



Catholic Charities Adult Day Center

Specialized Care for Older Adults

May
2023

ADULT DAY CENTER

5401 Fen Oak Dr., Madison
Phone: 608-663-7117
Fax: 608-663-7115



Program Director:
Nichole Kraemer
608-826-8116
nkraemer@ccmadison.org



Tours & Information:
608-826-8106
Community Support
Specialist: **Kristin Hutson**
khutson@ccmadison.org



Dear Participants and Families,

We hope this newsletter finds you healthy and safe. We continue to follow the guidelines from the CDC and Public Health. Per current guidelines if you test positive for COVID-19 you must quarantine for 5 days and be able to wear a mask if attending the day center through day 10. If you are unable to wear a mask you must stay home for the 10 days.

If any participant, any family members and/or housemate are getting tested for COVID-19, regardless if it is procedural, routine or because of symptoms we ask you to notify the day center immediately. Please keep your loved one home until test results come back & are communicated to the Adult Day Center staff. Confidentiality will be maintained.

Please help us keep everyone safe and healthy and keep your loved one home if they are experiencing any illnesses. If they come in and show any symptoms we will call families and send them home.

2023 ADC CLOSURES

May 29th Memorial Day

July 4th Independence Day

August 3rd Staff Inservice

September 4th Labor Day

November 23rd and 24th Thanksgiving and day after

December 22nd and 25th Christmas Eve and Christmas Day

Happy Birthday

to those celebrating this month

5/7 Roxanne S
5/7 Linda H
5/12 Terri O (Staff)
5/15 Larry R
5/19 Josh K
5/20 Ashley (staff)
5/30 Katherine K



Thank you!

A huge thank you to everyone who has donated various items to the day center over the last month.

Lori H
Linda H
Rosa F
Faye
Bonnie

Another huge thank you goes to our volunteer from the last month!

Madison College OTA Students
UW Nursing and UW Rehab Psychology
Badger Students
Tom S
Julaine Z
Erica M
Lady Bug the Clown and Friends



The Adult Day Center Staff

Phone: 608-663-7117
Fax: 608-663-7115

Program Director: Nichole Kraemer
Direct Line: 826-8116

Community Support Specialist
(Information, tours, & enrollments)

Kristin Hutson
Direct Line: 826-8106

Nurse:
Direct Line: 826-8108

Recreation Specialist: Brittany Campbell, Ashley Differt, Rochelle Dushack and Sorcha Marron
608-663-7117 ext. 8121

Caregivers: McKenzy Endres, Monica Vasquez, Janet Holmstrom, Chrystal Jones and Ilisha Murphy
608-663-7117 ext. 8122

Kitchen Coordinator: Terri Ohmen

Welcome

John N
Larry R
Ann T
Jack M
Katherine "Kathy" K



This

ADC Pictures

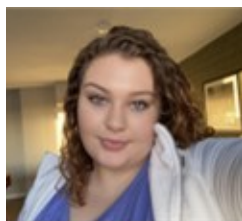
Day Center participants enjoyed outings to the Madison Library, The Capital, Neighborhood House Community Center, a movie at Fitchburg AMC theater, Olbrich Gardens, Art lit lab in Madison, Lady Bug the clown kept us smiling, music by Patricia Stone, Wayside Wanders, Drum Circle with Jim Turk, & a church service from Pastor Paul. We ended the month with a visit from Ms. Wheelchair WI Annie Heathcote.



Welcome

My name is Erica Meier; I am originally from Monroe WI. I moved to Madison WI about 4 years ago to attend Madison College in the OTA program. I came upon OT when my dad was battling cancer and needed one of his lungs removed. The OT staff that he saw for his lung removal recovery helped my dad in so many ways. I hope one day I will be able to help and positively impact someone else's life as they did for my family. I am doing my fieldwork here at Catholic Charities until May. Here are three fun facts about me

1. In my free time I like to spend the evenings on the lake kayaking.
2. If I could only eat one food for the rest of my life it would be potatoes.
3. Learning how to play guitar is one of the top things on my bucket list.



A Thank you to Erica for spending part of her internship with us. We are lucky to have you.

Reminder

If you are unable to attend the day center on any given day due to illness or other reasons please notify the day center staff and leave a message with Kristin Hutson 826-8106. Thank you!

May Holiday's

National Nurses week is celebrated from May 8-14. National Nursing Week celebrations take place from the Monday to the Sunday of the same week as Florence Nightingale's birthday, May 12. The theme this year is **Our Nurses. Our Future**. This theme showcases the many roles that nurses play in a patient's health-care journey. The pandemic brought to light the courage and commitment that nurses work under every day and showed the important role that nurses play in the community. Please say thank you to Linda the Day Center RN when you see her this month.

World Multiple Sclerosis Day, is officially marked on May 30th . It brings the global MS community together to share stories, raise awareness and campaign with everyone affected by multiple sclerosis (MS). Multiple sclerosis (MS) is one of the most common diseases of the central nervous system (brain and spinal cord). Today, 2.8 million people around the world have MS.

Memorial Day Celebration is a U.S. national holiday that honors the country's military members who died in service. The holiday offers citizens a chance to reflect on the countless individuals who served and lost their lives and come together with the families and communities left behind. Please enjoy a special grill out on **Friday May 26th to celebrate**.

Summer Sun Safety

Sun exposure happens every time you are in the sun and adds up over time. To get the most out of your summer fun, just follow the tips outlined below. These tips will both help protect your skin *and* avoid the danger of heat stroke.

Know the warning signs: excessive tiredness, headache, nausea/vomiting, heavy breathing/rapid pulse, dry/flushed skin, not sweating even when hot outside, fainting, and disorientation.

If you are going to be in the sun, remember the catch phrase “**Slip, Slop, Slap and Wrap**”

Slip on a shirt (light weight, long sleeved shirts, long pants or skirts protect best)

Slop on sunscreen (that includes protection from both UVA and UVB rays and SPF of 30 or higher)

Slap on a wide brimmed hat

Wrap on sunglasses (that block 99% of UV rays; label should read: “UV absorption of up to 400nm” or “Meets ANSI UV Requirements”)

In addition to the “Slip, Slop, Slap and Wrap!”, here are a few other tips to stay safe this summer:

Take a shade break: Another way to limit exposure is to avoid being outdoors in direct sunlight for too long, particularly between 10 am and 4 pm when UV light is strongest. One way to test the strength of the sun’s rays is the Shadow Test. If your shadow is shorter than you are, the sun’s rays are the strongest so make sure to protect yourself. Find some shade!

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Stay cool and stay hydrated: If your home does not have air conditioning, go to the mall, visit a friend or family member, or spend time at the local senior/community center or library. Aim to drink six to eight glasses of water per day, especially if outdoors. Keep a water bottle with you if you can and avoid alcoholic or caffeinated beverages.

Kitchen Corner

May is here! We are excited to be out on the patio and getting the garden going! We are planting a lot of good things to eat!

The patio can also be used for eating lunch and exercise!

Some of the participants have been busy as usual with helping tasks around the day center!

Linda H., Rosa, Va, Cora, Jason, Cit, Don, Elroy, Jennifer, Cara, Richard C. and See!

Thanks to Chaunte Adams and Courtney Ribarchek for donating food for our feathered friends. We would appreciate any donation of wild bird seed.

Celebrate the month of May with these foods:

Asparagus, Hamburgers, Salads, Salsas, Strawberries and Beef! - It’s what’s for dinner!

By Terri Ohmen





Adult Day Center
5401 Fen Oak Dr.
Madison WI 53718

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