

Participant Council Meetings

Participant's Council Meeting – RM

Date: September 4, 2009

Attendance: Maria, Laura, and 14 participants

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

New Participants: Jack P.

New Staff Members: None

Food: "Food is Great". Want orange juice in the morning.

Activities/Entertainment: Like the singer. Look forward to walks in the mornings.

Care: "you will not get any complaints" "Maria and Laura are both very nice".

Complaints: None.

Special Occasions: Celebrated Loretta and Judy's birthdays. We will celebrate Labor Day and Mexican Independence.

Close: Meeting closed by staff

Participant's Council Meeting – TC

Date: September 29, 2009

Attendance: Nancy, Luz, Susanna and 18 participants

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

New Participants:

Sheila S. and Gwen S.

New Staff Members: None

Food: Pork is hard to cut, food is good and warm, make food more suitable for elderly, Salisbury steak hard to cut and hard to chew, deserts are good.

Activities/Entertainment: Now that weather is cooling down will start doing more outings.

Care: No comments

Complaints: No comments

Special Occasions: No comments

Close: Meeting closed by staff

Funding Sources

- Allstate Foundation
- Area Agency on Aging, Region One
- Arizona Department of Education
- Arizona Republic/12 News Season for Sharing
- ATK Corporation
- Boeing Employees Fund
- Del E. Webb Foundation
- Mahnah Club
- Mesa United Way
- Private Fees and Donations
- SIRRINE Auxiliary
- SUNDT Foundation



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

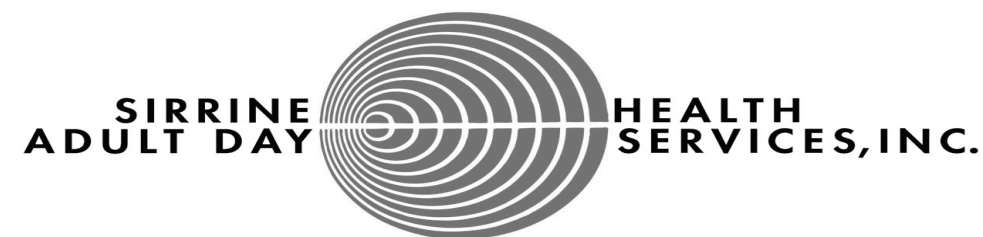
We value the family unit and assist individuals and their caregivers to meet the challenges of maintaining independence.

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.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

October 2009

PARTICIPANT OF THE MONTH

Margaret E.

was born to Samuel and Clara Stone, in Amherst, Nebraska, along the World River. Both parents died before she was 8 years old. She was raised by her 6 brothers and 1 sister. The youngest of 7, she would play with her sister's kids. Margaret said the neighbor's billy goat got on top of the car and ate the rag top off.

Her dad took her to town one day and she wanted her picture taken. He said no and she said, "What if I die"? He took her right in for pictures. She played Kitten soft ball in high school, was active in 4-H, and graduated high school in 1939.

Margaret married Richard E. They had 4 sons and 1 daughter, 12 grandchildren, and 15 great grandchildren. The oldest son died at age 7 of scarlet fever. She worked at the State TB Hospital in Kearney, Nebraska in the kitchen until it closed. She then worked at Kearney Senior High School as a cook until she retired.

She loved going to the Senior Center in Kearney, Nebraska and cooked for them when they needed her. She always had a large garden and canned everything when her children were growing up. We camped out every weekend. She and dad would fish every morning with other campers then have a big fish fry.

She always told us kids if you have nothing nice to say then keep your mouth shut.

At the age of 80 she took a helicopter ride to the bottom of the Grand Canyon, hiked back to the falls, and after two days she flew back out.

She loved to travel to Arizona, Washington D.C., Colorado, Iowa, New Mexico, Oklahoma, Kansas, Missouri, Utah, California, Wyoming, Nevada, Florida, and to Japan.

Margaret now resides in Mesa and we enjoy having her attend SIRRINE Adult Day Care. Her smile brightens our day. Congratulations on being the Participant of the Month.

Help for Depression

"When depression sets in, I seek help."

My heart aches over my loved one's condition and all that has happened because of it. Sometimes I go numb. I shut down. I get to the edge of depression.

But I don't want to allow myself to be swallowed up by depression. If I did, I wouldn't be any good for my loved one or for me. Once I see that I've lost energy and interest, or see that I have other signs of depression, I'd best grab onto any little trace of strength I can to get some help for myself. It may mean taking medications or seeking nutritional solutions or getting counseling. It may mean getting some rest or getting together with supportive people. It may mean praying or reconnecting with uplifting messages. When I start to think I can't function, a few small steps to take care of myself can get me on the road to recovery.

