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CarePartners Health Services informing our community

# CONNECTING WITH CarePartners ADULT DAY SERVICES

June 2013

*"I know that when my dad is at Adult Day he is needed there and is around other people. I think that he is happy, which makes him healthy!"*



*"This makes life worth living"- a comment made by a participant while sitting in our new tub when she felt the soothing water from the whirlpool jets against her body.*



Spa Treatment - Happy Mother's Day!



Iris loves the flowers

# LUNCH Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>June 3 - 7</b>				
Chicken Salad Sandwich Chicken Noodle Soup Salad Fruit Cup SF Vanilla Pudding Parfait	Salisbury Steak Mashed Potatoes Broccoli Salad Applesauce	Baked Herb Chicken Au Graten Potatoes Spinach Fruit Cup Peach Cobbler	Beef Pepper Steak Rice Salad SF Chocolate Ice Cream	Lemon Dill Cod Garlic Roasted Potatoes Vegetable Medley Salad Mixed Berry Crisp
<b>June 10 - 14</b>				
Oven Fried Chicken Maccaroni and Cheese Greens Fruit Cup Fresh Fruit Cup	Chicken Tenders Fries Mixed Vegetables Salad Applesauce	Pot Roast and Gravy Roasted Potatoes Carrots Fruit Cup SF Blueberry Cobbler	Tuna Salad Sandwich Tomato Soup Carrot and Raisin Salad NSA Pumpkin Pie	Honey Apple Pork Garlic Roasted Potatoes Vegetable Medley Salad Mixed Berry Crisp
<b>June 17 - 21</b>				
Seasonal Chef's Special	Hamburgers Fries Cole Slaw Fruit Cup Applecrisp	Chopped Steak Mashed Potatoes & Gravy Vegetable Medley Salad Peach Cobbler	Lemon Rosemary Chicken Mashed Potatoes California Blend Vegetables Fruit Cup Salad	Fried Catfish Coleslaw Garlic Roasted Potatoes Salad Mixed Berry Crisp
<b>June 24 - 28</b>				
Meat Loaf and Gravy Red Skin Mashed Potatoes Steamed Broccoli Salad SF Vanilla Pudding Parfait	Roasted Pork Sweet Potatoes Green Beans Fruit Cup SF Apple Crisp	Pot Roast and Gravy Red Roasted Potatoes Whole Baby Carrots Salad Angel Food Cake w/ Strawberries	Roasted Turkey Dressing Green Beans Fruit Cup Pumpkin Pie	Egg Salad Sandwich Chicken and Rice Soup Salad Fruit Cup Apple Cobbler
<b>July 1 - 5</b>				
Hamburgers Fries Cole Slaw Fruit Cup Fresh Fruit Cup	Talapia with Cherry Tomatoes Salad Yellow Rice Broccoli Apple Crisp	Turkey Club Wrap Vegetable Soup Side Salad Angel Food Cake w/ Strawberries	Seasonal Chef's Special	Pasta with Peas and Shrimp Salad Fruit Cup Apple Cobbler

## What's Going On in June



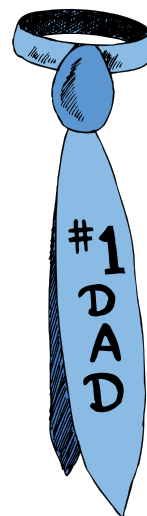
Bob and Georgia enjoy a nice afternoon in the garden

We'll celebrate Father's Day on Friday, June 14th. Our staff will don men's hats and ties. Participants, if you'd like to join in by wearing a hat and tie, please do so!

*He didn't tell me how to live; he lived, and let me watch him do it.*  
- Clarence Budington Kelland

Our Summer Fun Celebration will be held on Friday, June 21st. We'll revel in the hot sun and share memories of baseball, ice cream, strawberries and the seashore.

*"Nothing is more memorable than a smell. One scent can be unexpected, momentary and fleeting, yet conjure up a childhood summer beside a lake in the mountains..."* - Diane Ackerman



# DAILY SCHEDULE OF ACTIVITIES Monday - Friday

7:30 Open  
 7:30 – 9:00 Good Morning America  
 8:30 – 9:30 Breakfast  
 9:00 – 9:45 Morning Highlights  
 9:45 - 10:15 Health Focus  
 10:00 – 12:30 Small Group Activities  
 11:30 – 1:00 Lunch  
 12:30 – 4:30 Small Group Activities  
 2:30 – 3:30 Snack  
 4:30 – 6:00 Afternoon Highlights & Participant's Choice

# Saturday

9:00 Welcome/Breakfast  
 9:30 News  
 10:15 Mentally Stim. Act.  
 11:00 Physical Activity  
 11:45 Sensory Stimulation  
 12:30 Lunch  
 1:30 Rest / Cinema  
 2:30 Music  
 3:00 Snack  
 3:30 Art  
 4:30 Comedy /Drama  
 5:00 Close

## JUNE 2013

### Day Care / Day Health Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3	4 <b>1:00</b> Veteran's Meeting	5 <b>10:15</b> Music w/ Pat Brinkley	6 <b>10:15</b> Bible Study w/Byron Jones <b>4:00</b> Harp & Song w/Michelle	7 <b>10:30</b> Veteran's Meeting w/ Ron Sage	8
9	10 <b>4:00</b> Harp & Song w/Michelle	11 <b>10:15</b> Visit from Zeke the Rotweiler <b>1:00</b> Veteran's Meeting	12 <b>10:15</b> Dancing w/ Ron Hillabrand	13	14 <b>Father's Day</b> <b>10:30</b> Veteran's Meeting w/ Ron Sage <b>4:00</b> Guitar & Song w/Sandy	15
16	17 <b>4:00</b> Harp & Song w/Michelle	18 <b>1:00</b> Veteran's Meeting	19	20 <b>10:15</b> Bible Study w/Byron Jones <b>11:00</b> Poetry reading w/ Autumn Players	21 <b>Summer Fun Party</b> <b>10:30</b> Veteran's Meeting w/ Ron Sage <b>4:00</b> Guitar & Song w/Sandy	22 <b>11:00</b> Pet Therapy w/ Willoughby & Jeni the Beagle
23	24 <b>4:00</b> Harp & Song w/Michelle	25 <b>1:00</b> Veteran's Meeting	26 <b>10:15</b> Pick-n-Sing w/ Richard Hurley	27 <b>10:15</b> Bible Study w/Byron Jones	28 <b>10:30</b> Veteran's Meeting w/ Ron Sage <b>4:00</b> Guitar & Song w/Sandy	29
30						

