

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

**Upcoming Events:**

**Advanced Directives Planning Free Seminar** is at 10:00 a.m. on **Monday Dec. 6th.** Please RSVP 303-789-1519.

**Senior's Choice, Foot Care** will be at JAPD **Tuesday Dec. 7!** Let us know if you would like to sign up for some fabulous foot care! Or contact Sheree at 303-347-8848.

Our Holiday Party will be **Wed. Dec. 15th at 2:00 p.m.** If it is not your regularly scheduled day, please call to RSVP!

**Monday Dec. 20 Men's and Women's Hair-cuts for \$10!** Renee Rogers will be in from 1-4 p.m. The \$10 donation benefits our beloved JADP. Be sure to set up an appointment!

**JADP will be closed Friday Dec. 24th and Friday Dec. 31st** for the holidays.

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



Cindie and Warren dance at the 2009 Holiday Party.

Please join us for our annual



# HOLIDAY PARTY!



**Wednesday, December 15, 2010**  
**1:30 to 3:00 p.m.**



**Holiday Treats, a visit from Santa Claus, Christmas Carols, and Entertainment by Cliff Spratt**

We would love to have all of our participants and families come. If it is not your regular day, we would appreciate your bringing a family member/caregiver with you. Please call us.

**Please RSVP at 303-789-1519**



Caroline and Maria dance at the 2009 Holiday Party.

## A Message From Caroline...

### Board of Directors:

Caroline Tysseland  
Loralee Sturm—Chair  
Chris Nordling—Vice Chair  
Shelley Karp—Secretary  
Michelle Clopton—RN  
Lisa Duckett—MD

### JADP Staff:

Caroline Tysseland—Director  
Linda Abeyta—CNA  
Claudia Betts—Activity  
Coordinator  
Amey Daboni—CNA  
Rhonda Erwin—Program  
Assistant  
Tracy Fehr—RN  
Lynette Hanson—Activity  
Coordinator  
Allen Hencmann—Program  
Assistant  
Donna Liechtling—RN  
Julie Lewis—Activity  
Coordinator  
Mila Mayster—CNA  
Maria Nagle—CNA  
Jeannie Patton—Community  
Relations  
Bonnie Richards—Memories  
in the Making  
Carol Russell—Dietary Aid  
Cindie Shibata—Activity  
Coordinator  
Allison Smith—Administrative  
Assistant  
Martha Smith—CNA  
Maureen Wells—Daytripping  
Director  
Karen Wiberg—Program  
Assistant

Please join us at 10 a.m. **Monday, Dec. 6**, for a FREE seminar on **End of Life Planning**. JADP staff members Tracy and Donna will be giving important information and suggestions on how to think through the issues which need focused attention but can be hard to face. They will discuss DNR (Do Not Resuscitate orders), Medical Powers of Attorney, Living Wills, Five Wishes program, Medical Orders for Scope of Treatment (a brand new program in Colorado), organ and tissue donation, palliative and hospice care. Please bring your questions and concerns so that we can be of assistance. RSVP to 303-789-1519 so that we have enough hand-outs.



**We want to encourage everyone to stay healthy and get their flu shots!** JADP is not dispensing flu shots this year, but are happy to help make arrangements for everyone to get this shot.

We are working to develop more tactile experiences and have found that our participants really love to try on jewelry, organize tools, etc. **We would love to collect costume jewelry, tools and ties for our participants to use.** If you have anything in your garage or attic that you aren't using, we would love a donation!

We had a lovely Thanksgiving celebration on Wednesday, November 24, with turkey, cranberry sauce, stuffing, all of the good holiday fixin's! We are looking forward to our fantastic **Holiday Party** on Wednesday December 15th beginning at 1:30 p.m. Please RSVP at 303-789-1519 if you plan to attend!

Our **food drive** was a great success! All donations went to the Englewood Assembly Church, one of only two food banks open within the city. Many thanks to the folks who kept the supplies coming all during the month.

We would like to take the time to thank you so much for the opportunity to care for your loved one. At JADP we know that you have a choice of adult day programs and you have chosen us. We continually strive to offer the very best in programming for our participants. We want to express our gratitude and ask for your ongoing support. As you meet family and friends during the season who might benefit from our services, please send them our way. You are the best referral source we have.

