



SENIORS'
RESOURCE
CENTER

Adult Day and Respite

A Newsletter for our ADRS participants and families | May 2017

Seniors' Resource Center | 3227 Chase Street, Denver, CO 80212 | 303.238.8151 | SRCaging.org

*Reminder: We will be **CLOSED Monday, May 29, for Memorial Day***

Adult Day & Respite Leadership Team

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Front Desk Reception
Nancy Ramsey

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SRC Transportation

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Closure Line

303.235.6916

Other SRC Services

SRC provides many more services in addition to Adult Day & Respite. To learn more, call 303.238.8151 or visit www.SRCaging.org

- Transportation
- Care Management
- Chores- Home Deep Cleaning
- Developmental Disabilities
- In Home Care
- Mental Health Outreach
- Minor Home Repair
- Volunteer Services & Opportunities
- Wellness



2nd Annual Senior Resource Fair

Caregivers and Seniors are invited to this free resource fair.

Friday, May 5

9 - 10 a.m. Keynote Panel

10 a.m. - 1 p.m. Vendor Booths,
Health Screenings and
Breakout Sessions

Lutheran Medical Center

8300 W. 38th Ave.

Wheat Ridge, CO 80033



Mark Koebrich from 9 News 'Senior Source,' will kick off the day by leading a special presentation called, "Making the Transition: An Expert Panel Discussion about Resources, Advice and Options as You Grow Older." There will be plenty of health and safety assessments, screenings, educational vendors and fun interactive activities. For more information and to register for this free event please call 303.689.4595.



A Special Visit:

We are grateful our little friends from the library stopped by to hunt for Easter eggs with us.



Join Us

• Our Care Partner

Education series takes place every month on the **3rd Thursday at 10:00am**. The meeting is open to the public and is designed to give Care Partners tools and resources that they can use in their daily lives while caring for a loved one. Lori Lemasters is teaching a series for Care Partners that covers everything from Self-Care to Stress Management; she also incorporates therapeutic writing into her classes. This month's class will be held on **Thursday May 18**, hope to see you there! Please RSVP to

Nancy at the front desk.

• Please join us for our monthly **Care Partner Support group!** It is open to the public and held on the **2nd Thursday of each month at 10:00am**. This is a great opportunity for you, as a Care Partner, to meet others who are going through the same types of things. This month's meeting will be held on **Thursday, May 11**, at our Wheat Ridge location and will be facilitated by Adult Day's Family Care Specialist Lindsay Errett-Cohen. Please RSVP to Nancy at the front desk.

Poet's Row

Attitude

by: Charles Swindoll

The Longer I live,
The more I realize the impact of attitude on life.
Attitude to me, is more important than the past,
than education,
than money,
than circumstances,
than failures, than success,
than what other people think, or say, or do.

It is more important than appearance,
giftedness, or skill.
It will make or break an organization,
a school, or home.

The Remarkable thing is we have a choice everyday
regarding the attitude we will embrace for that day.

We cannot change our past..
We cannot change the fact that people will
act in a certain way.
We cannot change the inevitable.
The only thing we can do
is play on the one string we have,
and that is our attitude....

I am convinced that life is 10% what happens to me
and 90% how I react to it.

And so it is with you....

Chef's Corner: Pico De Gallo



- 1 can of Rotel brand canned hot or mild chili and tomatoes
- 1/4 cup sliced green onions
- ¼ cup minced Cilantro
- Juice from 2 limes
- Salt pepper to taste

Created for You By
SRC Chef John Selters

DESCRIPTION

Many folks have asked me for some simple things that they can make at home that do not require spending all day in the kitchen. I use the following recipe at home as a dip for chips, pasta, salad dressings, a topping for grilled or baked or roasted fish, seafood, assorted meats, and chicken. This will make the perfect recipe for any Cinco De Mayo celebration. Just combine the following ingredients, and viola a perfect batch of pico de gallo.

A Little Note About Outings

We would like to take this opportunity to let everyone know of the new procedures we are required to follow when going on outings. Please read the following:

ADRS Group Outings

Objective: SRC Adult Day schedules a trip through Transportation Services several times a month for the clients we serve. These trips are not billed to ADRS clients at this time.

