
Adult Day Digest

February
2010

Seniors' Resource Center Adult Day & Respite Services 3227 Chase ST. Denver, CO. 303-238-8151

Important Phone Numbers

Family Care Specialist

Linda Rowlison 303-235-6961

Site Supervisor

Lacey Hayden 303-235-6950

CNA Coordinator

Judith Baker 303-235-6962

Adult Day Manager

Linda Johnston 303-235-6995

Administrative Assistant

Amy Stevens 303-235-6928

Snow Line for Closures

303-235-6916

SRC Closed

Monday February 15th



SRC Care Partner Dinner

Monday February 8th

5:00p.m. – 7:00p.m.

RSVP to Linda Rowlison Today.

Join us for Dinner and Laughter Monday the 8th at our Central Adult Day Site. Dinner will be served at 5:00 and we will learn how to Laugh at 6:00.

Our dinner will be Taco Soup, Salad & Dessert.

Our Speakers for the evening will be David & Trisha Ferlic; they will be presenting Laughter Yoga & the benefits of Laughter.

David:

Attended and graduated from Knox College, Lewis and Clark College, and finally from the University of Southern California with a doctorate in Counseling Psychology. He has worked in numerous settings as a psychologist and counselor, and owned and ran a school teaching people how to drive. He searched many years trying to find an effective therapy that he believed in, he truly believes laughter is the best medicine.

Trisha:

After seeing Dr. Kataria, a family physician in India and founder of the Laughter Movement on television, Trisha arranged to meet and laugh with him in Columbus, Ohio in 1998. Soon thereafter, she became one of the first people to bring "Laughter" to the United States. She is firmly committed to Laughter Movement for peace and brings her own brand of laughter to the classes.

Benefits of Laughter Yoga:

Laughter is a stress buster, Laughter strengthens the immune system, Laughter is a natural pain killer, Laughter dumps depression and anxiety, Laughter helps you sleep, Laughter is an aerobic exercise, Laughter just makes you feel good.

Seniors' Resource Center Therapeutic Massage

Physical & emotional benefits of Therapeutic Massage:

- ☼ Relaxation & stress relief
- ☼ Improved circulation
- ☼ Pain reduction & greater mobility
- ☼ Decreased anxiety & tension
- ☼ Improved sleep & mental alertness
- ☼ Enhanced presence & sense of well-being

Rates: 15 minutes	\$12.00
30 minutes	\$22.00
45 minutes	\$30.00
60 minutes	\$40.00

☼ Massage can be modified to meet special needs—chair or table, arms, feet, neck, shoulders or full-body.

- ☼ Physicians permission required.
- ☼ Therapeutic massage available to staff, participants and caregivers at above prices.

Linda Urban, RN, CMT, CCST

Schedule your appointment today with Judith at Seniors' Resource Center. 303-235-6962



In Memory of Sharon Wessel Sharon's Balloon Release Thursday February 4th

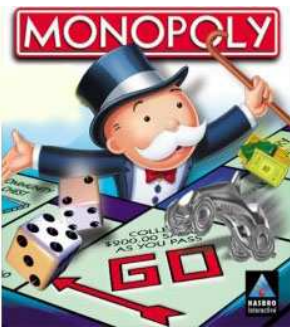


SRC, Staff & Elders will be honoring the life of Sharon Wesson on February 4th 2010. Sharon was a friend to so many of us and she is greatly missed. The balloon release will take place at 11:00. You are welcome to join us. The following is a poem that Sharon had picked out for her services.

When I am gone release me
Let me go, I have so many things to see and do
You mustn't tie yourself to me with tears
Be happy that we had so many beautiful years
I gave to you my love
You can only guess how much you gave me in
happiness
I thank you for the love you each have shown
But now it's time I travel alone
So grieve awhile for me, If grieve you must
Then let your grief be comforted by my trust
It's only for awhile that we must part
So bless the memories within your heart
I won't be far away, for life goes on
So if you need me, call and I will come
Though you can't see or touch me, I'll be near
And If you listen within your heart you'll hear
All my love around you soft and clear
And then when you must come this way alone
I'll greet you with a smile and say
"Welcome Home."
Love, Sharon

Take a Chance on Monopoly

Monopoly, the world's number one board game, has a very curious and interesting past. The very first version of the game was invented by a woman named Elizabeth Magie, and it was called "The Landlords Game." This game was originally designed as a teaching tool – players would buy and sell properties in order to learn that monopolies were bad for tenants and renters. (Maybe more games today should have a teaching element.)



