1:00-Bingo Volley Ball 2:30-Red Hat Tea	30 10:30-Readings in of-honor of Doctor's Day Games 1:00-Music Program-With Ron	31 10:30-Scattergories 1:00-Music Program-With Ethel		

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-Words-Table Games

4:00-Tea Party-Social Hour-Trivia

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Volunteers

Sirrine is fortunate to have volunteers who are dedicated and bring a sense of joy to participants and staff alike. You may have seen the “Give a Day/Get a Day at Disney” TV commercials these past few months. It was a wonderful program and we were able to benefit from several of the volunteers who participated.

One volunteer in particular, Katrina P, stands out in my mind. When I first spoke to Katrina, she indicated that she didn’t have any particular talents to share but, would help out in any way she could. When she first arrived, the staff and participants immediately took to her delightful personality and easy smile. She had a gift of making each person feel special and was always appreciative of our staff’s skills and nurturing manner. In turn, she shared with me that she felt special and was happy to learn about us and our work in serving the community.

In reflection, what I remember most of my talks with Katrina were not how profusely she thanked me for “allowing” her to be a part of Sirrine but, now she earned a day at Disney and would be able to donate it to a charity serving youngsters.

In this year of negativity, when all we hear are stories of greed and self-serving individuals and institutions, it is heartening to be reminded that blessings abound with one simple act of generosity.

(Peter Sysyn, Executive Director)

The Power of Love

Love will carry me through, I know it will. I rely on love, because I couldn’t do a lot of what I’m doing now for any other reason. Remembering to tap into my loving heart helps me through the hardest days. When I feel worn out, resentful or discouraged, I stop –if just for a moment –to reconnect with my feelings of love. I care so deeply for my loved one that I am willing to do what it takes to provide the kind of support that is needed. When love directs my actions, my tasks feel lighter. I connect better with my loved one and with other people. I feel right with the world.

I am grateful that I have the sustaining power of love within me.
(from the book: Daily Comforts for Caregivers by Pap Samples)

March is Celebration of Women Month

When was International Women’s Day first celebrated, you ask? History suggests that the first International Woman’s Day in the U.S. was held in 1909. In fact, the Socialist Party of America takes credit for designating this national day out of respect for female garment workers in New York City who went on strike to protest poor working conditions. Later in 1910, the Socialist International Organization met in Copenhagen with women representing 17 countries who voted to approve International Women’s Day unanimously. A permanent declaration for an observance was later set on March 19, 1911, when more than one million men rallied to fight for women to have the right to vote, hold public office, as well as the right to work, to vocational training and to end discrimination on the job. In 1945, the Charter of the United Nations declared the first international agreement to affirm the principle of equality among men and women. In 1975, the United Nations officially began observing International Women’s Day on March 8.

~ March 2010 MENU ~

Mon	Tue	Wed	Thu	Fri
1 BBQ Ribette Sweet Corn California Blend Veggies. Whole Wheat Bun Fruit Cup Milk	2 Baked Mostaccioli with Meat Sauce Italian Blend Veggies. Spinach Whole Wheat Roll Pear Halves Milk	3 Chicken Salad Plate Tri Colored Bean Salad Potato Salad Whole Wheat Roll Apple Oatmeal Crisp Milk	4 Sheppard’s Pie Mashed Potatoes Sliced Carrots Whole Wheat Roll Tropical Fruit Salad Milk	5 Crab Cake Vegetable Rice Pilaf Oriental Blended Veggies. Whole Wheat Roll Orange Sherbet Milk
8 Sweet/Sour Meatballs Vegetable Rice Pilaf Broccoli Whole Wheat Roll Peach Halves Milk	9 Fish Sandwich Tater Tots Four Way Blend Veggies. Whole Wheat Bun Fresh Apples Milk	10 Country Fried Steak Mashed Potatoes California Blend Veggies. Whole Wheat Roll Cherry Trifle Milk	11 Chicken Tetrizzini Roasted Tomato Spinach Whole Wheat Roll Pineapple Tidbits Milk	12 Char Broiled Hamburger Deluxe Steak Fries Sliced Carrots Whole Wheat Bun Fresh Oranges Milk
15 Swedish Meatballs Capri Blend Veggies. Broccoli Whole Wheat Roll Fresh Fruit Milk	16 Baked Ham Sweet Potatoes Green Beans Whole Wheat Roll Apple Sauce Milk	17 Corned Beef /Cabbage Steamed Red Potatoes Baby Carrots Rye Bread Milk	18 Quiche Lorraine Roasted Tomato Brussels Sprouts Whole Wheat Roll Apricots Milk	19 Baked Tilapia Filet Broccoli Peas & Carrots Whole Wheat Roll Pineapple Upside-down Cake Milk
22 Chicken Cordon Bleu Scalloped Potatoes Broccoli /Cheese Sauce Whole Wheat Roll Milk	23 Meat Loaf Mashed Potatoes Green Beans Potato Roll Fresh Fruit Milk	24 Turkey Ala King Over Steamed Rice Winter Blend Veggies. Whole Wheat Roll Cherry Cobbler Milk	25 Salisbury Steak O’Brian Potatoes with Red Peppers Baby Carrots Whole Wheat Roll Fruit Cocktail Milk	26 Roast Turkey and Dressing Mashed Potatoes Green Beans Whole Wheat Roll Sliced Peaches Milk
29 Beef Stew Steak Fries Stewed Tomatoes Whole Wheat Roll Fresh Fruit Milk	30 Pork Chopette Four Way Blend Veggies. Mashed Potatoes Whole Wheat Roll Apricots Milk	31 Chef’s Salad Plate Pickled Beets Potato Salad Whole Wheat Roll Apple Oatmeal Cobbler Milk		

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