



# Catholic Charities Adult Day Center

*Specialized Care for Older Adults*

March  
2021

## 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](mailto:nkraemer@ccmadison.org)



Tours & Information:  
608-826-8106  
Community Support  
Specialist: **Kristin Hutson**  
[khutson@ccmadison.org](mailto:khutson@ccmadison.org)



Dear Participants and Families,

We hope this newsletter finds you healthy and safe. As Dane County moves through the phases of Forward Dane, we have been slowing re-opening our doors and serving participants with the guidance of Wisconsin's Department of Health and Centers of Disease Control & Prevention.

We understand this continues to be a scary time and our staff will continue to reach out to you on a consistent basis as additional support. Making the decision to remain home or to resume the Adult Day Center.

We wanted to update you that with the vaccine available for staff and participants some are choosing to get it and others are not. We respect each individual's decision on if they get the vaccine or not. All staff will continue to wear masks regardless and all participants are encouraged to wear them but it is still not mandatory.

We are in this together and we'll continue to support you through these uncertain times whichever way is most comfortable for you and/or your loved one.

- The Adult Day Center Family

## New at ADC

The day center has been working hard to develop a participant handbook to align us with the Home and Community Based regulations. If you would like a copy of this or have questions please contact Nichole Kraemer at 826-8116 and one can be sent home to you.

# Happy Birthday

to those celebrating this month

3/12 Roberta G  
3/13 Vada L  
3/15 Arlen L  
3/15 Nancy H  
3/17 Fleet L  
3/19 Melanie P  
3/20 Klaus W  
3/21 Diane J  
3/23 James B  
3/25 Bill R  
3/27 Deborah S



# Thank you!

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

Rayne  
Pat VW  
Terri O.  
Heather W.  
The family of Arlen L  
Paul Z  
David V.

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

Badger Volunteers  
Madison College OTA Students  
Heather R



## 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:** Heather Wachter, Rachael Whittier, Rachel Anderson and McKenzy Endres  
**608-663-7117 ext. 8121**

**Certified Nursing Assistants:** Jessie Woehrle and Sarah Herdrich  
**608-663-7117 ext. 8122**

**Kitchen Coordinator:** Terri Ohmen

*Welcome*

Steve L

Deborah S



Welcome Back:

Ann B                      Brian M  
Bruce H                    Gerry B

# National Unplug Day Day Center Pictures

The first Friday in March is known as National Unplugging Day. As time progresses, so does technology. Many of us have become accustomed to using technology on an everyday basis. We may use our cellular phones to wake us up in the morning, GPS to navigate through traffic jams on the way to the store or place of employment, we connect on social media with friends and family, or we watch our favorite show on Netflix at the end of the day. Friday, March 5<sup>th</sup>, make it a plan to unplug. Just tackle the morning or evening, maybe unplug for a few hours after arriving home, or perhaps you're brave enough to do the whole day. Taking a break does wonders for our mental health. Here are some things to try as you are taking a break from technology:

- Read a few chapters from a book.
- Put together a homemade meal.
- Go for a walk around the neighborhood or meander down the hallway.
- Start journaling, start an autobiography.
- Redecorate your surroundings.
- Sing some of your favorite songs.
- Practice meditation and deep breathing.

By: Jessie Woehrle  
C.N.A



Chris petting the Flemish Giant Rabbit Herman



Happy Mardi Gras!!!!



2/17/21 would have been Tudy's 75 anniversary with her husband. In memory of that day Tudy

dressed in a veil and posed with a bouquet of flowers.

# Day Light Savings Time

Don't forget on March 14th to spring your clocks forward an hour. Here are 7 fun facts about day lights savings time:

1. Benjamin Franklin was half-joking when he suggested Daylight Saving Time.
2. Official credit for the Daylight Saving Time idea goes to a bug collector.
3. World War I pushed Daylight Saving Time into law.
4. Daylight Saving Time gained renewed popularity during the energy crisis.
5. But there are some benefits to Daylight Saving Time.
6. Daylight Saving Time is not observed nationwide.
7. Daylight Saving Time starts at 2 a.m.

# Welcome

On March 22nd we are excited to welcome Brittany to the team as a Occupational Therapy Assistant Student until May 14th. Brittany will be with us Monday-Friday from 8:00-3:30. Please welcome her to our team!



# Community Highlight!

The Badger Volunteers is a program through the Morgridge Center at UW that allows UW students to work with programs within community. It helps the student to build meaningful connections as well as learn skills to help them in the future. We are lucky to have 25 Badger Volunteers working with the day center this spring semester. These volunteers will be doing many different activities with our participants.

**Virtual BINGO:** Every Wednesday from 10:00-11:00 we have 2 students that are working with the day center 1 day per week to provide a new BINGO experience for our participants.

**Virtual Activity program:** Our students are working hard to prepare different activities for the current participants 4 days per week. Some of the activities that we have done so far include exercise, cooking demos, virtual travel, discussions, and crafts. The volunteers have so many more ideas they can't wait to share them!

**Wellness calls:** Students are calling participants and caregivers to check in on participants currently at home. They will identify themselves as a Badger Volunteers. If you receive a call from them and have any questions, please reach out to Kristin at 826-8106.



By: McKenzy Endres  
Recreation Specialist

# Closures for 2021

Easter

**Monday, April 5**

Memorial Day

**Monday, May 31**

4th of July

**Monday, July 5**

Labor Day

**Monday, September 9**

Thanksgiving Day & Day After

**Thursday, November 25**

**Friday, November 26**

Christmas Eve and Christmas Day

**Friday, December 24 and**

**Monday, December 25th**

# March Celebrations

**3/2 National Read Across America day**

**3/3 National Anthem Day**

**3/8 International Women's Day**

**3/12 National Plant a Flower Day**

**3/18 National Pi Day**

**3/14 Daylight Savings (begin)**

**3/17 St. Patrick's Day**

**3/23 National Puppy Day**

# Vaccine Information

**COVID-19 Vaccine  
Transportation  
for Dane County  
Older Adults, 65+**

*Have you exhausted all options available  
to you and still need a ride to your  
COVID-19 vaccine appointment?*

**NO COST FOR DANE COUNTY RESIDENTS.**

  
**NEWBRIDGE**  
Your Connection to Successful Aging

  
**DANE COUNTY**  
Department of Human Services

Funded by Dane County  
Department of Human Services.  
Coordinated by NewBridge.

**(608) 512-0000 Ext. 3**

# Phone Pal Program

As we know, many older adults are isolated more than ever these days and some are getting very down. Whether they live in their own homes in rural areas or are "on lockdown" in care facilities, people are missing their friends, families and neighbors. Lack of socialization and human interaction can lead to depression, decline in health, etc. A simple, cheerful phone call once a week can make all the difference in the world. **That's where Phone Pals can help!**

If someone you know would benefit from a cheerful, weekly phone call to brighten their day, please email their name and phone number to Melissa Kelley at [mkelley@ccmadison.org](mailto:mkelley@ccmadison.org) or leave a message at 608-826-8003. Volunteers are ready to be matched up with new Phone Pals and share some great conversation.



Adult Day Center  
5401 Fen Oak Dr.  
Madison WI 53718

Place Address  
Label Here