Community Programming

February 10  Childhood Reminisce Welcome Lady Bug the Clown
February 12  Bible Study with Jeff
February 13  The German Choir
February 14  Visit with Murphy (dog)
February 20  Welcome Deacon Jim
February 28  Welcome Pianist, Robert

Please help us welcome our volunteers:
• UW Students on Mondays & Fridays
• Madison College Occupational Therapy Students on Wednesdays

It’s Blah Buster Month

Many of us may feel our mood sinking, experience low energy, and can’t wait for the days to be warmer & longer with more daylight. Are you feeling the winter blahs? Here are a few things you may try to boost your energy and enjoyment each day.

1. Get physical exercise.
2. Eat a variety of healthy meals.
3. Socialize with others and have regular contact with friends and family.
4. Try new things.
5. Treat yourself to a fun activity.
6. Find something to laugh about (movie, Comedy show, joke book)
7. Listen to music—the more upbeat the better.
8. Do something nice for someone else.
9. Reconnect with something you love.
10. Be grateful. List 10 things you are grateful for.

What better ways to beat the winter blahs than to keep yourself healthy, active, engaged in your community and finding ways to boost your energy.

Take care of your body. It’s the only place that YOU have to live.—Jim Rohn

Welcome

Lori D
Jim H
Nate S
Paulette S
Patricia K

In Loving Memory

MARGARET M
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

Registered Nurse: Elisabeth Hying
Direct Line: 826-8108

Recreation Specialist: Heather Wachter,
Terri Ohmen and McKenzy Endres
608-663-7117 ext. 8121

Lead Certified Nursing Assistant:
Jenny Hegge. Certified Nursing
Assistants: Rachael Whittier,
Maggie Smith and Jessie Woehrle
608-663-7117 ext. 8122

Kitchen Coordinator: Angie Lyon

Happy Birthday
to everyone celebrating this month

PARTICIPANTS:
February 8   Bill B
February 12  Ellen H
February 17  Carol B
February 19  Donna F
February 20  Ann W
February 26  Delores L
February 27  Sonja R
February 27  Brenda B
February 27  Anne K
February 28  Frances B

STAFF:
February 18   Jenny H, Lead C.N.A.

Thank you!
Thank you for donating:
Rayne H
Gail G & Jackie
Terri Ohmen
Julie & Shane Little
Carol Warda
Rosario F
Mary B

Thank you for volunteering:
Deacon Jim
Robert Auerbach
Jeff Humback
Lisa Hoffman
CUNA Mutual
Kate Larson

When you volunteer, you are not paid in money or recognition, you are paid in love.
People may forget what you said, and people may forget what you did, but they will never forget how it made them feel.

Dog Visits
Welcome Susan and her dog, Murphy, who will be visiting monthly at the Adult Day Center.
Murphy is a brown standard poodle that is attentive, playful, social & likes affection. Next visit: Feb. 14th
Small Town Wisconsin

Each month we will feature a town within Wisconsin that has meaning to one or more of our program participants.

Join us on Thursday, February 20th to visit John G’s meaningful town of Lodi.

Mind Games Month

Activityconnection.com

February is a month dedicated to exercises that help expand, extend, enhance, & unleash your creative thinking skills.

Using the clues, fill in the answers. The answers will read the same across the rows and down the columns.

1 2 3 4 5
1 49
2 50
3 51
4 52
5 53

1. Funny bone location
2. Type of conifer tree that rhymes with Parch.
3. Item used to provide support
4. Take place; happen
5. Word used to ask someone’s location

Happy Anniversary

Congratulations to the following staff members who are celebrating their anniversary with Catholic Charities this month.

Maggie is celebrating her three year anniversary as a Certified Nursing Assistant on February 13th. Maggie helps with personal cares, exercise programs, medication administration, & participant’s overall safety and wellbeing.

Nichole is celebrating her seven year anniversary on February 21st. As the Program Director, Nichole works closely with staff, participants, the community, & oversees day to day operations.

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.

- Bingo Prizes (household items, knick knacks, puzzle books, etc)
- Sweatpants (in all sizes)
- Stuffed Animals
- Soap & Shampoo
- Silverware

If making a donation, please bring your items to the day center to the attention of Activity staff. They will ensure that your donation is recognized, and provide you with a receipt if needed.
Winter Weather

With winter comes unpredictable road and walk-way conditions, as always, we encourage you to use your judgment when deciding if you are able to make it to the day center each day. We strive to provide you with a safe place to be. However, at times, we decide to close the day center. In the event that the day center closes, the staff will notify each participant scheduled to attend that day by calling their primary phone number. A message will be left for each participant who is unable to answer and has voicemail.

If you are wondering if the day center is open or closed, but you have not yet received a phone call, you can tune into your local TV station. The Adult Day Center follows the Madison School District. If the Madison School District comes up on your TV screen for closures, our day center will be closed as well.

If we are open but you decide not to attend, please call Kristin Hutson at 608-826-8106.

