



SENIORS'
RESOURCE
CENTER

Adult Day and Respite

A Newsletter for our ADRS participants and families | November 2017

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

This is Important!

We are **CLOSING Early on Thursday, November 16 at 2:30 pm** for Staff CPR and First Aid training. Those individuals who ride SRC will be picked up at 1:30 pm. Please make arrangements for this change of schedule. If a participants rides other vendors such as Access-A-Ride , please schedule your pick up no later than 2:00 pm. Please contact us with any questions.

Come to the Holiday Family Dinner

Please join us for our annual Holiday Family Dinner, **Tuesday, December 12, from 5:00-7:00 PM**. *This is a great event for our participants and families to share an evening together. We will serve a delicious meal with all the trimmings. If you plan on attending please contact Nancy at the front desk.*

November is National Caregiver Month

November is national caregiver month and we at Seniors' Resource Center want to take a minute to acknowledge all of the wonderful caregivers we have the honor of working side by side with each day. Being a caregiver is often a thankless job, but we want you to know how much you are appreciated. Your loved one isn't always able to express their gratitude, but please know your hard work and dedication does not go unnoticed. This month, we would like you to take time for yourself; we challenge you to make time to do something that you enjoy that is just for you!

Here are some tips on reducing caregiver stress:

- Acknowledge you can't and don't have to do it all.
- Let it go- there simply are things you cannot control, and that is ok.
- Ask for help; enlist friends and family and even professionals to help when possible.
- Spoil yourself, schedule a massage, go to lunch with a friend, out to a movie, etc...

Adult Day & Respite Leadership Team

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REMEMBER US ON COLORADO GIVES DAY

TUESDAY, DECEMBER 5

GIVE WHERE YOU LIVE



#COGivesDay



Schedule Your Donation Online Beginning November 1 at : Coloradogives.org/SRC

Join Us!

Please come join in on our **Caregiver Support Group** This month's support group will be held **Thursday, November 9 from 10-11:30 am**, and will be led by Tia Saucedo. Please RSVP to Nancy.

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, November 15, 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: Tuesday, November 14 and Friday, November 17.

Price: \$20.00

- **Contact the Front Desk to make reservations! 303.235.6961**

Just a Reminder

There will be a Luncheon on Caregiving, **you should have received an invitation.** It will take place **Tuesday, November 7, from 11am - 1:30pm**, at the Cherry Hills Country Club, 4125 S University Blvd, Cherry Hills, CO 80114.

RSVPs were required by October. For questions contact Rod at 303.235.6918.

Happy Birthday!

Anita H.	November 3
Gary G.	November 14
Phil H.	November 16
Hugh C.	November 16
Lou S.	November 25

It's Beginning to Look a lot Like Winter

As Autumn settles in, and we look toward winter on the horizon, here are a couple reminders when coming to ADRS.

- **Please make sure all winter essentials** like coats, mittens, gloves, scarves, and hats **have the participant's names on the inside.**
- Sometimes the weather may be too bad for us to open. **Check our Weather line at 303.235.6916**, to make sure we are open on those classic Colorado weather days.
- With the cold weather arriving, it tends to bring germs with it. **If your loved one has an illness that is or may be contagious, please keep them home**, so as not to expose other medically frail individuals at the program. **Participants that have a fever, vomiting, diarrhea, a green or yellow nasal discharge, or excessive sneezing and/or coughing should stay home.** If these symptoms develop at the program, a family member will be called to take the participant home immediately. Since we are a social setting, germs can travel very quickly in our environment. Help us preserve everyone's health by keeping any questionable germs home.
- Please have your walkways shoveled and clear for those who use our Transportation Service. They will not pick you up, if your walkway isn't clear.

November Outings:

Wednesday, November 1, 2017, 11:15pm – 1:30pm (Back to SRC around 2:00pm)
Casa Bonita, 6715 W Colfax Ave, Lakewood, CO

Cost: \$18.00

Denver's famous Mexican restaurant and family entertainment destination, the one and only Casa Bonita is a must see.

Wednesday, November 8, 2017, 12:30pm – 2:30pm (Back to SRC around 2:45pm)
Denver Museum of Miniatures, Dolls, & Toys, 1880 N Gaylord St, Denver, CO

Cost: \$5.00

Creating educational exhibits with relevance to the lives of Museum visitors and members highlighting the social and cultural history of miniatures, dolls and toys

Wednesday, November 15, 2017, 12:00pm – 2:00pm (Back to SRC around 2:30pm)
Denver Botanic Gardens 1007 York St, Denver, CO

Cost: \$14.00

Denver may be blanketed by snow but the plants in the Conservatory enjoy a warm climate year-round. This docent-led tour highlights the Gardens' tropical plants.

