



Catholic Charities Adult Day Center

Specialized Care for Older Adults

May
2024

ADULT DAY CENTER

5401 Fen Oak Dr., Madison
Phone: 608-826-8106
Fax: 608-663-7115



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



Tours & Information:
608-826-8106
Care Manager: **Kristin Hutson**
khutson@ccmadison.org

2024 ADC CLOSURES

May 27th Memorial Day
July 4th 4th of July
August 7th Staff Inservice Day
September 2nd Labor Day
October 25th Staff Inservice
November 28th and November 29th Thanksgiving
December 24th and December 25th Christmas Eve and Day



Happy Mother's Day

Mother's Day is a holiday honoring motherhood that is observed in different forms throughout the world. In the United States, Mother's Day 2024 falls on Sunday, May 12. The American incarnation of Mother's Day was created by Anna Jarvis in 1908 and became an official U.S. holiday in 1914. While dates and celebrations vary, Mother's Day traditionally involves presenting moms with flowers, cards and other gifts. Happy Mother's Day to all the moms at the day center!

Health and Safety

We are excited to be putting cold and flu season behind us but please continue to follow general health and safety practices. If/when you are sick please stay home. You should stay home and away from others until at least 24 hours after both your symptoms are getting better overall, and you have not had a fever (and are not using fever-reducing medication). 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 at 826-8106.



Happy Birthday

to those celebrating this month

5/7 Roxanne S
5/7 Linda H
5/15 Larry R
5/19 Josh K
5/20 Patty A
5/24 Paige (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.

Faye G
Rhonda A

Volunteers:

St. Ambrose
Wright Middle School
Lady Bug the Clown and Friends
The Wildlife Lady
UW Madison RPSE300
UW Badger Volunteers
Madison College OTA Students ,
Terri O
George



The Adult Day Center Staff

Phone: 608-826-8106
Fax: 608-663-7115

Program Director: Nichole Kraemer
Direct Line: (608) 826-8116

Care Manager Kristin Hutson
(Information, tours, & enrollments)
Direct Line: (608) 826-8106

Program Manager: Kaitlin Simmons
Direct line (608) 826-8001

Nurse:
Direct Line: (608) 826-8108

Recreation Specialist: Rochelle Dushack, Sorcha Marron , Ryann Magee, Paige Hawkins and Hope Hesselberg
608-663-7117 ext. 8121

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

Kitchen Coordinator: Valerie LaLuzerne

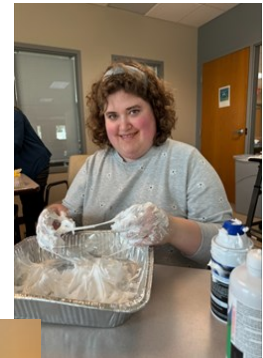
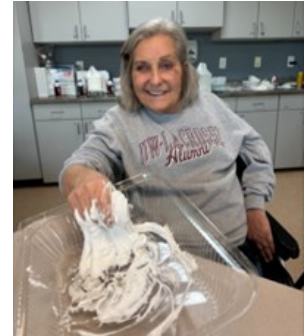
Welcome

Wayne H
Ron M



ADC Pictures

The day center enjoyed visits to Agrace thrift shop , Fire Station 14, Olbrich Gardens, the Zoo, Panera, Starbucks, While at the day center we made slime, enjoyed Lady Bug the Clown, craft time with OTA students, Officer Laura, and Firefighter Bernadette.



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.

Fruit Crisp

STEP 1 Preheat oven to 425°F. Lightly butter a 10-inch ovenproof skillet or 9-by-13-inch baking dish. Add fruit, granulated sugar, cornstarch, and salt to skillet and toss to combine.

STEP 2 Stir together oats, light brown sugar, and flour in a bowl. Stir in melted butter until fully combined and crumbly. Pour over fruit, trying to cover most of it.

STEP 3 Bake until topping is golden brown and fruit is bubbling, 30 to 35 minutes. Let sit for 10 minutes before serving. Serve with whipped cream or ice cream.

Ingredients needed:

1/2 c. (1 stick) unsalted butter, melted, plus more at room temperature for baking dish

7 c. cut fruit of choice, frozen or fresh

2 tbsp. granulated sugar

2 tbsp. cornstarch

1/2 tsp. kosher salt

1 c. old-fashioned rolled oats

1/2 c. packed light brown sugar

1/2 c. all-purpose flour, spooned and leveled



Adult Day Center
5401 Fen Oak Dr.
Madison WI 53718

Place Address
Label Here