Frequency: As Needed

Procedure: SRC Adult Day trip Coordinator will notify intake of trip details as early as possible. Intake staff will create a trip marker until client detail is made available. An intake form must be completed for all clients participating. These will be updated yearly. 1 week prior to trip – Adult Day Coordinator will provide a list of all clients participating (Provide intake form for all new riders)

Intake will confirm that client is in our database and record is up to date, if the client is not in the system an intake form will be needed ASAP **If intake form is not provided client will not be added to the trip until received.

The Client will be added to the trip for that day. Using T3 Funding as long as client qualifies for this funding

Client Changes- Last minute changes and substitutions may be made. When this happens please follow these steps: 1) Submit Cancellation request for client not riding 2) Submit Substitution form with all fields completed for any rider now going.

If this new rider needs a full intake form completed it will need to be completed within one week of the substitution or no future trips will be allowed until done.

It's Time To Age Out Loud

Older Americans have made a huge impact on our society today. During the month of May, we celebrate the contributions and efforts seniors have made, it's known as Older Americans Month. This year the theme is "Age Out Loud," encouraging seniors to voice how they are aging and what it means to age today. Times are changing and seniors are aging differently than in the past. Many seniors are working longer, staying active in the community, trying new activities, and ultimately striving for independence. We would like to honor and celebrate these older Americans, allowing the community to see what it means to be senior, and how the image of aging in peoples' minds should change.

Join us for a proclamation at the Jefferson County Government Center, Hearing Room 1, 100 Jefferson County Pkwy, Golden, CO 80419, on May 9, at 8:00 a.m.

MVP: Ty Berrien

Ty has been a devoted adult day team member for over 2 years and we are pleased to announce that she is May's MVP! Ty was nominated by her peers because of her willingness to help out both the adult day participants, but the staff as well. Ty is a caring and dedicated team member. She does a great job at making the participants laugh and encouraging them to engage in the activities. Ty responds quickly to any task that needs doing, but always does so with a smile and positive attitude. Thank you, Ty, for your continued hard work!



Reminder

- Medications: Please do not send any medications, including over the counter medications, with your loved one. All medications must first be discussed with Judith Baker. Pills easily fall out of pockets and could be a danger to others. Additionally, we are required to have physician's authorization for all medications given here. If you have any questions call Judith or Lacey.

- We have purchased white cloth dinner napkins to be used at SRC during meals. If these napkins come home with your loved one, please be sure to get them back to us. Thank you!

Happy May Birthdays!



Dora	M	5/6
George	T	5/6
Alicia	V	5/10
Jeannette	B	5/11
Harold	M	5/15
Avelino	T	5/18
Henry	U	5/25
Rose	A	5/27



Giving Hope Gala

Denver Museum of Nature & Science | Friday, June 23, 2017



SENIORS' RESOURCE CENTER

For more information visit: www.SRCaging.org/GivingHopeGala or call 303.235.6969

President's VIP Reception: 5:30pm
Special VIP Guest Speaker
Beth Bowlen Wallace

Cocktail Reception: 6:00pm
Boettcher Plaza

Dinner and Program: 7:15pm

Music and Dancing: 8:30pm

Emcee and Auctioneer: Reggie Rivers,
Corporate Kickoff/ Former Denver Bronco

Celebrity Speaker: Mark Koebrich,
Senior Source/Retired Anchor 9NEWS

Guest Entertainment: Hazel Miller Band

The evening is a celebration in support of Seniors' Resource Center and the work of, John Zabawa Retiring President/CEO of Seniors' Resource Center

Cash Bar | Self Parking
Attire: Business/Cocktail

Purchase tickets at:
www.Blacktie-Colorado.com
using event code giving17
by Friday June 9, 2017.

Presented By:



May Activities

Happy spring SRC friends! This month we will be doing some fun things. In celebration of May Day, we will be learning the history of this special day and playing a May Day game. It should be a fun and interesting time.

