



SENIORS'
RESOURCE
CENTER

Adult Day and Respite

A Newsletter for our ADRS participants and families | March 2019
3227 Chase Street, Denver, CO 80212 | 303.235.6961 | SRCaging.org

Adult Day & Respite Leadership Team

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Closure Line

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Join Us for Our Care Partner Dinner

We are thrilled to have guest speaker, Suzanne Asaff Blankenship at our Care Partner Dinner. She is an Author, Speaker, and Eldercare Expert. Her book, *How To Take Care of Old People Without Losing Your Marbles* is a 2018 Book Excellence Award Winner. Suzanne has two decades of experience managing her mother's care as well as sharing the care for her in-laws. After years of sharing stories and receiving requests for advice, Suzanne found she wasn't alone in her eldercare journey, or in her search for solutions. With her unique approach of organized preparation sprinkled with her tongue-in-cheek humor, Suzanne guides others skillfully through the challenging experience of eldercare.

Suzanne has spent her 20-year corporate career in marketing and customer service, leading and training teams at The

Coca-Cola Company, Bueno Foods, and Ogilvy & Mather as well as her own consulting firm, Parkin & Blankenship. She has worked with diverse clients in a variety of industries from hospitality, food & beverage, and retail to tourism, technology, and manufacturing. Once immersed in eldercare, Suzanne found advocacy and elder-centric service a rare commodity for our aging population. Determined to improve the experience for her elderly parent and in-laws, Suzanne developed tools, identified resources, and put together organized plans as each different eldercare scenario developed. She shares those tools with her audience to help guide them more easily in their own journey.

Suzanne believes in advocacy, the importance of family, and the need for balance in life. Humor is her favorite resource.

You can learn more about Suzanne at TheEldercareNavigator.com. *If you would like to join us, please RSVP at the Front Desk.*

**When:
Tuesday,
March 12th,
from 5-7 pm**



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, March 13th
Keesha Leavitt, hair stylist and
massage therapist
Women's shampoo and cut: \$30
Men's shampoo and cut: \$20
Shampoo and style: \$25
Shave: \$15

- Massage

Wednesday, March 13th
Keesha Leavitt, hair stylist and
massage therapist
Price: \$1.00 per minute, \$45.00 an
hour \$70.00 for 90 minutes

- Golden Touch Foot Care

Available: Friday, March 15th and
Tuesday, March 19th.
Price: \$25.00

- Contact the Front Desk to make
reservations! 303.235.6961

Happy Birthday!

| | |
|----------|------------|
| Rob J. | March 5th |
| Lamar S. | March 7th |
| Bill C. | March 15th |

March Happenings

Tuesday, March 5th

**Mardi Gras Party & Entertainment
with Laurie Dameron**
(Jazz Acoustic Guitar/Singer)

Friday, March 8th

Entertainment with Don Garcia
(Musician/ Entertainer)

Monday, March 11th

**Space Physics presented
by Brian Douglass**

Tuesday, March 12th

Entertainment with Kim Oosters
(Gospel Singer)

Wednesday, March 13th

Entertainment with Bill Sucke
(Guitar/Singer)

Thursday, March 14th

Entertainment with Dave Hidalgo
(Piano/Singer)

Friday, March 15th

**Saint Patrick's Day Celebration
with special guest Mary Tinnes**

Monday, March 18th

**Entertainment with
Frank Lechuga**
(Big Band)

Tuesday, March 19th

**Entertainment with Don T
and the Melodics**
(Four person band)

Thursday, March 21st

Curious Dragon Fly
(Creative Education & Art)

Monday, March 25th

Entertainment with Steve Ellis
(Blues guitar singer)

Tuesday, March 26th

Notables Choir Performance
(26 person Choir)

Friday, March 29th

Entertainment with Maxine
(Singer- Dance music)

Care Partner Class

Please join us March 21, for our care partner class with Lori Ramos Lemasters. Lori's passion is helping caregivers manage the stress of caring for a loved one. She teaches practical time-saving tips helping caregivers find time for self-care. Every class includes the use of journal techniques which help caregivers find solutions for daily challenges and feelings of caring for a loved one. **For more information and to RSVP please contact our front desk 303.235.6961 or Frontdesk@SRCaging.org.**

Did You Know March is the Snowiest Month in Colorado?

We aren't out of the woods yet. With the winter weather still here, sometimes it may be too bad for SRC to open. **Check our Closure line at 303.235.6916** to make sure we are open on those classic Colorado weather days.



Care Partner Support Group

Join us at our monthly Support Group, facilitated by our own, Margaret McCoy, RN. It is held on **Thursday, March 14th from 10-11:30 am. Please RSVP to Nancy at the front desk at 303.235.6961 or Frontdesk@SRCaging.org.**

