



SENIORS'
RESOURCE
CENTER

Adult Day and Respite

A Newsletter for our ADRS participants and families | February 2018

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

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SRC Transportation

303.235.6972

Closure Line

303.235.6916

Valentine's Day is Here Again!

As you know we like to celebrate big in Adult Day, and Valentine's Day is no exception



On Tuesday, February 13th from 10:15-11:15 am, we'll be joined by our young friends from the Library to exchange valentines.



Care Partner Dinner

Mark your calendars for our upcoming Care Partner Dinner, on **Wednesday, March 13th, from 5-7 pm**. The pharmacy students from Regis University will be giving us a presentation. If you would like to join us, please RSVP at the Front Desk.



Care Partner Class

Join us the 3rd Thursday of the month, February 15th from 10-11:30 am for "Oxygen 101" presented by Regis School of Pharmacy faculty member, Christine Feltman.

It will focus on how to wear oxygen properly, how to prevent falls, how to self-regulate (if ever proper to self-regulate), and traveling with O2. In addition to this topic Christine and her team of Pharmacy students will be available to go over medications, herbals and vitamins you may be taking. The pharmacist will review and answer any questions the client and caregivers may have. So feel free to bring you list or bag of medications for review.

This is Important!

SRC will be
CLOSED Monday,
February 19, 2019
for President's Day.

Please Note These Important Changes

Colorado is known for its unexpected weather. SRC has a weather line that you can call to see if we are closed due to inclement weather. In the past, we have called all participants who may be attending on that given day if we were closed. **PLEASE NOTE: We will NO LONGER be calling to tell you that we are closed. YOU WILL NEED TO CALL THE WEATHER LINE TO DETERMINE IF WE ARE OPEN.** That number is **303.235.6916**. It will be updated by 6 am.

February Updates

We are spreading our wings this month and celebrating Bird-Feeding Month, Groundhog Day, Mardi Gras, Chinese New Year, Presidents' Day, Valentine's Day, and more. Feel free as a bird to enjoy all the great programming!

We will be celebrating numerous holidays and festivities. Due to the increased number of events, as well as participant interest, we have decided to begin a Participant Special Events Committee. These amazing folks have some fantastic ideas, as well as insight regarding what our friends here at SRC enjoy doing. If you know of someone who would like to join our committee, please have them come see me or give me a call. To start, we will be meeting twice a month on Tuesday mornings. This month's meetings are being held on the 6th and the 20th.

Speaking of special events, come join us for some **Ground Hog Day fun** and information on **Thursday, February 1st**. We'll be making predictions as to whether Punxsutawney Phil will see his shadow and enjoying some games and crafts that have to do with light and shadows. On **Friday, February 2nd**, we'll see if our predictions were correct. But make no mistake; this day is reserved for Football! We'll be **gearing up for The Big Game**. Wear your favorite football team's attire; it's sure to spark some interesting debates. At 1:30 pm on Friday the 2nd, we'll host our first **Super Bowl Party**. Join us for some traditional football game snacks, bloopers and more! **Tuesday, February 13th** is **Fat Tuesday**; come celebrate Mardi Gras with us! We'll be hosting a special Shrove Tuesday pancake race to celebrate before Lent. Wear your Mardi Gras Colors, and bring your beads! **The Jeffco Library story time kids will be here at 10:15 am to exchange Valentines** with our amazing participants, so be prepared for a cuteness overload. Be sure to wear your favorite Valentine's t-shirt, or just red (the color of passion!), on the **14th for our annual Valentine's Dance**. We'll have a photo booth, live music and dancing; friends and family are welcome to join us for this one! The week of Presidents' Day, we'll be focusing on Presidential trivia. This is also the beginning of the 2018 Winter Olympics, so we'll be discussing traditions of the games as well as trying a few ourselves.

Welcome:

Kristy Mestadagh

Please help us in welcoming, Kristy Mestdagh, to our team! Kristy is our new Enrollment Specialist (formally called Family Care Specialist). We are thrilled to have her on our team!



For over 25 years I have been working in a capacity of helping people. During my career I have worked with many diverse populations including seniors, individuals with Intellectual/Developmental Disabilities as well as those with Traumatic/Acquired Brain Injury. I've had the privilege of seeing clients I coached, mentored or assisted in identifying resources, succeed and find positive changes. In the early 90's I developed a senior day program, as an alternative to vocational training for older persons with Developmental Disabilities. This program included integration into local senior recreation centers.

I was a Geriatric Case Manager for the Denver County Single Entry point, as well as Staff Development Coordinator that evolved into all Human Resource functions. I always said "I am a Case Manager for people". Recently, I made the decision to get back into direct service with a non-profit and I think SRC is the perfect fit. I also served on the Board of Directors for Highland West Communities housing from 2010 until October 2015.

Along with all these amazing holidays and events, **February is Black History Month**, so be sure to join us on **Mondays for Mocktails and Museums discussions** as we explore some artwork from instrumental African-American artists. **Tuesday afternoons, we'll be reading poetry from famous black authors and poets**. It promises to be both entertaining and informational. **Weird Science** has been an amazing hit with our participants! **Join us on Tuesdays for this fun new activity**, with hands on experiments designed especially for the scientist in all of us.

(As always, if you have any items to donate, please feel free to bring them in. Your support helps make our program successful!)

