



Adult Day Service
10190 Bannock St. Suite 104
Northglenn, CO 80260

NOVEMBER '17

NEWSLETTER

SNOW DAY POLICY

At the Adult Day Service, we do our best to be open to serve our participants and their families. On the rare occasion that the weather makes travel to the Adult Day Service too dangerous, we will close. Nancy the Program Director and Jennifer Pepper the Executive Director will make this decision about 6:00 AM and we will notify you as soon as possible afterwards. For those of you who have given us an email address, we will notify you by email. For everyone else, we will contact you by telephone. If you are wondering if we are going to be open, please check your email or voicemail.

If your loved one is not coming on a day that we are open, please contact Nancy by 8:30 AM either by telephone 303 287 2400 or by email nkingsbury@seniorhub.org.

Wish List

Assorted Bright Color Buttons
Empty cans (Soup or small vegetable)
Red and White Construction Paper
Orange Paint
Puffy Paint, variety of colors
Brown Paper Bags
Pecans
Modge Podge or White Glue
Empty Cereal Boxes
Rice Krispies
Melting Chocolate
Candy Corn

Thank You:

The Northglenn/Thornton Rotary Club ~
for celebrating our October birthdays

To Mary and Rosalind for nail polish, apples,
caramels, and taco ingredients

To Mike and Vicki for apples

To Pamela and Anna for food donations

To Patsy and Diane for nail polish, emery
boards, and caramels

To Ginger for nail polish.

Holiday Closures:

The ADS will be closed the following days:

Veterans Day - Friday, November 10th

Thanksgiving - Thursday, November 23rd and
Friday, November 24th



Bob S Participant of the Month for November

Bob is one of our participants who comes everyday and he is well known by everyone. He is a friendly guy who reaches

out to new participants and guests who come to visit the ADS. He likes to play games, sports, and enjoys reading. He is very interested in names and remembers people's names. Thanks for being the participant of the month for November, Bob!

The Move

..... And the saga continues. We have been notified that the permit approving the plans for the sprinkler system has been issued and our contractor thinks the building will be ready 4 to 6 weeks after the work on the sprinkler system starts. So while we were hoping to move in November (or May or the summer), it looks like we will probably be moving sometime in mid December at the earliest. As soon as we have a firm date for the move, you will be notified by letter. Our goal is to have as little interruption in service as possible.



Painting with
Tiyana!



Reminder:

Daylight Saving Time
ends this weekend.

Remember to turn your
clocks and watches
back one hour before

you go to
bed on
Saturday,
November
4th.



Contact Information

Director: Nancy Kingsbury

Phone: 303.287.2400 Fax: 303.287.0572

Email: nkingsbury@seniorhub.org

Website: www.seniorhub.org

A Letter of Gratitude

November is a time of gratitude, a time to reflect on what it is in our lives that makes us thankful. I started to work for The Senior Hub in November and I was born in November, and these two events make this month of reflection and gratitude even more important for me. So, as we enter the month of gratitude, I want to share with you some of the blessings I have found here at The Senior Hub that make me grateful.

First and above all, I am grateful for our participants. I am grateful to have the opportunity to meet and care for all the participants who are part of our program. Our participants are such interesting and varied people, and to count them amongst my friends is a true blessing in my life. I love getting to know each one of them individually and figuring out what makes them tick. My biggest challenge and greatest joy each day is to figure out ways to keep them engaged in life and to make them smile, or even better to get them to laugh. Often when participants first start at the Adult Day Service, they are scared and depressed and don't smile for the first few days they attend. I am always grateful when I see that smile emerge and become a regular part of their day.

Second, I am grateful for the caregivers of our participants. As family caregivers, you do this out of love and compassion. Twenty-four hours a day, you watch over your loved ones, making sure they are safe and well cared for. You see the changes in them as they age, and grieve the losses that go along with those changes. You entrust us at the Adult Day Service to relieve you of that responsibility for just a few hours every week and for that, we are grateful. Every time you drop off your loved one and every time you pick them up, I think of you. I can see the love and the burden in your faces and am grateful to be a small relief for you.

Third, I am grateful for my staff and volunteers. These folks truly love our clients and work very hard every day to provide interesting programs, to care for each of our participants, and keep the center clean and visually interesting. They put our participants first and figure out what kinds of things make them happy. They are called upon every day to be creative, patient, organized, energetic, and enthusiastic. They are a great group of gals and working alongside of them is a great thing

Finally, I am grateful for The Senior Hub and our funders. The Senior Hub is composed of a great group of tireless employees who work hard to provide of the needs of seniors in our community. Together all the employees and the board of Directors ensure that seniors in our community have the best quality of life possible. We provide Meals on Wheels, a food bank, homecare, medical equipment lending, senior volunteer program, handyman referral service, senior referral service, as well as Adult Day. Our funders who are foundations, individual donors, Denver Regional Council of Government, the counties and cities that we serve, keep our doors open and our staff paid. For all the employees and funders of The Senior Hub, I am grateful.



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NOVEMBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Happy Birthday</i> Maureen C 11/24	Mary M. 11/29	1 Décor Move 'n' Groove Balloon Tennis	2 Storytellers Senior Stretch Magnetic Darts	3 Countdown Motion Therapy Horse Races
6 Where were you when? Fit 'n' Fun Sing Along	7 Paint a Picture Sit 'n' Be Fit Favorite Movies	8 Autumn Memories Move 'n' Groove Blind Guesses	9 Button Tree Senior Stretch Roll the Dice	10 CLOSED IN HONOR OF VETERAN'S DAY
13 Chicken Soup Fit 'n' Fun Animal Shelter Appreciation	14 San Francisco Sit 'n' Be Fit Mode Podge Bowls	15 Colorado Places Move 'n' Groove Thankful Pumpkin	16 Songs of the Centuries Senior Stretch Crispy Turkeys	17 Music with Susan Motion Therapy Movie Day
20 Alphagories Fit 'n' Fun Pecan Pie	21 Turkey Windsock Sit 'n' Be Fit The Philippines	22 Puzzle Week Move 'n' Groove Stuff the Turkey	23 CLOSED IN HONOR OF THANKSGIVING	24 CLOSED IN HONOR OF THANKSGIVING
27 Jumbo Bunco Fit 'n' Fun Funny Stories	28 Textured Tiles Sit 'n' Be Fit Pictionary	29 You Be the Judge Move 'n' Groove Fall Leaf Globe	30 The Rise of James Brown Senior Stretch Cereal Box Puzzles	