

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

HAPPY NEW YEAR!

Upcoming Events:

Senior's Choice, Foot Care will be at JADP Friday Jan. 14! Let us know if you would like to sign up for some fabulous foot care! Or contact Sheree at 303-347-8848.

Men's and Women's Haircuts 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!

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



Friends and family joined us on Wednesday Dec. 15th for our fun filled *Holiday Party!* Entertainment by Cliff Spratt, a visit from Santa, and lots of Holiday Cheer filled the halls of the Johnson Adult Day Program!

Thank you to all who were able to join us!

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

Exercise renewal

We are starting a **new exercise program** to bring spark and interest to our participants, and get folks more engaged in movement. We are excited to launch this new program beginning January 5th, 2011. We'll be using music and props in innovative ways. Watch our display area when you bring in your loved one, for more ideas on fitness.



Foot Care

Senior's Choice Foot Care will be providing service each month in 2011 starting with **Friday January 14**. These nurses do more than just deliver the best in foot care but also provide a written assessment of the feet, educate, and provide referral sources. The feet are key to mobility and if they are kept in good condition by regular foot care and proper shoes it can have a tremendously positive impact on our overall health. Recently a participant and her caregiver both got new well fitted shoes as recommended by Sheri our foot care nurse, the difference was remarkable for both of them. This team of dedicated professionals strive to make the experience enjoyable and relaxing in a spa type environment, making use of aromatherapy, foot massage and music, and it's only \$35!

It's a very unique service, born from the idea that a medical intervention can be blended with simple pleasures to enhance our everyday lives.

Bad Weather Closures

We have had such a lovely, mild winter so far, however as the snow started coming in at the end of December, we thought that it would be good to give a small reminder of our policy on center closures during bad weather. Please watch School Closures on all **major news sources: channel 4, 7, 9, and Fox 31**. JADP will be listed on there if we are to be closed. Generally if the Englewood Public Schools close, we will also be closed. We will also put an update on the Home Page of our website www.jadp.org to announce a closure. If we need to close the center early for safety reasons during bad weather, we will make calls to families to inform them of earlier pick ups, etc. Don't hesitate to call us at any time with any questions.

2011

We are kicking off the New Years to a great start. We are very excited to see what 2011 will bring to us, and are so grateful for each of you.

Wishing you blessings and prosperity for the New Year!

Caroline Tysseland, BS, RN

Director, Johnson Adult Day Program
303-789-1519 | CTysseland@jadp.org



The whole staff sings Christmas Carols at our Holiday Party that was on Dec. 15th, 2010!

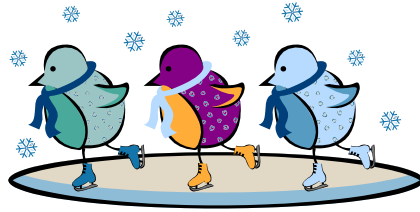


Happy New Year! Fun Facts

We have successfully made it into a new year! Welcome 2011 and all the wonderful blessings you may have in store for us! Did you know:

- The Catholic Church denounced any New Year's celebrations as paganism. Ironically, as Christianity rolled through the world, the Catholic community devised other types of celebrations for the "Feast of Christ's Circumcision," which is observed the same as New Year's Eve and Day.
- Black-eyed peas (usually with ham) are often consumed in certain parts of the United States. These are thought to bring good fortune in cultures around the world, not just in the U.S.
- Other foods that are eaten on New Year's Eve are cabbage because the leaves represent prosperity. Ham (or a hog) also symbolizes prosperity. In Asian cultures, rice is a hearty and lucky staple that is eaten around midnight to signify the coming year of fortune.
- Auld Lang Syne is sung at midnight to toast in the New Year. The song was composed by Robert Burns sometimes in the 1700's. The term means "old long ago" or "the good old days."
- December 31, 1907 saw the first ball lowering in Times Square.
- Stats of the first New York ball: 700 pounds; 5 feet in diameter. The ball was made from wood and iron.
- The modern ball that is dropped is made from Waterford Crystal and weights over 1,000 pounds. There are over 9,000 LED lights, but uses hardly any energy. The ball begins to drop at 11:59 and completes the journey exactly at midnight to ring in the New Year.
- The ball was not lowered in 1942 and 1943 due to wartime restrictions.
- On New Year's Eve, about 75% of American Parties are with 20 people or less.
- The tradition of setting a New Year's resolution dates back to the early Babylonians. The popular modern resolutions include weight loss or to quit smoking. The early Babylonian's most popular resolution was to return borrowed farm equipment.
- The tradition to use a baby to signify the new year was begun in Greece around 600 BC. It was their tradition at that time to celebrate their god of wine, Dionysus, by parading a baby in a basket to represent the annual re-birth of that god as the spirit of fertility.
- Many cultures believe that anything in the shape of a ring is good luck, because it symbolizes "coming full circle." For that reason, the Dutch believe that eating donuts on New Year's Day will bring good fortune.
- It was once believed that the first visitor on New Year's Day would bring either good luck or bad luck for the rest of the year. It was particularly lucky if that visitor happened to be a tall dark-haired man.





Participant Profile

Alan Phillips



Alan Phillips was born in Denver in 1934. He found a career as a health manager starting in 1958 and devoted 30 years to being an investment banker. He spent time sailing in New Zealand, California, and the Greek Islands. He also served as a Marine for 10 years. Needless to say, he is well traveled!

He has a wonderful wife, Sandy, and four wonderful children. One of his greatest joys is watching his grandchildren play. Alan is very social and loves people. He loves dogs, and particularly enjoys when we have dogs visit us at JADP! We are so lucky to have such a fun, warm, and friendly guy here with us at the center!

Volunteer Profile

AJ

AJ is the son of staff member Maria Nagle. He received his degree at Colorado State University in 1999 in Exercise and Sports Science. He has been volunteering at JADP for over one year as a computer coach and also assisting in developing the new exercise program for our participants.

In addition to volunteering at JADP, AJ volunteers for the University of Colorado and Regis University Physical Therapy programs. He is also a "peer mentor" at Craig Hospital and speaks with spinal cord injury patients to encourage them to participate in adaptive sports for their well being. He has had the privilege of volunteering for the past 4 years at the Wheelchair Sports Kids Camp here in Colorado.

When he is not working, he enjoys participating in sports such as Wheelchair Rugby and tennis, or out cruising on his handcycle.

This guy has a very big heart, and we are so lucky to have him with us at JADP!

"Whether you think that you can, or that you can't, you are usually right."
- Henry Ford (1863-1947)



Johnson Adult Day Program