(Daily Comforts for Caregivers by Pat Samples)

Sonia's Corner

Autumn is here! No? It's hard to tell here in the valley of the sun. Changes of colors? Not much. Never the less we are preparing and acting as if fall is really here. Autumn decorations are beginning to appear at both centers. Red Mountain has autumn leaves decorating the beautiful fall tree that Sharon and Peggy so masterfully created. Thank you ladies.

Craft groups at both centers are working diligently creating delightful decorations to create a fall like environment. Exciting times are coming and we invite everyone to join us. Welcome autumn.

October High Lights Special Events

October 28th at 10:30 a.m. at both centers; "pumpkin decorating contest". We are asking for donations of pumpkins. If interested please bring them to us by October 27th, thank you.

October 30th, at 10:30 a.m. at both centers, we will have fall festival games and at 1:00 p.m. our traditional "Masquerade Party". Please wear a costume and win a prize.

Ron will be our entertainer at Town Center, Shirl will entertain at Red Mountain.

October Fest

We just can't let October go by without having our "October Fest" celebration. Our friends from "Valley Folk Dancers" will delight us with their dance presentation. Folk dances from many countries will be performed by these skillful dancers.

Please join us: Town Center-Thursday, October 22nd, 1:00 p.m.
Red Mountain-Friday, October 23rd, 1:00 p.m.

Hispanic Forum *Un Descansito*

Dear Spanish speaking friends,

We would like to invite you to our bi-annual forum. We are offering in collaboration with the Parkinson Association, Duet (previously Beatitudes Center D.O.R.), and Mesa Active Adult Center (previously Mesa Senior Center).

This forum will take place October 28th, 2009, from 8:30 a.m. till 1:30 p.m. at Mesa Active Adult Center at 247 N. McDonald St. rooms 3 & 4.

Our agenda will offer you very important information about issues of interest to all of us.

Professionals from different agencies will share their services and expertise.

Enjoy refreshments and lunch while doing a sing along with the Mariachi Loco. There will also be games and door prizes to enhance the event.

For reservations please call Sonia-480-464-1061 or 480-641-7644.

"Learn how to live a better life as we care for a loved one with a chronic disease."

I would also like to invite you to a seminar in Spanish, sponsored by the Muhammad Ali Parkinson Center, to take place on the following dates: Tuesday, October 6th and 13th from 3:30 p.m. till 5:30 p.m. at Desert Cross Lutheran Church, 8600 S. McClintock Dr. Tempe.

There is no cost.

Contact Claudia at 602-406-2453 for registration.

Hispanic Support Group

October 22nd at 3:00 p.m. Serrine Town Center
"Problem Solving" By Sonia
Contact Sonia at 480-464-1061

Medical & Community Information

Flu Shots

The Active Adult Centers (formerly known as Senior Centers) are offering flu shots given by Mollen Immunization Clinics. You can also go to *FluShotsUSA.com*

October 20th & November 17th
9:00 a.m. – 12:00 p.m.
At Red Mountain
&
October 21st
9:00 a.m. – 12:00 p.m.
At Town Center

Alzheimer's Association Memory Walk "Move to End Alzheimer's" Saturday, November 14, 2009

The nation's largest event to raise awareness and funds for Alzheimer's care, support, and research. This inspiring event calls on volunteers of all ages to become champions in the fight against Alzheimer's. Call Martha Gucciardo, Outreach Coordinator at Serrine Adult Day Care, 480-461-1061 for information on "you can make a difference" by helping raise awareness and raising funds to **Move** a nation to end Alzheimer's

Medic Alert Safe Return ID Jewelry

24 hour nationwide emergency response service for individuals with Alzheimer's or related dementia who wander or have a medical emergency. Call 1-888-572-8566 or visit www.medicalalert.org/safereturn.

Responding to Behavioral Problems

The way you approach a person with dementia is extremely important since care giving often involves very intimate care. Remember to use the following principles.

*Smile, approach slowly, and stay relaxed.

*Never ask a question if you are willing to accept "No!" as the answer.

*If the person says "No," leave and come back five minutes later, and try a different approach.

*Be flexible in accomplishing the task at hand. Go with the flow; eventually the task will get completed. It is not about you; it is about keeping the person comfortable. Remember, a comfortable approach is essential!

Utilize distraction or engage the person in a pleasant activity during unpleasant care giving tasks. Activities such as bathing, grooming, changing a brief, and providing mouth care are unpleasant and uncomfortable tasks for the person with dementia. Consider trying one of these strategies:

*Talk about topics the person enjoys.

*Have the person hold a soft object, such as a stuffed animal, or a meaningful picture.

*Give the person something to eat/drink-sweets are usually a hit!

*Sing a favorite song to or with the person, such as "You Are My Sunshine".