Join us for Cinco de Mayo! The Troubadours Choir will be here to help us celebrate this important holiday. There will be dancing and singing as well as fun activities and Cinco de Mayo themed games. Alcohol free margaritas and churros for everyone! Fiesta, fiesta!

On May 15th we will celebrate our May birthday's during snack but more importantly, May 15th is Pajama Day at Adult Day! It's so nice to be able to just roll out of bed, stretch and sleepily walk to my car while wiping the sleep out of my eyes. Off to work I go. Don't forget to brush your teeth folks. Teddy bears are welcome too!

On May 17th and, then again, on May 19th we will try our hand at tie-dying t-shirts. Nothing screams summer fun like a tie-dyed t-shirt! Thank you to Miss Patty for the wonderful idea! We'll dye our t-shirts in the garden and then hang them to dry. Tuesday May 30th will be Tie-Dyed T-shirt Day! Come in wearing your creation or any other tie-dyed clothing or accessory. Let's brighten up our world with some fun clothing! Also, we would appreciate any help in the form of donations of t-shirts (all sizes) to help in our world beautification efforts. Thank you in advance for all your generosity.

Special Services

- Woody Creek Spa

Available: Mondays, Wednesdays, and Fridays

Hydrotherapy Tub: \$28.00

Showers: \$23.00

Shave: \$10.00

- Seven Falls Haircuts & Styles

Keesha Leavitt, Wednesday, May 17, hair stylist and massage therapist

- Thai Yoga S-t-r-e-t-c-h Massage

Available: Every Friday

Price: \$1.00 per minute

- Golden Touch Foot Care

Available: Tuesday, May 16 and May 19

Price: \$20.00

Contact the Front Desk to make reservations! 303.235.6961 or Frontdesk@SRCaging.org

Transportation Reminder

When a client fails to complete a scheduled trip it is often difficult to serve other clients and the results in loss of time and money. SRC is implementing and taking action according to policy outlined below.

- **No Show**= The driver has arrived at the destination, no one takes a trip
- **Late Cancel**= A cancellation has occurred with in 24 hours of the scheduled trip
- **1st Incident**: Client will be called and reminded of policy asking that they always cancel a trip they do not need or early cancellation when possible and the possibility of loss of service
- **2nd Incident**: Client will notified by phone of policy and possible 30 day suspension, those with a subscription will now have to call in trips each week
- **3rd incident**: Client will be notified by phone and mail of "suspension" of service for 30 days

The good news is that all participants who practice good habits make it possible to complete more trips making everyone happy.

May Outings

May 3rd, 2017

12:30pm – 2pm (Back at SRC around 2:30pm)

Cost: \$4.00

Museo de las Americas

865 Santa Fe Dr, Denver, 80204

Just in time for Cinco de Mayo, we will be taking a trip to the Museo de las Americas for a bit of Spanish history and culture.

May 10th, 2017

12:30pm – 2pm (Back at SRC around 2:30pm)

Cost: \$10.00

Colorado History Center

1200 Broadway Ave, Denver, 80203

Join your friends as they explore what makes Colorado Colorado.

May 17th, 2017

11am – 12:30pm (Back to SRC around 1pm)

Cost: \$15.00

Jim's Burger Haven

7855 Sheridan Blvd, Westminster, 80003

Back by popular demand! Join your friends for a burger and French fry lunch.

May 24th, 2017

10am – 1:00pm (Back to SRC around 1:30pm)

Cost: \$14.00

Denver Zoo

2300 Steele St, Denver, 80205

Join your friends for a fun visit to the zoo. If you bring \$5 extra you might get the opportunity to feed the giraffes.

May 31st, 2017

11:30am – 1:30pm (Back to SRC around 2:00pm)

Cost: Free

Picnic @ Panorama Park

Wheatridge, 80212

Weather permitting; we will be walking to Panorama Park, 3 blocks away, for our first picnic of the season.

June 7th, 2017

11:30am – 1:30am (Back to SRC around 2pm)

Cost: \$8.00

Colorado Railroad Museum

17155 W. 44th Ave, Golden, 80403

CHOO-CHOO! All aboard for an outing to the Colorado Railroad Museum!