Wednesday, November 22, 2017, 11:15am – 1:00pm (Back to SRC around 1:15pm)
Grandma's Goodies, 4601 N Harlan St, Wheat Ridge, CO

Cost: \$20.00

Enjoy one of our favorite homemade Italian Eateries!

Wednesday, November 29, 2017, 10:45 – 2:15 (Back to SRC around 2:45)
Lakewood Cultural Center, 470 S Allison Pkwy, Lakewood, CO

Cost: \$5.00

Please join us for The Classical Ballet Company's performance of the timeless holiday classic; The Nutcracker!

What's Better Than Foster Pets?



Often times, part of these animals' rehab involves socializing them to humans and new environments. Our participants love it when kittens or puppies come visit them while they are enjoying an activity. Here are some pictures of our most recent visitors; Sassy and her sister Digit. There's no better therapy than a soft and cuddly kitten.

Caregiver Class

We are pleased to announce we are partnering with Regis University School of Pharmacy. This month we will have Jeffery Lalama Presenting on: "What to expect after medication initiated after a heart attack or heart failure." He will be discussing common meds used in these conditions, importance of adherence, common side effects and how to manage, how to manage edema and diuretics. Additionally, you are invited to meet with a pharmacist and pharmacy students. Please bring all medications, herbals, vitamins etc. The pharmacist will review and answer any you may have.

Chef's Corner: Seasonal Butternut Squash Soup

Here is Chef John's latest recipe just in time for the holidays.

INGREDIENTS

- 1 Butternut Squash, whole
- 1 Medium Onion, diced
- 1 Red Bell Pepper, medium diced
- 2 Garlic Cloves, minced
- 2 TBSP Olive Oil
- 1 QT Chicken or Veggie Stock
- Pan Spray
- Salt and Pepper
- Ancho Chili
- Fresh Thyme
- Heavy Cream

PREPARATION

1. Pre-heat your oven to 350 degrees. Spray or grease a sheet tray with pan spray.
2. Cut squash in half the long way and remove the seeds. Next, season with salt, pepper, and some of the olive oil. Put squash on a prepared sheet tray skin side up and roast until soft for about 45 minutes.
3. Meanwhile heat a large saucepan or pot on the stove, add some black pepper and the rest of the olive oil. Sauté the onions in the oil until they are soft and clear in color. Next add the bell pepper and cook for a few minutes. The garlic is added for about 10-30 seconds, just slightly cooked. Deglaze with the stock (some white wine never hurts), and bring to a simmer.
4. Take the squash from the oven and remove the peel with a big spoon or paring knife making chunks or dice. Place the chunks into the soup pot and simmer to marry the flavors. You can save some small dice for garnish if you like.
5. Puree everything in the soup pot using an immersion blender or by putting small amounts in a regular blender. Use the heavy cream to get the desired consistency. As you blend and season with salt, pepper, thyme, and some ancho chili.

November Activities

Greetings & Salutations, and a hearty welcome to my favorite time of year; Fall!

- This time of year is so colorful and full of change, that it has inspired us to make changes as well. You may notice that Tuesdays have brought an entirely new activity to SRC this month. **Weird Science!** This activity will explore things like, what does sound LOOK like? Or even the science of engineering. But whatever we do, you can be assured that it will be both fun and entertaining, but most important, it will get the wheels turning in our brains!
- **Thursdays are bringing back Mocktails and Museums**, where we mix a non-alcoholic concoction, then view and discuss the work of some of the world's greatest artists. Some of this month's featured artists are Andy Warhol, and Jackson Pollock. You may also notice that **BINGO has been moved to Tuesdays during the month of November**, so if your loved one is a fan of winning prizes, be sure to have them spend their Tuesdays with us!
- And you won't want to miss some of our favorite entertainers this month. **Vic The Yodeling Cowboy will be with us on Thursday, November 2nd.** **Josh Brookstein will be here to get everyone up and dancing on Friday, November 10th**, and of course everyone loves **The Curious Dragonfly**; whose educational seminars get everybody talking! Don't miss this amazing presenter on **Tuesday, November 14th.**
- Please be sure to send your loved one in **wearing their favorite pajamas on Monday, November 6th.** And their favorite football teams' hat on **Wednesday, November 22nd** as we gear up for a long holiday weekend full of football!

We're really looking forward to bringing in fall with a bang here at SRC, we hope you are too!

Holiday Season Tips

Tip 1: Planning can avoid holiday stress: Individuals who experience the most difficulty with the holiday season are those who have given little thought to the challenges they will encounter.

Consider ahead of time what may be expected of you, both socially and emotionally.