*Utilize a familiar prayer, scripture, or poem.

*Be creative until you find something that works.

Most importantly, never accept difficult behaviors as "normal" or think "that's just the way they are." Behavioral problems are both a sign and source of discomfort for the person.

(Resource: Hospice of the Valley Training Manual)

Participants

September Birthdays

Town Center

10/1 Zoila E.
 10/4 Carmen A.
 10/5 Gladys W.
 10/13 Sara R.
 10/27 Sharon C.

Red Mountain

10/21 Jack P.

New Participants

Town Center

Sheila S.
 Gwen S.

Red Mountain

Rita T.
 Moe S.

Tina's Corner

Camp Caregiver

Autumn hues in the trees
 fluttered by a gentle breeze
 smiles and laughter did abound
 caregivers lost their sometimes frown.

Some came to camp with apprehension
 and when they left they had no tension.
 I sat and watched the interaction
 and knew their stress was at a fraction.

Smores and hot dogs around the fire
 and now their problems were not as dire.
 The weekend was a calming place
 as they return to what they face.

If the caregivers wrote this letter
 they'd tell you it doesn't get much better.
 All became oh so close.
 The best of medicine in a weekend dose.

Just For Fun Support Group

Our next support group
 "Just For Fun"

will be at
**Dorothy Briggs home at
 12:00 p.m.
 October 27, 2009.**
 Lunch will be provided.

Please take an hour out
 of your day to join us.

Call Tina at 480-464-1061

Staff

Nancy McCoy, Program Aide II, was recently honored by the Serrine Board of Directors at its September 15th meeting. Nancy began working at Serrine on September 27th, 1999 bringing with her a wealth of experience.

Her compassion, ability to relate to all our participants and her insightfulness have proven invaluable to our agency. The staff and I, offer our sincerest congratulations in being a part of our Serrine family.

Peter Sysyn, Executive Director



October 2009 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			Spinach & Mush. Quiche Roasted Tomatoes Brussels Sprouts Whole Wheat Roll Apricots Milk	Baked Tilapia Broccoli Peas and Carrots Whole Wheat Roll Pineapple Upside Down Cake Milk
5	6	7	8	9
Chicken & Bowtie Alfredo Spinach Italian Blended Vegetables Whole Wheat Roll Sliced Pears Milk	Baked Ham Scalloped Potatoes Garden Salad Whole Wheat Roll Fresh Fruit Milk	Roast Turkey & Dressing Mashed Potatoes Green Beans Whole Wheat Roll Sliced Peaches Milk	Chicken Ala King Vegetable Rice Pilaf Winter Blended Vegetables Whole Wheat Roll Fruit Cocktail Milk	Salisbury Steak OBrian Potatoes/Red Peppers Baby Carrots Whole Wheat Roll Cherry Cobbler Milk
12	13	14	15	16
Beef Stew Steak Fries California Blend. Vegetables Whole Wheat Roll Fresh Fruit Milk	Chef's Salad Plate Pickled Beets Potato Salad Whole Wheat Roll Apricots Milk	Bratwurst Sauerkraut German Potato Salad Deli Style Bun Black Forest Cake Milk	Ground Beef Goulash Italian Blended Vegetables Brussels Sprouts Whole Wheat Roll Tropical Fruit Salad Milk	Baked Chicken Breast Mashed Potatoes Capri Blended Vegetables Whole Wheat Roll Fresh Fruit Milk
19	20	21	22	23
Swiss Steak Vegetable Rice Pilaf Oriental Blended Vegetables Whole Wheat Roll Sliced Pears Milk	Lemon Pepper Chicken Malibu Blend Vegetables Garden Salad Whole Wheat Roll Ambrosia Milk	Veal Marsala Mashed Potatoes Sliced Carrots Whole Wheat Roll Peach Cobbler Milk	Oven Roasted Open Faced Turkey/Mixed Vegetables Sweet Potato Mash Whole Wheat Bread Apple Sauce Milk	Sloppy Joes Baked Beans Peas and Carrots Whole Wheat Bun Fresh Fruit Milk
26	27	28	29	30
Chicken Kiev Wild Rice Pilaf Prince Edward Vegetables Whole Wheat Roll Birthday Cake Milk	BBQ Ribette Sandwich Sweet Corn California Blend Vegetables Whole Wheat Bun Fresh Fruit Milk	Chicken Salad Sandwich Tri Colored Bean Salad Potato Salad Petite Bun Apple Oatmeal Crisp Milk	Shepard's Pie Mashed Potatoes Sliced Carrots Whole Wheat Roll Tropical Fruit Salad Milk	Mummy Dogs Potato Bugs Carrot Moons Whole Wheat Hot Dog Bun Graveyard Cake Milk