Although the game belonged to its inventor, Elizabeth Magie, players taught each other the game, changing the rules and even changing the names of the properties on the board as they saw fit. A woman named Ruth Hoskins, who lived in Atlantic City, New Jersey, is

responsible for the property names on the current version of the board game. She changed all the names to Atlantic City street names.

Finally, a man named Charles Darrow learned Ruth Hoskins' version of the game, now called Monopoly, and he became obsessed. He wrote down the rules and began making Hoskins' board by hand. Darrow added the color stripes and cartoons and sold the game to Parker Brothers in 1935. On February 6, 1935, Monopoly as we know it today went on sale for the first time.

Here are some little known facts about the world's most popular board game:

- General Dwight Eisenhower played the game to relieve stress.
- The Beatles played it during their 1964 tour of the United States.
- A special version was created for WWII prisoners of war, with maps, compasses, real money, and other tools to escape hidden inside.
- Mr. Monopoly's original name was Rich Uncle Pennybags, and his appearance was inspired by the banker J.P. Morgan.

Think About It

February 22 is World Thinking Day, a day set aside to think about our global community and the positive impacts we can make in the world. Rearrange the letters below to reveal some of the world's most inspirational thinkers:

RESTAOSC _____
REUCI _____
NSNETIEI _____
ANICDIV _____
TEONWN _____
LRIETOTAS _____

ANSWERS: SOCRATES, CURIE, EINSTEIN, DA VINCI, NEWTON, ARISTOTLE

Return Shopping Carts Month

Here's an unusual holiday you probably didn't know about, but it affects the cost of everything you buy at a store with shopping carts, so pay close attention.



According to the Supermarket Institute in Washington, D.C, a shopping cart is stolen every 90 seconds in the United States and the thefts cost the retail industry 800 million dollars a year - which you pay for with higher prices for goods.

AWOL carts are a big problem. They wind up on sidewalks, in streams and parks, and outside residential buildings near stores. Each cart costs retailers about \$135, but now a company called Cartronics is treating grocery carts like wandering dogs. A wire buried under the parking lot's perimeter activates a special front wheel that Cartronics fits to each cart in a supermarket's fleet. The wheel locks when it crosses the parking lot's border. After locking, the wheel can only be released by a supermarket staff member using an electronic resetting device. Supermarket owners are pleased with the results, but don't look for reduced store prices anytime soon - the special wheels alone cost about \$75 each.

Discovering Planet X



In the 1840s, the technology was not yet available to see deep into outer space. Scientists speculated about the existence of a possible ninth planet, "Planet X," on the edge of our solar system. Many scientists tried and failed to discover this distant world, until a

young 23-year-old Kansas man named Clyde Tombaugh was given the task. He finally proved the existence of the planet on February 18, 1930.

The discovery of "Planet X" made headlines and the name "Pluto" was suggested by an eleven-year-old schoolgirl from Oxford, England. Sadly, in 2006, the International Astronomical Union decided that Pluto is not technically a planet. After over 100 years of research, Pluto was downgraded leaving only eight true planets in our solar system. Regardless of this scientific reclassification, there are many who still consider Pluto a planet. Do you?

February Birthdays

If you were born from January 20-February 18, you are an Aquarius, the Water Carrier. If you were born from February 19-March 20, you are a Pisces, the Fish. Aquarians possess strong and attractive personalities, are imaginative, and enjoy quiet meditation. Pisces are extremely creative and have "old souls," thirsting for spiritual knowledge.

Clark Gable (actor)	Feb 1, 1901
Norman Rockwell (painter)	Feb 3, 1894
Rosa Parks (activist)	Feb 4, 1913
Bob Marley (musician)	Feb 6, 1945
Jimmy Durante (actor)	Feb 10, 1893
Charles Darwin (scientist)	Feb 12, 1809
Jack Benny (comedian)	Feb 14, 1894
Susan B. Anthony (reformer)	Feb 15, 1820
Vanna White (game show hostess)	Feb 18, 1957
Nina Simone (singer)	Feb 21, 1933
Jackie Gleason (Honeymooner)	Feb 26, 1916
Elizabeth Taylor (actress)	Feb 27, 1932



Your Return Address
Street Number and Name
City, State Zip Code

Postage
Information

Your Mailing Address
Street Number and Name
City, State Zip Code
