

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



AUGUST 2010

Upcoming Events:

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

Senior's Choice, Foot Care will be at JADP Aug. 3. Let us know if you would like to sign up for some Fabulous Foot Care! Or contact Sheree at 303-347-8848.

Join us for a fantastic **Cafe Connect event on Sunday Aug. 15 from 11 a.m. - 1 p.m.** Free admission and lunch provided with a special presentation by ACTIVE MINDS.

Renee Rogers (licensed hair stylist) will be in Monday, **Aug. 23, for Fabulous \$10 Haircuts for Men and Women.** The \$10 donation benefits our beloved JADP. Set up appointments with us or call Renee with any questions at 303-667-9616.

Join us for our **Hawaiian Days celebration** with performer Cliff Spratt on Wednesday, **Aug. 25 at 2 p.m.**

The mission of the Johnson Adult Day Program (JADP) is to provide life-enriching activities and care for adults with memory loss as well as support and respite for caregivers.

We are very proud of JADP and being known for our innovative programming. We are a leader in client-centered, activity-based, wellness-directed, fun-filled activities. Participants enjoy more than 250 entertainment presentations aimed toward social engagement, intellectual stimulation and physical exercise.

We have eight different rooms for specialized activities to accommodate all needs for every participant. We love engaging all of the participants in activities throughout the day that keep them moving while enhancing socialization and stimulating brain power. Preserving mobility is essential for optimal wellness and independence.



We have had so much fun in the month of July with fantastic events such as celebrating the birthday of Lawrence Cowan who turned 99!! And we had the RenieBean Memorial Bike Ride that was a great success on July 17. Our theme of the month for July was **"America the Beautiful."** We celebrated our great country by singing patriotic songs and sharing about our wonderful experiences in our great country.

We are very excited about our theme this month, **"Beach Fun."** Our participants will enjoy fantastic entertainment and engage in discussions about all the fun that can be had at the beach! **Don't miss out on our Summer Luau on Aug. 25** with the wonderful music of Cliff Spratt! All friends, caregivers and families are invited to join our participants in this summer fun!

Health Care Issues at End of Life

The nursing staff at the Johnson Adult Day Program, Caroline, Tracy and Donna, want to provide more in-depth information to our participants and their families/caregivers about end-of-life care options. On Tuesday, **Sept. 22**, at 10 a.m. we will be giving a free seminar to help you to thread your way through the forest of **"Advanced Directives Planning."**

Basically, this means ways you can plan ahead for care preferences in the last stages of life (when you or your loved one might be unable to voice them). We will discuss and provide written material covering DNR (Do Not Resuscitate) and DNI (Do Not Intubate) orders, living wills, durable medical powers of attorney, Five Wishes, the M.O.S.T. (Colorado Medical Orders for Scope of Treatment) form, hospice and palliative care, and organ and tissue donation.

Please join us! RSVP at 303-789-1519 so that we will be sure to have sufficient handouts.

We are happy to help and support you in any and all ways that we can.

Caroline Tysseland, BS, RN

Director, Johnson Adult Day Program
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Participant Profile

Tom Nakatani



Tom was born in 1924 and was brought up on a strawberry and tomato farm in sunny California. He was one of eight siblings.

Tom loves to garden, and made a very successful living as a gardener and landscaper. He met and fell in love with his wonderful wife Betty and together they had two children. Now, Tom is a very proud great grandfather.

Tom is one of our participants in our Daytripping Program, and he loves music, trains and watching football.

When you come into the Johnson Center, a lot of times you will find a rose at our front desk freshly picked from his beautiful garden.

What did the ocean say to the beach?

Answer: Nothing, it just waved!

Where's the best place to go shopping at the beach?

Answer: On a Sail Boat!

Why do sharks swim in salt water?

Answer: Because pepper water makes them sneeze!

Who won when two waves raced?

Answer: They tide!

Why couldn't the sailor play cards on his boat?

Answer: Because someone was always sitting on the deck!

There were 99 people on the boat. The boat flipped over. How many people are left?

Answer: 66



What is a Luau?

Today "luau" has come to mean an informal gathering of people for food and entertainment. The name "luau" came from the traditional food served at the traditional Hawaiian celebrations: young taro tops baked with coconut milk and chicken or octopus.

Traditionally in ancient Hawaii, men and woman ate their meals apart, and based on the ancient Hawaiian religion only specific people were able to eat certain delicacies. In 1819, King Kamehameha II changed this when he abolished the traditional religious practice. A feast where the King ate with women was the symbolic act which ended the Hawaiian religious tabus and the luau was born.

The traditional luau feast was eaten on the floor. Luahala mats were rolled out and a beautiful centerpiece made of ti leaves, ferns, and native flowers about three feet wide was laid the length of the mat. Bowls filled with poi, a staple of the Hawaiian diet made from pounded taro root, and platters of meat were set out and dry foods like sweet potatoes, salt, dried fish or meat covered in leaves were laid directly on the clean ti leaves. Utensils were never used at a luau, instead everything was eaten with the fingers.

These royal luaus tended to be big. One of the largest ever was hosted by Kamehameha III in 1847. The list of foods prepared included 271 hogs, 482 large calabashes of poi, 3,125 salt fish, 1,820 fresh fish, 2,245 coconuts, 4,000 taro plants, and numerous other delicacies. King Kalakaua, who was known as the "Merry Monarch" for his love of parties and dance, invited over 1500 guests to his 50th birthday luau. They were fed in shifts of 500!

Luaus today are not as big as those hosted by Hawaiian royalty in the 1800s, but they are a lot of fun! And utensils are allowed!

The Johnson Adult Day Program

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