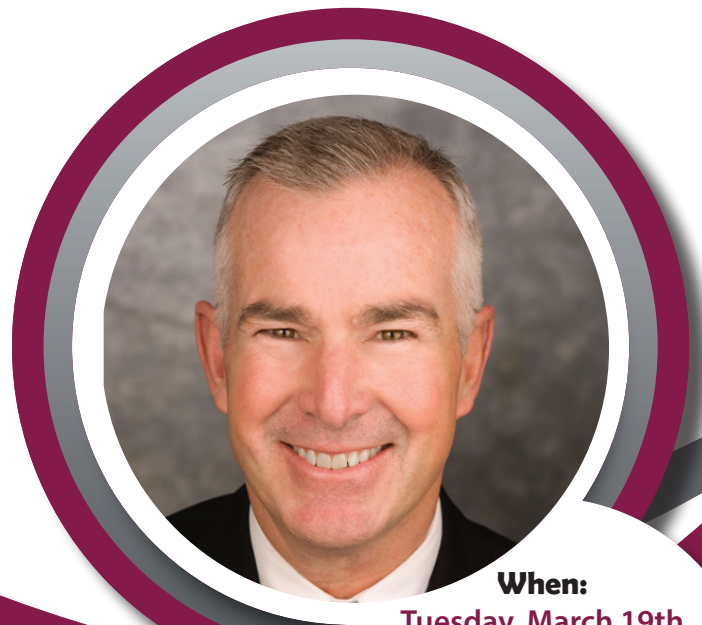
Welcome our New President & CEO, Chris Lynn

The board of directors of Seniors' Resource Center (SRC) is pleased to announce the appointment of our new President & CEO. A highly successful residential Realtor in the Denver metro area for more than 20 years, Chris Lynn is passionate about our mission of helping older adults age in place.

A native of Colorado, Lynn attended kindergarten in the old early education building, where SRC's headquarters are currently housed. Now returning to this building as CEO, he has also served on the board of directors of SRC for five years and played an active role in defining the overall vision, direction and goals of the organization. As chair of the Fund Development Committee, Lynn led SRC in overcoming an unexpected budget shortfall and allowing the organization to achieve our mission of supporting over 10,000 older adults with in-depth services. Lynn also served as Vice-President of SRC's Board of Directors. Lynn's leadership work in the community has included: the Rocky Mountain Region Leukemia Lymphoma Society, the Denver Metro Chamber Leadership Foundation's Leadership Denver program, and the University of Colorado's 50 for Colorado

Program. He has earned certificates as Master Coach and Negotiator. Previous work included serving as a commercial pilot and starting a medical transcription business. The Board of Directors of SRC is grateful for Lynn's servant leadership and his desire to bring new practices and relationships to the 41-year-old nonprofit organization. Lynn is a graduate of Metropolitan State University of Denver's aviation program. An avid cyclist and runner, he enjoys spending time with his family in the Rocky Mountain West.

Lynn replaces Monica Roers as President & CEO, after her nearly two years of service. SRC is stronger today because of Roers' leadership. During her tenure Roers developed procedures in Human Resources, organization-wide fiscal oversight, new IT and accounting systems, and led the acquisition of Johnson Adult Day Program.



When:

**Tuesday, March 19th
11 am-12:30 pm**

**Tuesday, May 21st
9-10:30 am**

**Tuesday, July 16th
9-10:30 am**

Dialogue with the CEO

The board of directors is hosting a series of "Dialogue with the CEO and Board Members" gatherings to broaden our reach and share our story.

We are eager to meet old and new friends of the organization. In this exciting time where our older adult population is living longer and where the numbers of older adults are growing, SRC is finding that our services are enhanced when we share our work and learn from others about theirs. It is not a fundraiser and there is no fee to attend. It will be held at SRC Wheat Ridge, 3227 Chase Street, Denver, CO 80212. Snacks or lunch will be served. *Please RSVP my emailing Mandi Moore at MMoore@SRCaging.org.*



Aging Mastery Program

National Council on Aging



Seniors' Resource Center

is hosting the **Aging Mastery Program®!**

March Outings

Please choose your top two selections and RSVP as soon as possible. Limiting two outings per person.

Thursday, March 7th

11:15 am-12:40 pm

Clancy's Irish Pub

Cost-\$25.00

Wednesday, March 13th

9:30-11:30am

Butterfly Pavilion

Cost-\$9.00

Tuesday, March 19th

12:00-2:40pm

Broomfield Veterans Memorial Museum

Cost-Free

Wednesday, March 27th

12:00-2:40pm)

Clyfford Still Museum

Cost- \$8.00

Please sign up at the front desk, Lexi the Senior Activity Coordinator, or Lacey the Site Supervisor.

When: Wednesdays,
March 20-April 24,
9:30 am-12:30 pm

Where: SRC Wheat Ridge
3227 Chase Street
Denver, CO 80212

Cost: \$20

Healthy and hardy snacks are provided

*Participants can earn a \$15 King Soopers gift card if they attend five or more classes.

Why Participate?

Learn to make small changes that can impact your health, financial well-being, and enjoyment in later life.

Meet new friends, support and encourage your peers, and become more involved in your community.

Have fun!

Limited Space is Available- Sign up now!

Please RSVP to Jean Bogar at: 303.235.6982 or JBogar@SRCaging.org by **Monday, March 11**



Join SRC at Senior Day at the Capitol

Come to Senior Day at the Capitol, on Wednesday, March 13th, at 8 am. This is a great way to meet and listen to your elected officials, and make your voice heard when it comes to important legislation affecting older adults and caregivers. It will take place at the Scottish Rite Masonic Center, 1370 Grant Street, Denver, CO 80203. *For more information please visit: coloradoseniorlobby.org/our-events/senior-day-at-the-capitol. We hope to see you there.*