Focus On Health

WINTER SAFETY TIPS

Wisconsin winters can be challenging. While there is great beauty to be enjoyed during the season, it also has its risks, especially for seniors. Winter snow and ice along with freezing temperatures can cause hypothermia, driving accidents, and falls. Follow these winter safety tips so you can be ready for our lovely, unpredictable Wisconsin weather:

- Listen to weather reports regularly & get prepared for upcoming bad weather.
- Have a battery-powered radio, flashlight & extra batteries.
- Stock up on fresh water & dried or canned food. If you have pets, do the same for them too.
- Set up a buddy system with neighbors, friends, or family who will check in on you in case of a storm or if you plan to shovel or salt your walkways. Clearing your walkways can be risky, especially for those with certain health conditions. If in doubt, please seek help with shoveling from neighbors, friends, family or a service.
- If you have a caregiver, have an emergency plan in case the weather prevents the caregiver from getting to you.
- Find out if your local pharmacy & grocery store make deliveries. It is best to stay inside as much as possible when conditions are bad.
- Have at least a seven-day supply of your medications with you. If you use oxygen, have an emergency supply to last three days or more.
- Have a back-up battery for a motorized wheelchair or scooter.
- If you go outside, wear light, loose-fitting, layered clothing under an insulated winter coat plus a hat, gloves & scarf. It is important to have your skin covered in freezing temperatures. Also, wear anti-skid shoes or boots with laces tied to prevent falls.
- If you leave your house, tell someone where you are expected to arrive and when you will return. Take your cell phone with you.
- Charge your cell phone and keep an emergency list of contacts.

Submitted by:
Jenny Hegge
Lead Certified Nursing Assistant
Dorothy is the only child of Earl and Lena and was born and raised in Baraboo, Wisconsin. Her father worked at Badger Ordinance and her mother worked at Stanley Homes. In 1953, after she graduated from High School, her family moved to Madison so Dorothy could pursue her degree in music education at the UW of Madison. Dorothy’s love of music led her to play the flute and violin and later teaching the violin.

While attending a dance at her Local Community Center Dorothy met her husband, Ray. They married in 1957 and had 2 Children, Tim and Tarsus. Unfortunately, Dorothy lost her husband unexpectedly in 1973, and raised her two children while working at Marshal Fields.

Dorothy’s favorite time of the year is spring, because she loves flowers. Throughout the years, she was often found by her garden and now can be found by her raised garden bed in her backyard. When she’s not in her garden she can be found watching Columbo, cheering for the Chicago Bulls or curled up with a good book.

Dorothy is an animal lover. She has a Miniature poodle named Skyler. If she was able to volunteer at the animal shelter and help all the animals she would. She wishes she could rescue them all and find them good homes. She even told me that if she won a million dollars, she wouldn’t keep a penny of it she would donate it to the humane society to save all the animals.

Submitted by: McKenzy Endres
Recreation Specialist

Congratulations to McKenzy Endres, C.N.A., for joining the Recreation Specialist team. McKenzy has been with the Adult Day Center for 3 years and we look forward to the creativity she will bring to the activity program.
“The Männerchor ("choir of men" in German) of Madison, WI was founded early in the year 1852 by nine German immigrant residents of Dane County. We have been in continuous operation ever since, even during the disruptions of the American Civil War and both world wars. We are the oldest such group of the seven German choirs remaining in Wisconsin, and the second oldest continuously active such choir in the US. (Männerchor in Columbus OH has us beaten by several years in age.)

We strive to maintain and improve the goals that motivated our original founders: good music, harmony, cooperation and joy. To this end we host two of our own concerts each year, one at Christmas time and one in May, and we sing at numerous other community and choral events in Madison and southern Wisconsin. Every summer, we also spend a Sunday afternoon visiting cemeteries in the area where former singers are buried and singing a few of their favorite songs at the graves of departed friends. From Oktoberfests each fall to Madison’s International Festival every February to summertime staples like Middleton’s Good Neighbor Festival, we brighten social occasions with our harmony in song and amusing commentary on ourselves.

Currently the full choir has 28 active singers, of whom only about five are native-born Germans. The rest vary in age from ~25 to over 80 years of age and in musical experience from novices who don’t really read music all the way to professionals. No prior German language ability is required to join the choir; we can and do teach the pronunciation and meaning. We also argue about those items a lot, because the German speakers in the Choir come from several different regions and dialect backgrounds - and because some of the stereotypes about stubborn, argumentative old Germans are actually true.

Performing for you, we will feature a variety of our typical repertory songs with a small subset of the choir, most appropriate for the space at the day Center. We thank you for inviting us and hope that you enjoy our singing. Prost!”

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FRIENDLY REMINDER

Please place your initials or name inside articles of clothing such as coats, hats, shirts, pants, etc that you bring to the day center. Sometimes similar pieces of clothing can accidently go home with someone else. Having your name or initials inside helps for the item to be returned if this should happen. Thank you!

FEBRUARY IS:

- Friendship Month
- Candy Heart Month
- African American History Month
- Senior Independence Month
- Pancake Month
- Fabulous Florida Strawberries Month
- Heart Month
- Socks Month
- Reader’s Digest Month
- Library Lovers’ Month