

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

Exercise Fun!

Upcoming Events:

Senior's Choice, Foot Care will be at JADP Tuesday February 1st!

Let us know if you would like to sign up for some fabulous foot care! Or contact Sheree at 303-347-8848.

CO Mammoth (lacrosse) Cheerleaders will be visiting and dancing at JADP on Fri. Feb. 4th at 3:30 p.m.

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



In January, our theme of the month was "Fit and Fun in Two Oh One One!"

We re-designed our exercise program and have begun using props and music to make our work out more stimulating. We also purchased this wonderful exercise tool the OctoBand which has been enjoyed by everyone! Exercise is so good for the body, and we can have so much fun!

A Message From Caroline...

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Bonnie Richards—Memories in
the Making
Carol Russell—Dietary Aid
Cindie Shibata—Activity
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Allison Smith—Administrative
Assistant
Martha Smith—CNA
Maureen Wells—Daytripping
Director
Karen Wiberg—Program
Assistant

We want to thank our participants and their families for getting the satisfaction surveys and financial agreements returned to us in a timely fashion. We greatly appreciate your time and consideration. We received some wonderful feedback, and as always appreciate you and your loved one.



Memories in the Making Art Auction will be on Thursday June 9th, 2011 at INVESCO Fields at Mile High Stadium—so mark your calendars! The Alzheimer's Association Memories in the Making[®] is a creative art expression program for individuals with Alzheimer's disease or related dementias. Even after people with dementia have lost the ability to use words, they are often able to express thoughts and emotions, and are able to share memories through painting with watercolors. The experience offers an opportunity for the essence of who they are and what they care about to shine through. Beautiful artwork is created by some of our participants on Monday and Tuesday mornings in our art class. The Alzheimer's Association receives 3,800 art pieces from all communities and a jury of professional artists select only 74 pieces for the auction, and only 45 pieces are selected as gifts. JADP is honored to have nine pieces selected for the auction! We have many very talented artists who attend JADP, and we are so proud of the work they do! Congratulations to those participants, and thank you for sharing your talents!

Bill Herzog had two selected titled "The Barn" and "Coorsfield"
Réal Bedard had one selected titled "Sunset over the Rockies"
Mary Lycas had one selected titled "Daybreak over the Neighborhood" and she had three pieces selected as gifts for special events or various speakers.

If you are interested in volunteering for our Art Program Monday or Tuesday mornings, please contact Bonnie! 303-789-1519

We are very excited to have the **Colorado Mammoth Cheerleaders** visit us on Friday February 4th at 3:30 p.m. If you have a chance, swing on by!

Last month we had a wonderful theme of "**Fit and Fun in Two Oh One One**" and we launched our new exercise program that is fun and dynamic. Everyone is doing great with this new program, loving the music and use of props, and we look forward to keeping this up!

This month our theme is "**We Love The Earth**" and will be discussing our wonderful planet, and how to better preserve this beautiful place. We look forward to our discussions!

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



Allen and Caroline join entertainer Charlotte in sing-alongs at the piano!

TRUE
LOVE

KISS
ME

BE MY
VALENTINE!

HUGS!

I
LUV
U

BE
MINE

BE MY
VALENTINE!

Some Fun for Valentine's

- There are various theories on the origin of Valentine's Day, but the most popular dates back to the time of the Roman Empire during the reign of Claudius II, 270 AD. Claudius didn't want men to marry during wartime because he believed single men made better soldiers. Bishop Valentine went against his wishes and performed secret wedding ceremonies. For this, Valentine was jailed and then executed by order of the Emperor on February 14. While in jail, he wrote a love note to the jailor's daughter signing it, "From your Valentine."
- In the Middle Ages, young men and women drew names from a bowl to see who would be their Valentine. They would wear this name pinned onto their sleeves for one week for everyone to see. This was the origin of the expression "to wear your heart on your sleeve."
- Physicians of the 1800's commonly advised their patients to eat chocolate to calm their pining for lost love.
- 15% of U.S. women send themselves flowers on Valentine's Day.
- Teachers will receive the most Valentine's Day cards, followed by children, mothers, wives, sweethearts and pets.
- About 3% of pet owners will give Valentine's Day gifts to their pets.

Q. What did the paper clip say to the magnet?

A. "I find you very attractive."

Q. Did you hear about the nearsighted porcupine?

A. He fell in love with a pin cushion!

Q. What did one light bulb say to the other?

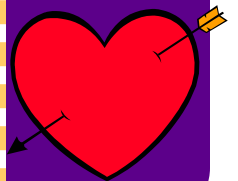
A. "I love you a whole watt!"

Q. Why did the banana go out with the prune?

A. Because it couldn't get a date.

Q. What travels around the world but stays in one corner?

A. A stamp.





Participant Profile

Warren



Warren grew up in North Carolina and found a fantastic hobby of deep sea fishing. He pursued a college education, and received a masters degree from Columbia. Warren had served in the European theater during World War II. He then went on to teach at the college level and served as a middle school principal. Mostly, Warren had loved to dance with his wife and spend time with his family.

Warren attends our Daytripping Program activities and spends time in the center with new friends, and is sure to get in some dancing every day!

Volunteer Profile

Alexis

Cheerleader for the Colorado Mammoth Lacrosse team, Alexis joins us as a volunteer during her spare time. She has been such a delight and has an amazing and positive spirit. We are so lucky to have this Colorado native give time to be with us.



Our new resident...



Lucy

We are so lucky to have a resident kitty join our staff! Lucy was adopted by JADP from a local animal shelter. She is one year old, and is a great therapy cat for our participants. She gets along nicely with everyone, and even helps Allison at the front desk by greeting participants as they come in, and helping sort the mail! She is a wonderful addition to our JADP family!

Johnson Adult Day Program