



SENIORS'
RESOURCE
CENTER

Adult Day and Respite

A Newsletter for our ADRS participants and families | October 2017

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

Thanks For all the Support!

Thank you to all those who participated with us in the *Walk to End Alzheimer's*. Whether you walked, donated, or supported our team, you are greatly appreciated. With your help, **our team was able to raise over \$930** for Alzheimer's Association Colorado Chapter.

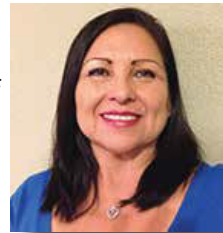


Lori Lemasters is Back!

We are pleased to have Lori Lemasters back for another Care Partner class, on **Thursday, October 19th, from 10-11:30 am**, at SRC. This class will be a discussion about self-care and what self-care means to you. Learn how to use short writing techniques to identify ways what you need to feel healthy again and how to get self care back into your day. If you are interested in attending, please contact the front desk 303.235.6961 or Frontdesk@SRCaging.org.

Lori Lemasters is the founder of Care Partners Resource, a free membership site to assist family caregivers with the daily challenges of caring for a loved one. Lori was a Caregiver to both of her parents the final years of their lives. Since their passing she has worked with professional and family caregivers helping them to identify their needs as a caregiver, understanding feelings of burnout and how to find practical ways to free time for self-care.

Lori is currently working with Latino Age Wave's Caregiver Project and American Heart and Stroke Association as a care giving expert. Lori is a trained Journal to the Self Therapeutic Writing Instructor and has been trained in Patient Navigation by Boomers Leading Change in Health (BLCiH) and is certified from Area Agency on Aging for Eden at Home and Project Visibility.



Adult Day & Respite Leadership Team

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Nancy Ramsey

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303.235.6972

Closure Line

303.235.6916

Please Join Us!

The Alzheimer's Association is holding their annual symposium, **Rocky Mountain Conference on Dementia**, on **October 30, from 7:30 am-4:30 pm**, at the Hyatt Regency Denver Tech Center. More information and registration can be found at ALZ.org/co or 800.272.3900.

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.

AARP Caregiver Symposium

AARP will be holding a **Caregivers Symposium on Wednesday, October 25th, from 8am-2pm** at the Arvada Center, 6901 Wadsworth Blvd, Arvada, Colorado 80003. This symposium will teach caregiving about community resources, services providers, and approaches to caregiving. To register visit: <http://aarp.cvent.com/d/5tqn1n/1Q>.

Support Group

This month's support group will be held **Thursday, October 12 from 10-11:30 am**, and will be facilitated by Tia Saucedo, Adult Day and Respite Director. Please RSVP to the Front Desk at 303.235.6961 or Frontdesk@SRCaging.org.

October Activities

- The days are getting shorter and the weather a little colder. Welcome to Fall everyone! We plan to bring in the fall with some sensory activities sure to inspire our participants to create, learn, and enjoy this most magical season. Join our Magpie group on **Tuesday, October 5th** when we learn all about the Jewish holiday, Sukkot; as we'll be creating our very own, edible Sukkah. On **Tuesday, October 17th**, we have an exciting autumn sensory kit designed to engage the senses with the sights, smells, and sounds of fall. Our Whippoorwills will be learning all about hibernation on **Friday, October 27th**, and sharing some spooky ghost stories on **Thursday, October 19th**. Be sure to be in attendance on **Tuesday, October 10th** as well, as our Eagle group reads all about Christopher Columbus and build their very own origami sail boats.
- October is certainly an exciting month, as we usher in a new season, and celebrate one of the most imaginative and enjoyable holidays, Halloween! You'll want to be here on **Monday October 30th** for the contestants and winners of Miss Senior Colorado as they visit with us and delight us with a personal performance. And on **Tuesday, October 31st**, we have our annual Costume contest and parade with our favorite visitors from the Wheat Ridge Library next door! **We will be passing out candy that day to the children. If you would like to donate some, please bring the candy to Lacey Hayden.**
- **Keep those supply donations coming in, we love them!** Mason jars are especially needed for an upcoming craft in December. ***If you'd like to donate some supplies, but don't know what we could use, please feel free to contact Libby at 303.235.6960.*** We thank you all so much for your donations and support, they mean so much!

Chef's Corner: Cuban Sandwich

Ingredients:

- 2 slices of your favorite bread, we use a whole wheat.
- Mayo/mustard spread
- 2 slices of provolone cheese one on each piece of bread to keep it dry.
- 2 slices of deli ham.
- 2 slices (usually left over from another meal.) Roast pork loin sliced thin.
- A few dill pickle chips.

Directions:

- 1) Assemble sandwich.
- 2) Use a panini press, flat grill or Sauté pan to grill sandwich until golden brown and yummy.
- 3) Serve with chips an extra pickle wedge and your favorite Beverage.

You're invited!

Caregivers are invited to Luncheon on Caregiving. 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. RSVP's are required.

There will be focus on the compassion fatigue that plagues the strength of caregivers. A team from *The Institute for Life and Care* will share insights into this dilemma.

You should have received an invitation via email, if not please contact Rod at 303.235.6918.

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, October 14, 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, October 10 and Friday, October 13.
Price: \$20.00

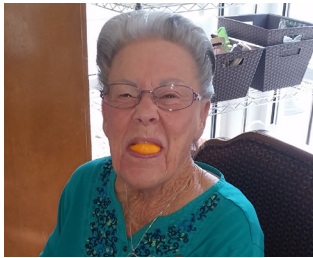
- Contact the Front Desk to make reservations! 303.235.6961

A Couple Reminders

- *Please make sure your loved one attends ADRS with appropriate footwear.* Unfortunately, flip flops, slippers and heels are a fall waiting to happen. We can best support them if they are wearing comfortable, non-skid foot ware.

- *We have two parking spaces marked, "Permit Parking."* You don't need a permit to use them, *they are open to Adult Day families for pick-up and drop-off*, as well as the handicapped spaces. *Please try and limit time in the loading zone at the front doors.* We have several buses requiring access throughout the day.

This Month was Fun



September was a busy month, and filled with fun. Here are a couple pictures from our fabulous fashion show and making smiles out of oranges.



Happy Birthday!

Ed C.	October 10	Buford J.	October 23
Hazel P.	October 11	Cora B.	October 24
Patty H.	October 13	Lou B.	October 27
Al B.	October 15	Marguerite H.	October 29
Flora B.	October 16		



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

October Outings:

Wednesday, October 4, 2017

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

Clyfford Still Museum

1250 Bannock St, Denver, CO 80204

Cost: \$0.00

Abstract Art by Clyfford Still, come enjoy an interactive tour with us!

Thursday, October 12, 2017

10:30am – 12:30pm (Back to SRC around 1:00pm)

St. Jude Catholic Church Luncheon

9405 W. Florida Ave, Lakewood, CO 80232

Cost: \$0.00

Join us for St. Jude's semi-annual luncheon for the seniors in our area.

Wednesday, October 18, 2017

11:15am – 1:15pm (Back to SRC around 1:30pm)

Los Arcos Mexican Restaurant

4994 W 80th Ave B, Westminster, CO 80030

Cost: \$20.00

One of our favorite locations to enjoy authentic Mexican cuisine!

Wednesday, October 25, 2017

11:15am – 12:45pm (Back to SRC around 1pm)

SRC Starr Center

7815 W 16th Ave, Lakewood, Co. 80214

Cost: \$0.00

Starr Center would like you to join them for a special luncheon, prepared and served by their amazing participants.

Some Cold Weather Reminders

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.