



# Catholic Charities Adult Day Center

*Specialized Care for Older Adults*

October 2017

## Upcoming Events

October 4	World Animal Day
October 10	Pet Therapy, Welcome Stephanie & Friends
October 12	Travel to Germany Oktoberfest
October 17	Participant Council
October 18	All About Chocolate
October 20	Corn Shucking Relay
October 23	Movie: Hocus Pocus & Manicures
October 26	Pet Therapy, Welcome Stephanie & Friends Featuring Costume Fun
October 27	Piano with Robert
October 31	Halloween Bash Welcome DJ John

*"Autumn is a second Spring when every leaf is a flower"*  
- Albert Camus



## Adult Day Center Annual Holiday Party at Olbrich Gardens

**On Wednesday, November 22**, Catholic Charities Adult Day Center will hold their annual Holiday Party at **Olbrich Gardens** located at **3330 Atwood Avenue**. The invitation for this event is open to participants who regularly attend on Wednesdays and one immediate family member or caregiver. If you do not regularly attend the day center on Wednesdays and are interested in attending this event please contact Nichole Kraemer at 608-826-8106 or [nkraemer@ccmadison.org](mailto:nkraemer@ccmadison.org) by *November 15th* for further information.

If you would like to bring a family member or caregiver guest, please RSVP to Cricket Hesselberg at 608-826-8116 or [chesselberg@ccmadison.org](mailto:chesselberg@ccmadison.org) by *November 15th*.

**Please note there will be an early departure of 2:00 from the event.**

*Welcome*



Mike A  
David Z  
Zoe M  
James G

## The Adult Day Center Staff

Phone: (608) 663-7117

Fax: (608) 663-7115

### **Program Director, Cricket Hesselberg**

Direct Line: 826-8116

Adult Day Center Line: 663-7117 ext 8116

### **Support Specialist, Nichole Kraemer**

Direct Line: 826-8106

Adult Day Center Line: 663-7117 ext 8106

### **Licensed Practical Nurse: Cindy Ryland**

Direct Line: 826-8108

Adult Day Center Line: 663-7117 ext 8108

### **Lead Recreation Specialist: Terri Ohmen**

**Recreation Specialist: Kaitlin Erdmann,**

Becky Rogers, and Jacci Villacrez

**(608) 663-7117 ext. 8121**

### **Lead Certified Nursing Assistant:**

Jenny Hegge. **Certified Nursing Assistants:**

McKenzy Endres, Rachael Whittier,

Maggie Smith, and Brenda Jacoboski

**(608) 663-7117 ext. 8122**

## Happy Anniversary



Congratulations to  
**McKenzy Endres**

McKenzy is celebrating her one year anniversary with Catholic Charities as a Certified Nursing Assistant. Take time to congratulate McKenzy this month!

## Welcome



Autumn brings us new volunteers from partnering schools. We are very thankful and fortunate to have college students to help with daily activity programming and provide one-on-one opportunities for our program participants. This month look for the following volunteers:

**Madison College Occupational Therapy Assistant** students on Tuesdays

**University of Wisconsin– Madison Badger Volunteers** on Monday, Wednesdays, and Fridays

## Thank you!

### **Thank you for donating:**

Sandy M, Karen Schuster, Elsie D, Terri Ohmen, Reeder Family, Jerry Griese, Pat V, Lilliana, and Scott & Renee Einerson

### **Thank you for volunteering:**

Betty Lou Botham, Stephanie Smith, Holly Stadler, Colleen Getty, Morgan McCue, Linda Anderson, Jim Zweig, Madison College, Edgewood High School, Badger Volunteers  
Jeff Humbach, Isabella Rodriguez-Toro, Alberto Rodriguez-Toro, Daisy Toro-Manzano, Susan Schueneman, & Sue Morrison



Whatever makes you different, that's exactly who you're here to be, not someone that "fits" with everyone else.  
-Stephanie Zamora.

We would like to take the time to celebrate **YOU** and the wonderful talents, skills, and abilities each and every one of you bring to the Adult Day Center community. The program is yours with hopes of it being meaningful, engaging and supportive. This means something different for everyone.

Each month we hold participant council meetings to gather your ideas and preferences on things you would like to see. Thank you for your contributions in helping us be the best we can be and to help capture the activities that are important to you.

Take time this month to know each person brings uniqueness. You don't necessarily need to fit the piece of the puzzle, but instead stand out bringing your differences & uniqueness each day.

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## Come See Us At....

**Stoughton's Senior Expo**  
**Wednesday, October 11th, 2017**  
Stoughton Wellness & Athletic Center  
2300 Highway, Stoughton

9:00-12:00: Educational and  
Resource Exhibits



## Happy Birthday to everyone celebrating in **October**

October 1	McKenzy (staff)
October 2	Elijah W
October 14	Cricket (staff)
October 16	Lena K
October 16	Loren M
October 17	Richard B
October 21	Dawn S
October 28	Richard H

### What Tree Did You Fall From?

[activityconnection.com](http://activityconnection.com)

#### **Hazelnut Tree** (October 1-3)

Those who fell from the hazelnut tree are honest, charming, and undemanding. Though they can sometimes be moody, they are also understanding of others.

#### **Rowan Tree** (October 4-13)

People who fell from the rowan tree are sensitive and restless. They enjoy being the center of attention. Though they do not forgive easily, they do make for great company.