Special Services

- Woody Creek Spa

Available: Mondays, Wednesdays, and Fridays Hydrotherapy Tub: \$28.00
Showers: \$23.00
Shave: \$10.00

- Seven Falls Haircuts & Styles

Wednesday, February 14th
Keesha Leavitt 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: Friday, February 16th and Tuesday, February 20th.
Price: \$20.00

- Contact the Front Desk to make reservations! 303.235.6961

Check Out Our Facebook

Did you know SRC has a Facebook Page? You can sometimes see what is happening with our programs including ADRS. We also post blogs, videos, share important articles, announce events, and many other things. Check it out at:

www.facebook.com/seniorsresourcecenter

Our Starr center, Southwest location, and Evergreen location also have Facebook pages.

February Outings

Wednesday, February 7, 2018, 11:00 – 1:15 (Back to SRC around 2:00)
Cinzetti's Italian Market Restaurant, 281 W 104th Ave. Northglenn, CO 80234

Cost: \$16 – No Lunch Needed

Guests step foot into an authentic Tuscan Village centered around a cobblestone piazza with over 60 authentic Italian dishes being prepared at fourteen specialty cooking stations. Stroll through the stations as chefs prepare authentic pasta, pizza, salads, desserts and more – right before your eyes!

Wednesday, February 14, 2018, 11:45 – 2:00 (Back to SRC around 2:45)

Denver Art Museum, 100 W 14th Pkwy. Denver, CO 80204

Cost: \$8 – Sack Lunch at SRC at 11am

Come to the only American venue for the Degas exhibition. French artist Edgar Degas' works are showcased in more than 100 works consisting of paintings, drawings, pastels, etchings, monotypes, and bronze sculptures.

Wednesday, February 21, 2018, 12:00 – 2:00 (Back to SRC around 2:30)

Hammond Candy Factory Tour, 4735 N. Washington St. Denver, CO 80216

Cost: Free – Sack Lunch at SRC at 11am

Ever wonder how lollipops, candy canes, and other Hammond's treats are made? Bring your curiosity and your sweet tooth for a complimentary tour of our factory.

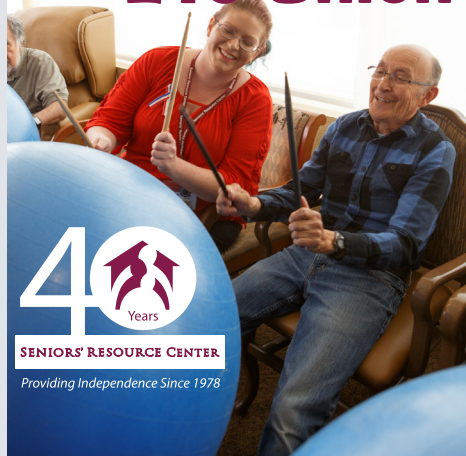
Wednesday, February 28, 2018, 11:00 – 2:00 (Back to SRC around 2:30)

History Colorado Center, 1200 N Broadway Denver, CO 80203

Cost: \$8 – Sack Lunch at the Museum at Noon

Colorado became a state in 1876—the year of the U.S. Centennial—but its history goes back more than 10,000 years. History Colorado is the place to discover, enjoy, and get involved in the history, the heritage, and the built environment of the Centennial State.

Dining for Seniors at 240 Union



Thursday, April 5th

240 Union

A Creative Grille
240 Union Blvd.
Lakewood CO 80228

Serving Lunch and Dinner
11:00 am - 10:00 pm

Please make reservations online at:
240union.com/online-reservations
or by calling 303.989.3562.

A Delicious Event to Support
Seniors' Resource Center

25% of all food sales for that day will
be donated to
Seniors' Resource Center!

Care Partner Support Group

Care Partner Support Group facilitated by Margret McCoy, RN will take place on the 2nd Tuesday, February 8th from 10:00-11:30 am. Please RSVP to Nancy at the Front Desk.

Happy Birthday!

Tony C. February 6
Anita R. February 7
Althea T. February 7
Ernie J. February 8
Twila H. February 15
Lauretta P. February 18



Evelyn S. February 18
Jennie M. February 19
Marie R. February 21
Orphie S. February 21
Maggie M. February 27
Josephine T. February 27



SENIORS' RESOURCE CENTER

Providing Independence Since 1978

Free Tax Preparation

We Have Two Locations:

SRC Southwest Littleton

10181-B West Bowles Avenue
Littleton, CO 80127

Appointments are on Mondays from
8:30 am-3:00 pm
Beginning Monday, February 5

SRC Wheat Ridge

3227 Chase Street
Denver, CO 80212

Appointments are on Fridays from
8:30 am-3:00 pm
Beginning Friday, February 9

What We Provide For You:

- Certified Tax preparers
- Reliable & secure tax preparation
- Tax Counseling

What We Ask of You:

- Bring:
All 2017 Tax Documents,
Social Security numbers for you
and all dependents, and a
Photo ID
- Have an annual income less than
\$54,000

Please call 303.235.6921 to make an appointment.

This service is available by appointment only.

Seniors' Resource Center · 3227 Chase Street, Denver, CO 80212 · 303.238.8151 · www.SRCaging.org
SRC has been serving seniors and caregivers in the community since 1978. Over the decades, we have grown our locations and services, and helped thousands of seniors age at home.