- Discuss holiday celebrations with relatives and close friends in advance.
- Plan to maintain a regular routine while trying to provide a pleasant, meaningful and calm holiday event.
- Celebrate early in the day or have a noon meal rather than a late dinner.

Tip 2: Take care of yourself (caregiver). Remember, the holidays are opportunities to share time with people you love. Try to make these celebrations easy on yourself and with the person with Alzheimer's disease so that you may concentrate on enjoying your time together.

- Set limits by telling family and friends that you intend to control stress this holiday season.
- Maintain a positive mental attitude.
- Ask for assistance for you and your loved one.
- Attend an Alzheimer's Association support group that will allow you discuss ways to overcome holiday stress.
- Prepare to deal with post-holiday letdown. Arrange for in home care (respite care) so you can enjoy a movie or lunch with a friend and reduce post-holiday stress.

Tip 3: Prepare the person with Alzheimer's for the family gathering. Preparing your loved one for the upcoming holiday events can allow both of you to enjoy the warmth of the season.

- Talk about and show photos of family members and friends who will be visiting.
- Have a "quiet" room in case things get too hectic.
- Play familiar music and serve favorite traditional holiday foods.
- Schedule naps, especially if the person usually takes naps.
- Schedule family and friends visit times.

Tip 4: Prepare family members and friends. Preparing families and friends with an honest appraisal of the person's condition can help avoid uncomfortable or harmful situations.

- Familiarize family members and friends with behaviors and condition changes.
- Recommend practical and useful gifts. (See Tip 7)
- Remind family and friends the best way to communicate with a person with dementia. (See Tip 6)

Tip 5: Involve everyone when selecting activities. Involve everyone in holiday activities including the person with dementia.

- Consider taking walks, icing cookies, telling stories, doing chores, making a memory book or family tree, or keeping a journal.
- To encourage conversation, place magazines, scrapbooks, or photo albums in reach; play music to prompt dancing or other kinds of exercise.
- Encourage young family members to participate in simple and familiar activities with the person.

Tip 6: Communicate with success. Alzheimer's can diminish a person's ability to communicate. These tips may help you understand each other.

- Be calm and supportive if the person has trouble communicating.
- Speak slowly with a relaxed tone.

- Avoid criticism. For example, when someone forgets a recent conversation, avoid saying, "Don't you remember?"
- Address the person by name.
- Be patient, flexible, and do not argue with the person with Alzheimer's

Tip 7: Smart gift giving.

- Encourage family and friends to give useful, practical gifts for the person such as identification bracelet (available through Medic Alert® + Alzheimer's Association Safe Return®). Other gifts may include comfortable easy-to-remove clothing, audiotapes of favorite music, videos, and photo albums.
- Advise others not to give gifts such as dangerous tools or instruments, utensils, challenging board games, complicated electronic equipment, or pets.
- If possible, involve the person in giving gifts. For example, someone who once enjoyed cooking may enjoy baking cookies, or buy the gift and allow the person to wrap it.

Tip 8: Safe environment in the home. Persons with dementia may experience changes in judgment. This behavior may lead to confusion, frustration, or wandering. Consider these tips to reduce the risk of injury and situations that could be confusing to someone with dementia.

- Assign a "buddy" to watch out for the person to ensure their comfort.
- Arrange ample space for walking side-by-side, for wheelchairs, and walkers. Keep walking areas clear.
- Consider seating options so the person with Alzheimer's can best focus on conversation and be least distracted.
- Don't serve alcohol, which may lead to inappropriate behavior or interactions with medications.
- Accommodate changes in vision. Place contrasting-color rugs in front of doors or steps. Avoid dark-colored rugs that may appear to be "holes."
- Limit access to places where injuries occur, such as a kitchen or stairwell. Check temperature of water and food.
- Create even level of lighting; avoid blinking lights.
- Keep decorations simple; avoid using candies, artificial fruits/vegetables, or other edibles as decorations.
- Supervise in taking medicine.
- Keep emergency phone numbers and a list of medications handy.

Tip 9: Travel wisely. The following suggestions may ensure a positive traveling experience:

- Never leave the person alone.
- Use familiar modes of transportation and avoid peak travel times.
- Keep plans simple and maintain daily routines as much as possible.
- Allow extra time to avoid the stress of rushing.
- Advise service and hospitality staff that you are traveling with someone with dementia and about the person's behaviors and special needs.
- Arrange for services, such as wheelchairs, ahead of time.
- Provide identification items such as a Medic Alert® + Alzheimer's Association Safe Return®) bracelet and clothing labels.

Tip 10: Reliable sources of support

- Families can call the Alzheimer's Association on their 24-hour Helpline at 1.800.272.3900 they will answer questions about warning signs and to assist persons with dementia and caregivers.