

Our Mission: To provide life enriching activities and care for adults with memory loss as well as support and respite for caregivers.

Upcoming Events:

Hairstylist Renee Rogers will be in **Monday May 9th** at 10:00 a.m. \$10 per haircut.

Senior's Choice, Foot Care will be at JADP **Friday May 13th!** Let us know if you would like to sign up for some fabulous foot care! Or contact Sheree at 303-347-8848.

JADP will be CLOSED Saturday May 28th and Monday May 30th in honor of Memorial Day. We reopen again on Tuesday, May 31st for our regular business hours.

Join us on **Tuesday and Friday mornings for Tai Chi!** We begin at 9:15 a.m.

To see a calendar of upcoming events, please check out our website! www.jadp.org

Hooray for Hats!



May is "Hooray for Hats" Month!!

There are so many types of hats that have been an important part of people's lives - military caps, the head coverings worn by different professionals from firefighters to football players, pretty bonnets, hats to protect us from the weather, hats to celebrate special occasions - you name it!

Do you remember when a hat was an essential part of an outfit? How many hats - literally and figuratively - have you worn in your life?

If there is a hat you would like to show off, bring it in and we will put it on display for the month, or just wear it sometime to the center. We are happy to see all the great hats there are out there!



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Loralee Sturm—Chair
Chris Nordling—Vice Chair
Shelley Karp—Secretary
Michelle Clopton—RN
Lisa Duckett—MD
Jim Graham
Kathy Turley

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Executive Director
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Claudia Betts—Activity
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Amey Daboni—CNA
Rhonda Erwin—Program
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Maureen Wells—
Daytripping Director
Karen Wiberg—Program
Assistant



**Staff member Lynette
sings karaoke with Chuck
using our “It’s Never 2
Late” Computer Program!**

A Message From Julie...

Theme of the Month

We had a wonderful time in April with the theme “You Must Have Been A Beautiful Baby”! Thank you so much to those of you who brought baby pictures in to have on display for the month. It was such a treat!

For May the theme of the month is “**Hooray for Hats!**” Please bring in any fun hats that you have that you would like to have displayed for the month. It’s going to be a “hat-tastic” month!

Tea Party Art Show

Wednesday May 18th we will have a Tea Party Art Show from 2:00 p.m.—4:00 p.m. with refreshments and an art display of work done by our participants through our Memories in the Making Art Program. We invite you to come by and support our very talented participants!

Get Involved!

We are looking for a Volunteer to help us on Monday mornings from 9:30 a.m.—11:00 a.m. for our Memories in the Making Art Program. If you are interested in assisting, contact us at 303-789-1519, ask for Bonnie.

Support Group Opportunities

Due to popular request, we are thinking about beginning a support group for families of participants at JADP. We are just in the planning stages currently, but would love to have an opportunity for families and caregivers to get the support they need and deserve. What hours would be good for you? What kind of topics would you like to have? We want to gear this toward your needs, and would love to hear your feedback. Please contact us at 303-789-1519, ask for Julie.

Holiday Closure

JADP will be CLOSED Saturday May 28th and Monday May 30th in honor of Memorial Day. We reopen again on Tuesday, May 31st for our regular business hours.

Reference Library

We now have available for your use, a reference library. We have information on Alzheimer's, care-giving, Parkinson's, stroke, angina, diabetes, hypertension, osteoarthritis, aphasia, issues of aging, spinal cord injury, traumatic brain injury, grief and dying, and advance planning. Please see Allison for access to the library.

Julie Lewis

Interim Executive Director
Johnson Adult Day Program
303-789-1519 | JLewis@jadp.org



Celebrations in May...

What is Cinco de Mayo?

Cinco de Mayo (Spanish for "fifth of May") is a holiday held on May 5 that commemorates the Mexican army's unlikely victory over French forces at the Battle of Puebla on **May 5**, 1862, under the leadership of General Ignacio Zaragoza Seguín. It is celebrated primarily in the state of Puebla and in the United States. While Cinco de Mayo sees limited significance in Mexico itself, the date is observed nationwide mostly in the United States as a celebration of Mexican heritage and pride.