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

October 2009 RM Activity Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			10:30-Guess Who-What 1:00-Bingo Cards	10:30-Council Meeting Trivia 1:00-Bingo Table Games
5	6	7	8	9
10:30-Arts & Crafts 1:00-Bingo Volley Ball/Parachute	10:30-Crafts and Art Word Games 1:00-Bingo Bowling/Golf	10:30-Flower Arranging Cards 1:00-Bingo Table Games	10:30-Volley Ball Parachute 1:00-Bingo Table Games	10:30-Bingo Table Games 1:00-Music Program- Gloria
12	13	14	15	16
10:30-Music & Dance with Carole 1:00-Columbus Day Reading and Games	10:30-Crafts/Arts Trivia 1:00-Bingo Wood Work	10:30-Cook Book Day Share Recipes 1:00-Bingo Gospel Readings	10:30-Senior Song Birds 1:00-Bingo Balloon Toss	10:30-Bowling Golf 1:00-Bingo Sports Hour
19	20	21	22	23
10:30-2B's Music Pro- gram 1:00-Bingo Fun with Games	10:30-Scatterories 1:00-Bingo Fun w/Kitchen Instru- ments	10:30-Humor Day-Jokes and Fun Time 1:00-Bingo Games	10:30-Cooking Demo Traditions with Maria 1:00-Bingo Table Games	10:30-Show & Tell Trivia 1:00-Valley Folk Danc- ers October Fest
26	27	28	29	30
10:30-Crafts & Art 1:00-Bingo 3:00-Red Hat Tea	10:30-Cooking Tradi- tions with Laura/Balloon Toss 1:00-Bingo Crafts	10:30-Pumpkin Decorating Contest 1:00-Bingo Crosswords/Cards	10:30-Music & Comedy with Monte 1:00-Bingo Fun w/Balloons	10:30-Halloween Games 1:00-Masquarde Party Costume contest w/ Shirl

Activities offered on a daily basis

7:00-8:00-Chit Chat -Coffee Social

8:00-9:00-Crafts, Games, Chit Chat

9:00-9:30-The News, Spanish, 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

*Red Hat Tea last Monday at 3:00

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

October 2009 TC Activity Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			10:30-Sports/Spiritual Hour Hispanic Club 1:00-Bingo Table Games	10:30-Council Meeting Sing Along to the 50's 1:00-Music Program- Gloria
5	6	7	8	9
10:30-Wii Game Scattergories 1:00-Bingo Fun w/Kitchen Band instru.	10:30-Hispanic Club Art Class/Crafts 1:00-Bingo Sports	10:30-Price is Right 1:00-Bingo Kitchen Band/Games	10:30-Hispanic Club Small Group Fun/ Games 1:00-Bingo Fun w/Music/Dance	10:30-Senior Song- Birds 1:00-Bingo Sports
12	13	14	15	16
10:30-Wii Game Columbus Day Reading 1:00-Music Program- Carole	10:30-Hispanic Club/ Drawing Spiritual Hr 1:00-Bingo Table Games	10:30-Health Talk 1:00-Bingo/Simple Crafts Music/Balloon Toss	10:30-Bowling/Hispanic Cooking-Demo/Spiritual Hr. 1:00-Bingo Sports/Darts	10:30-Flower Arrang- ing/ Art/Cards/Crossword Puzzle 1:00-Bingo Darts/Horseshoes
19	20	21	22	23
10:30-Spelling Bee Cooking Session 1:00-Bingo Sports Hour	10:30-Hispanic Club- Outing Flower Arranging Class 1:00-Bingo Fun w/Music & Songs	10:30-Art Class Sports/Wii Game 1:00-Bingo Fun w/Music & Dance	10:30-October Festival Trip to Germany 1:00-Valley Folk Danc- ers October Festival	10:30-Darts/ Horseshoes Paper Capers/Games 1:00-Bingo Table Games
26	27	28	29	30
10:30-Wii Game Show and Tell 1:00-Red Hat Tea Men's Social Time	10:30-Music Program 2B's 1:00-Bingo Table Games	10:30-Pumpkin Deco- rating Contest 1:00-Bingo Table Games	10:30-Hispanic Club Cookie Decorating 1:00-Music Program- Monte	10:30-Halloween Games 1:00-Masquarde party with Ron

Activities offered on a daily basis

7:00-8:00-Chit Chat -Coffee Social

8:00-9:00-Crafts, Games, Chit Chat

9:00-9:30-The News, Spanish, English

10:00-Exercise

12:30-Spanish Bingo

2:00-Exercise

3:00-Sports, Words, Table Games

4:00-Tea Party, Social Hour, Trivia

*Red Hat Tea last Monday at 3:00

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