**JADP will be closed Friday, Dec. 24 and Friday, Dec. 31 for the holidays. Watch our front lobby the magic is coming!!**

Thank you, and bless you, each one!  
**Caroline Tysseland, BS, RN**  
Director, Johnson Adult Day Program  
303-789-1519 | [CTysseland@jadp.org](mailto:CTysseland@jadp.org)



**Staff Lynette, Martha, Caroline, and Allan lead in some delightful Tai Chi! Join us Tues. and Fri**



# Stay Healthy This Season!

Along with getting your flu shot, there are some good ways to stay healthy through the holidays! We have some great Home Remedies that we thought we would share.

**Get plenty of Sleep!** It is recommended to get 7 hours of sleep a night to help boost your immune system. Using a protective pillow cover can also help to prevent a runny, stuffy nose! If you have trouble sleeping, try some mind-calming exercises!

**Be sure to get in Moderate Exercise!** If you get 30-90 minutes of moderate exercise a week it has been proven to increase immune function! (Make sure it's MODERATE exercise! Prolonged high intensity can actually make you more susceptible to getting a cold!)

**Hot and Cold Showers actually help!** Temperature fluctuations jump start the immune system. It is suggested that at the end of your shower, turn the temperature to as hot as you can stand it for 30 seconds, then turn it down as cold as you can stand for 10 seconds, and repeat. Do a total of 3 times (ending on cold). Steamy showers also help to keep nasal passages clear and prevent bugs.

**Anyone want an Oyster Sandwich??** Oysters have high quantities of Zinc, which is proven to support and enhance the immune system. If you aren't big into oysters, zinc-fortified breakfast cereals, baked beans, or pumpkin seeds might be more to your liking. Taking zinc at the first sign of a cold has been shown to reduce a cold's duration!

**Vitamin D helps regulate your immune system!** Drink plenty of milk, eat fatty fish such as salmon, or live in a sunny climate to increase the body's stores of vitamin D. Otherwise, a supplement is a great thing to take (in addition to a daily multivitamin).

**Nasal Rinses and Neti Pots** cleanse the nasal passages with a salt water solution that helps push germs out. (Be sure to clean neti pot or nasal irrigation system with soap and water after using!)

**Drink plenty of water and other fluids.** It helps to loosen congestion and prevent dehydration.

**Salt water gargle's** help to temporarily relieve sore and scratchy throat.

**Vitamin C cuts cold symptoms by 85%!!!** Drink orange juice, take a supplement, eat an orange... You'll be glad you did!

**Garlic contains allicin, which is a cold-fighting compound.** Eat fresh, raw garlic or it does come in pill form. It can help you feel better! (Warning: might give you stinky breath!)

**Honey calms a cough and helps you sleep.**

**Herbs such as Echinacea, Ginseng, Ginger and Elderberry** and proven to be a folk remedy for cough, colds, sore throats, and even sinus infections and the flu!

**Vicks Vaporub on the soles of your feet helps to kill colds!** The body will absorb the menthol through your feet and helps you to feel better fast! (Also if you put Vicks on your toes and put a sock over, it will help to kill foot fungus!)

**Fight the  
flu  
this year  
with some  
good home  
remedies!**





## Participant Profile

### Ed White



Ed White was born in Denver, Colorado in 1925. He is an incredibly gifted artist and studied Architecture in Paris after World War II. He has traveled the world including to Mexico, Greece, Turkey, France, England and Italy. He was a board member of the Denver Landmark Preservation Commission, Colorado Historical Foundation, Colorado Society of Architects, and Central City Opera House Association. He is also responsible for the Memorial Garden design.

He has a lovely wife, Ann, and has lived in Denver throughout his life. He left his mark in all the amazing work he has done through architecture.

He has been a part of JADP since 2005! His art work on our walls is admired by everyone and has been a consistent top fund raiser for the "Memories in the Making Gala". He continues to paint in our art classes, and attends Daytrips regularly. We are so lucky to have such a sweet and talented guy as a part of our JADP family!

## Volunteer Profile

### Charlotte

Charlotte joined us this fall all the way from Denmark! She and her fiancé traveled to the States so that he could attend the School of Mines. While he has been busy with school, Charlotte has been a huge help to our JADP family. She has such a positive and delightful spirit. During her visit she has loved learning how to ski and has really enjoyed spending time with our family at the Johnson Center.

We are sad to say that she is returning to Denmark December 9th, but will fondly remember our time with her and hope that she returns to us again soon! She will be deeply missed. We have been so blessed to have help us here at JADP!



## Johnson Adult Day Program