

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

Upcoming Events:

JADP will be **Closed July 5.**

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

Join us for **Lawrence Cowan's 99th Birthday Celebration** on Wednesday, July 14

Senior's Choice, Foot Care will be in Friday, July 16. Let us know if you would like to sign up for some Fabulous Foot Care!

The Renie Bean Memorial Ride will be held on Saturday, July 17, 8:00 a.m. to noon at Stazio Fields in Boulder.

What are the ENORMOUS BENEFITS of choosing JADP for your loved one?

Social Engagement

Over and over again it has been proven in study after study that seniors who are socially active benefit in every way -- from improved health, to emotional coping with the stresses of daily life. Jokes, stories and laughter happen all day at JADP.

A one-on-one caregiver often can't provide this kind of engagement consistently

Intellectual Stimulation

The questions and discussions we provide at our program are crucial to keeping the brain moving and using stored information in long-term memory.

The brain is a muscle we are exercising at JADP.

This kind of intellectual stimulation can become exhausting for a caregiver.

Physical Exercise

The walking program around our path indoors or outside is a key part of our daily schedule. Chair exercises are moderate in intensity but we constantly see improvements in our participants. As we often say, "We give just enough medicine to keep you on the dance floor!" We are very committed to getting everyone who can up and at it.

So when some one asks why you or your loved one is coming to JADP here are some of the answers. There are many more!

We had a fantastic **Senior Prom** on June 23. Everyone dressed in their finest and looked very nice. We danced and enjoyed refreshments. Eddie Wexler was crowned our Prom King, and Edie Merriweather was our Prom Queen!

Last month our theme was "**Weddings**" and we were very excited about our "Wedding Days" week from June 28 through July 2. Great fun and special memories were shared by all of our participants.

We are very excited about our theme this month, "**America the Beautiful.**" We will be celebrating our wonderful country by singing patriotic songs and sharing about our wonderful experiences in our great country.

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Prom King and Queen June 2010: Eddie Wexler and Edie Merriweather!

Participant Profile

Lawrence Cowan



Lawrence was a dedicated truck driver for 36 years and even won the "Safe Driver of the Year" award. He has traveled all over the United States and Canada.

Lawrence has three wonderful children, five grand children, and one great grand child. He loves country western music especially old time like Jimmie Rodgers and Eddie Arnold.

Lawrence will be turning 99 this year! His birthday is July 11.

We are throwing a big party for him on Wednesday, July 14, with the music of Cliff Spratt!

On July 4, 1776, we claimed our independence from Britain and Democracy was born. Every day thousands leave their homeland to come to the "land of the free and the home of the brave" so they can begin their American Dream.

The United States is truly a diverse nation made up of dynamic people. Each year on July 4, Americans celebrate that freedom and independence with barbecues, picnics, and family gatherings. Through the Internet we are learning about and communicating with people of different nations, with different languages and different races throughout the world. Bringing the world closer with understanding and knowledge can only benefit all nations.

We invite all nations to celebrate with Americans online this Fourth of July.

Happy Birthday, America!

"I pledge allegiance to the flag of the United States of America, and to the Republic for which it stands. One nation under God, indivisible, with liberty and justice for all."



What famous document begins with: "When in the course of human events...?"

A: The Declaration of Independence

Who said "I'm the president of the United States and I'm not going to eat any more broccoli"?

A: George Bush

Dr. Mary Edwards Walker was the first and only woman to receive which congressional award?

A: Medal of Honor, for her work as a surgeon in the Civil War

In what state are there no poisonous snakes?

A: Maine

What city was the United State's first capital?

A: New York City

What is Colorado's State Motto?

A: Nil Sine Numine (Nothing Without Providence)

The Johnson Adult Day Program

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