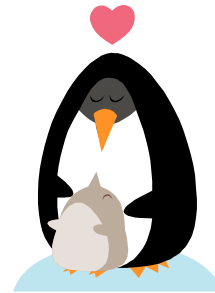
"Cinco de Mayo is not a Mexican holiday—it is an American Civil War holiday, created spontaneously by Mexicans and Latinos living in California who supported the fragile cause of defending freedom and democracy during the first years of that bloody war between the states." Cinco de Mayo is not Mexico's Independence Day, the most important national patriotic holiday in Mexico.



Mother's Day Facts and Figures...

While no amount of money can ever repay our moms for what they've done for us, it doesn't mean we're not trying. Collectively we spend a lot of dough on our mamas for Mother's Day as a sign of our appreciation for all that they do for us. A brief run down of our Mother's Day spending in 2008 (courtesy of the National Retail Federation):

Special Brunch or Dinner Outing - \$3 billion
Flowers - \$2 billion
Gift Cards - \$1.6 billion
Clothing - \$1.4 billion
Consumer Electronics - \$1.2 billion
Personal Services (trips and spas) - \$1.1 billion
Housewares and Gardening - \$696 million
Greeting Cards - \$672 million



Note... this doesn't include the billions wisely invested each year in SuperMom Action Figures!

Memorial Day: Honoring America's Heroes

Memorial Day is a United States federal holiday observed on the last Monday of May (May 30 in 2011). Formerly known as Decoration Day, it commemorates U.S. soldiers who died while in the military service. First enacted to honor Union and Confederate soldiers following the American Civil War, it was extended after World War I to now we honor all Americans who have died in any war.

Memorial Day often marks the start of the summer vacation season, and Labor Day its end.

Begun as a ritual of remembrance and reconciliation after the Civil War, by the early 20th century, Memorial Day was an occasion for more general expressions of memory, as ordinary people visited the graves of their deceased relatives, whether they had served in the military or not. It also became a long weekend increasingly devoted to shopping, family get-togethers, fireworks, trips to the beach, and national media events such as the Indianapolis 500 auto race, held since 1911 on the Sunday of Memorial Day weekend.



Advance Directives: May is DNR Month!

JADP is dedicated to helping our participants and families to learn about the necessity for Advance Planning. This means making known one's desires for care during the latter part of life. It is important to do these things now so that they will be known and documented in case you become unable to articulate them during a health crisis. Each month we will include in the newsletter some of this information.

May is DNR Month!

A D.N.R. is a "Do Not Resuscitate" order. It tells responding care providers that, in case of respiratory and/or cardiac arrest, you do not want them to attempt CPR. It deals ONLY with cases when your heart and/or breathing stop. Any other health needs will be treated as usual.

Statistics report that very seldom does CPR work on an older person. And if the heart/respiration is able to be restarted, there will have been intervening lack of oxygen to the brain. This results in the death of brain cells. Also, on older people, bones are always broken during CPR - ribs, collar bones, breast bones are fragile in the elderly.

So please, consider if this is something you want to spare yourself and your loved ones. In the case of people with progressive dementia or other disease process, you may be "saving" that person from having to live out the most difficult part of the disease by resuscitating them.

DNR forms are available upon request at JADP. You fill out some information and sign the form, and your doctor must also sign for it to be legal.

If you have any questions or would like to talk about these issues, see Tracy or Donna, our JADP Staff RNs.

Participant Profile

Agnes Sorensen



Born in 1922 in Kalamazoo, Michigan, Agnes came from a family of 8. At a young age, she started working in the Upjohn factory and found a niche in factory work.

Later, she studied to be a cosmetologist. After getting married, she had two lovely children and worked to build a loving, happy home.

Agnes likes history and writes beautiful poetry. She is very social and makes friends easily. A lover of animals and classical music, this delightful, upbeat woman comes in with a smile and brightens the entire room.

We are so lucky to have her as a part of our JADP family! She has been with us since October of 2010 and enjoys going on some of our daytrip outings.

Johnson Adult Day Program