



Adult Day Service
10190 Bannock St. Suite 104
Northglenn, CO 80260

February '12 Newsletter



Support Group Meetings

The Senior Hub hosts support group meetings that are open to all caregivers of adults with Alzheimer's, dementia, chronic illness or disabilities.

Brighton Area Caregivers
Second Thursday of the Month
at 10:00 AM
Eagle View Adult Center
1150 Prairie Center Pkwy
Brighton, CO 80602

North Metro Area Caregivers
Second Tuesday of the Month
at 2:00 PM
The Senior Hub
2360 W. 90th Avenue
Federal Heights, CO 80260

Aurora Area Caregivers
Second Friday of the Month
at 2:00 PM
Morning Star
1016 Boston St.
Denver, CO 80230

For Spanish speakers:

Catholic Charities is starting up a Spanish Speaking Caregiver Support group beginning in February. The group is open to any Spanish speaking person who is caring for an older adult. Groups will be held on Fridays from 10:00 AM – 12:00 PM. If you would like to participate, please call: Heather Kamper at 303-742-0823 x2062.

THANK YOU:

Catherine W. & Family ~ depends

Jim & Ruth S. ~ balloons

Connie C. ~ syrup

Arlene P. ~ tubs

Bill R. ~ Kleenex

Dorothy T. & Family ~ sugar-free hot coco, balloons,
bells, storage bin, regular & sugar-free syrup,
The Northglenn/Thornton Rotary Club -
for celebrating our January Birthdays!

WISH LIST:

Powdered milk

2 tubs unsweetened cocoa

2 bags mini chocolate chips

10 sheets pink felt

10 sheets red felt

Green, yellow, blue, and white
tissue paper

Happy Birthday!

David H. - 2/2
Bill R. - 2/10
Dorothy K. - 2/17
Ethel W. - 2/22
Deb S. - 2/26

Contact Information:

Director: Tia Saucedo
Phone: 303.287.2400
Fax: 303.287.0572
Email: tsauceda@seniorhub.org



We've Expanded!

Some of you may have noticed the changes going on here over the past month or two. We have expanded our space, adding about 460 sq ft. We now have larger activity and dining rooms, additional storage space, and a handicap button on the front door. The construction is finished and we would love for you to drop by and see the changes. This expansion will help us continue to serve those in our area who need a safe and friendly place to spend the day without over crowding our space. Thank you for putting up the construction the past couple of weeks. It has been a great way to start the new year!

READY, SET, BOOM!

Preparing for the senior explosion

February 7, 2012

9:00 AM - 10:30 AM

Margaret Carpenter Recreation Center
11151 Colorado Blvd., Thornton

Learn what Adams County older adults said were their primary needs and find out how these needs compare to other counties. Learn how we can be ready to meet this booming population's demands.

For questions call Arlene Peterson,
303-818-7232.

Men's Group Celebrates Two Years!

Our Men's Group meets every Thursday from 11am – 12pm, right before lunch. The men have an opportunity to socialize with one another, they find camaraderie in the group. The men's group is lead by volunteer, Dr. Sean Reif D.C. "Doc" has been with the men's group since the beginning. We thank him for his dedication to the group!

Are you only attending one or two days a week? Think about adding another day. We are here five days a week and have great activities, games, and discussions planned all the time. You can meet new people, make new friends, and enjoy a variety of programs. Don't miss the fun!

Upcoming Closures:

ADS will be closed on February 20th in honor of President's Day.



The Alzheimer's Association's Dementia & Changes in Relationships

Introduction - If you are a caregiver, you will experience changes in relationships with your loved one with Alzheimer's, family members, and friends.

Changing Roles - You may find yourself taking on a new role in your relationship as your partner's memory declines. The person with Alzheimer's disease may no longer be able to perform certain tasks, such as balancing the checkbook, doing the taxes, handling financial and legal matters and doing certain household chores. Making important decisions on your own may feel overwhelming. To be prepared for this role reversal, it is important that you locate financial and legal documents, such as life insurance policies, property deeds and retirement accounts, soon after your loved one is diagnosed. You may need to turn to family, friends, professionals, or community resources for assistance.

Intimacy - You may be feeling enormous grief over the changes in your relationship. You are not selfish for experiencing these feelings. Given your partner's cognitive decline, you may no longer be able to have the same emotional or physical intimacy that you once shared. React to your partner with patience and gentleness. Give your loved one plenty of physical contact with hugs or holding hands. In many cases, he/ she may simply be anxious and need reassurance through touch and gentle, loving communication.

Family & Friends - You may feel socially isolated because your family and friends may have pulled back from your relationship or you have little time to spend with them. Your family and friends may hesitate to spend time with you and the person with Alzheimer's disease because they worry about not knowing what to do or say. They may also not understand the behavior changes caused by the disease or are not able to accept that the person has the disease. Take the initiative to contact family and friends and explain that while Alzheimer's disease has changed your lives in some ways, you value their friendship and support. Consider inviting a few friends or family members over. Let them know in advance of any physical or emotional changes in the person with dementia. Provide them suggestions about how to communicate with the person and what activities they might be able to do together.

Resolving Family Conflicts - Caregiving issues can often ignite or magnify family conflicts, especially when people cope differently when faced with caregiving responsibilities. Family members may deny what is happening or resent family members who live far away or are not helping enough. There may also be disagreement about finances and care decisions. To minimize conflicts, try to acknowledge these feelings and work through them by: having a family meeting about roles and responsibilities, recognizing differences in caregiving styles, sharing caregiving responsibilities, and continuing to communicate.

For more information: http://www.alz.org/living_with_alzheimers_changes_in_relationships.asp





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February 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 1950's <i>Move n' Groove</i> Andy Williams PARCHEESI	2 Amusement Parks <i>Discussion Group</i> Story Tellers REMINISCING	3 Canals & Dams <i>Sit n' be Fit</i> Decor 56 GAMES
6 Andes Mountains <i>Chair Exercise</i> Bottle Trivia CHECKERS	7 Painters <i>Senior Stretch</i> Candle Makers WHAT MAKE US HAPPY	8 Generations <i>Move n' Groove</i> Floral DOMINOES	9 Safari <i>Discussion Group</i> Caves TOPPLE	10 Hank Williams <i>Sit n' be Fit</i> Friendship PICTIONARY
13 Chocolate Mix <i>Chair Exercise</i> Valentine MANCALA	14 Rivers <i>Senior Stretch</i> Sweetheart Cards CHESS	15 Johnny R <i>Move n' Groove</i> Spellbinders KNOWLEDGE	16 City Squares <i>Discussion Group</i> Hotels JEWELRY MAKING	17 Presidential First <i>Sit n' be Fit</i> Forecast BACKGAMMON
20 CLOSED IN HONOR OF PRESIDENTS DAY	21 Doris Day <i>Senior Stretch</i> Nicknames CONNECT FOUR	22 What's Outrageous? <i>Move n' Groove</i> Breakfast CRANIUM	23 Water Color <i>Discussion Group</i> Exotic Plants CHINESE CHECKERS	24 Movie Day <i>Sit n' be Fit</i> Paris COUPONS
27 Bingo <i>Chair Exercise</i> Dental Health SPA	28 Clocks <i>Senior Stretch</i> Journey To Center... SING ALONG	29 Leap Year <i>Move n' Groove</i> Cartoon Couples RING TOSS		