#### **Maple Tree** (October 14-23)

Those who fell from the maple tree are very independent. They are full of imagination and originality. Though they are shy and reserved, they are also very ambitious and self-confident.

#### **Walnut Tree** (October 24-31)

People who fell from the walnut tree are passionate and unrelenting. They are extremely spontaneous. They are not good with compromise, but they are usually very open-minded.

# Activity Corner

Each month we look forward to providing new and current activities of interest. Here are a few fun tidbits and festive celebrations we will be honoring during the month.

**Mondays in October:** Come test your knowledge by joining our monthly **Team Trivia** group. For October, this will take place on Mondays at 10:30. Join a team and answer 10 questions amongst yourselves. Points will be tracked at the end of the round each week. Whichever team has the most points at the end of the month will win a special prize!

**October 12th:** Cider, sausage, sauerkraut, schnitzel, strudel, amusement rides, music, and more. Sound like fun? It is! **It's Oktoberfest.** Join us on as we travel to Germany and learn more about the culture and celebration.

**October 18th:** It's Music Memory Month. Recall favorite lyrics, melodies, and sing along as you try your luck at **Music Bingo.**

**October 20th:** Traditionally, pumpkins are a popular Halloween and Thanksgiving staple. We enjoy growing them in our gardens, we carve & decorate them, we use them for delicious recipes, and we enjoy decorating our yards in ornamental fashion with pumpkins too. Did you know every October is **National Pumpkin Month?** Join us as we decorate our own pumpkins at the Adult Day Center and put on display.



## DAY CENTER WISH LIST

We have a "wish list" of items we could use in our day center. If you come across any of the items listed below that you no longer need or want while doing your cleaning this month, we would appreciate your donation.

- ♥ DVD Movies
- ♥ **Bingo Prizes (household items, knick knacks, puzzle books, etc)**
- ♥ Sweatpants (in all sizes)
- ♥ Stuffed Animals
- ♥ Soap & Shampoo
- ♥ Used iPod shuffles
- ♥ Frisbee Golf or Bean Bag Games
- ♥ 500-1,000 piece jigsaw puzzles

If making a donation, please bring your items to the day center to the attention of Terri Ohmen. She will ensure that your donation is recognized, and provide you with a receipt if needed.

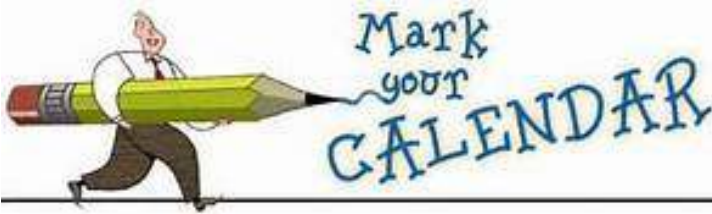


## Going Squirrely and Nutty in October

Even better than an apple a day is a laugh a day to help keep the doctor away. It's a well established belief that laughter really is the best medicine and highly contagious in the best of ways. When people around you are laughing, it's hard not to join in.

Where do peanut drivers go to fill their tanks?  
*The Shell station*

What kind of nuts always seem to have a cold? *Cashews*



## 2017 Holiday Closures

Catholic Charities Adult Day Center will be closed on the following holidays in 2017:

Thanksgiving Day & Day After  
**Thursday, November 23, 2017**  
**Friday, November 24, 2017**

Observance of Christmas Eve &  
Christmas Day  
**Monday, December 25, 2017**  
**Tuesday, December 26, 2017**

# Focus on Health

## Depression Awareness Month

October is depression awareness month, which is a common but serious medical condition. A person may feel, think or act negatively resulting in other emotional and physical problems. These problems decrease a person's ability to function at work and home. Depression has several symptoms ranging from mild to severe. It affects nearly one out of five Americans, commonly affecting women twice as often as men. Treatment is ultimately up to a person and a person often has many difficulties throughout their treatment. By improving your own wellness, you can improve your depression.

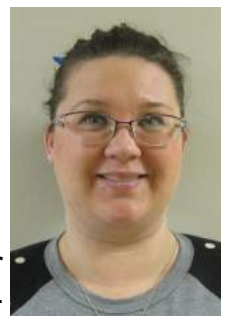
Depression takes on many disguises. Symptoms must last for two weeks or more for a proper diagnosis. Some of the most common symptoms include the following.

- Feeling sad
- Worthless or guilty
- Loss of interest in once enjoyed activities
- Change in appetite
- Sleeping too much or too little or a restless night of sleep
- Thoughts of death or suicide, this is the most serious symptom

There are several risk factors to depression ranging anywhere from biochemistry, genetics, personality or environmental factors. Depression is treatable and treatment is based on the causes of your depression. Treatment includes one or several of the following options.

- Medications
- Therapy; talk therapy, support groups; family and/or friends
- Environmental changes, healthy lifestyle, healthy sleeping habits
- Becoming creative and joining in on outgoing activities

Lastly, depression is treatable and it begins with you! Changes in your wellness will greatly change your depression. Please seek help by consulting your primary physician if you are experiencing any signs or symptoms of depression or need help with treating your depression.



Submitted by:  
Rachael Whittier  
Certified Nursing Assistant



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Place Address  
Label Here