# Club CarePartners

## Program Hours:

Arrive – 10:00 a.m.

Depart – 3:00 p.m.

## Club CarePartners Schedule

### Monday-Wednesday-Friday

- 10:00** Program begins - members arrive
- 10:10** Discussion of News Highlights and the plan for the day
- 10:30** Departure for Outing or Walking/Exercise/ Dancing
- 10:50** (When not on an outing) Cards/ Games, Crafts, Art, Gardening
- 11:30** Lunch
- 12:30** (When not on an outing) Walking, Games, Discussion group, Art
- 2:30** Planning time for future activities/ Gather belongings
- 3:00** Program concludes - members depart



Jim and Lillian take advantage of the sliding board at Lake Louise



Lillian, Carole, Cathy and Iris feel the camaraderie of Mother's Day

Monday	Wednesday	Friday
3 <b>10:00</b> Picnic along the French Broad River	5 <b>10:00</b> Carl Sandburg Home and Dairy Farm	7 <b>10:00</b> Fletcher Park Walk
10 <b>10:00</b> Bullington Horticultural Center	12 <b>10:00</b> Dancing to Ron Hillabrand's piano music	14 <b>10:00</b> Blue Ridge Folk Art Museum
17 <b>10:00</b> Pisgah Forest Fish Hatchery	19 <b>10:00</b> Arboretum tour/picnic	21 <b>10:00</b> French Broad Dog Park and picnic
24 <b>10:00</b> Visit Adult Day Services in Henderson Co.	26 <b>10:00</b> Waterfall Hunting/ Picnic	27 <b>10:00</b> Weaver Park Picnic

## Club CarePartners Tidbits for the month of June

Club CarePartners is enjoying the spring season with picnics and adventurous excursions. We'll visit our Adult Day "sister" program in Henderson County, join in their activities and create new friendships. We look forward to visiting with baby goats at writer Carl Sandburg's home in Flat Rock, and later in the month, travel to the Pisgah Forest Fish Hatchery to enjoy a picnic lunch. For the first time we'll tour Bullington Gardens, a Horticultural Education Center located in Hendersonville. The Center offers a therapy garden, herb garden, perennial border and half-mile nature trail.

If your loved one is especially sensitive to the sun, please send along a sun hat and sunscreen and if there are allergies to bees, please send the epi-pen.

*We need your assistance: Please be on the lookout for free or low-cost events. They are our first choice as we plan excursions.*

**Reminder: Please call 828-277-3399 when for any reason, you are unable to attend.**

*If the weather is such that the planned outing would not be enjoyable, we will either change the location to an indoor outing or enjoy the day together within the CarePartners campus.*

## Many thanks to the volunteers who made our Art Show a successful event. They donated their energy and support to make our “Celebrating the Art of Living” possible.

Gary Bowers  
Claudia Bryant  
Sally Davis  
Linda Frankl  
Barbara Hearne  
Steve Jameson  
Lo-Rita Jenkins  
Kathleen Keys  
Craig Kibbe  
Heather Lewis  
Bill Norwood  
John Pavone  
Larry and Renee Reeves

Tracy Robinson  
Doug Thomson  
Emory Widner  
Tim Winter  
Hospice Treasures  
Bereavement Choir  
14th Weather Squadron  
CarePartners Foundation  
Buncombe Alternatives  
Asheville Wine Market - Eberhard Heide  
Caregivers who have donated supplies throughout the year

### Give the Gift of Life

One pint of blood can save up to three lives, and the need is great. Won't you help? The American Red Cross will be at CarePartners for a Blood Drive on Thursday, June 13 from 1:30 to 5:30 p.m. in Seymour Auditorium. The drive is open to the community. (Call 1-866-236-3276 or visit [www.redcrossblood.org](http://www.redcrossblood.org) to check eligibility requirements.) Identification is required: Bring a photo ID such as a driver's license or Red Cross blood donor card. CarePartners staff may show their photo ID badge.

To sign up in advance, contact Judy Tanner at 277-4744 or you may be a walk-in donor the day of the drive. All presenting donors will automatically be entered in prize drawings.



Bob and Georgia enjoy a nice afternoon in the garden

## June **THANK YOU**s

**Dianne Cotter** – Bingo prizes

**Allyn Perkins** - Golf umbrella & tote bags

**Karen Austin** - Bingo Prizes

**Larry Nelson** – Bingo prizes & undergarments

**Patrick Williams and Marian Miller** – Craft books

**Ruth, Cathy and Paula Parton** – Balloons and paper napkins

**Carolyn Perkins** – Picture frames, ziplock bags, Bingo prizes

**Bub McKinney and Mary Freberg** – Puzzles & personal care supplies

**Charlie and Nancy Boyce** – Bingo prizes, puzzles and personal care supplies

**Hubener and McGuinn Families** – Personal care supplies

**Liz and Ric Goodman** - Shade Raised Organic Coffees (SRO™)

**Karen Donatelli of Donatelli Cake Designs Cafe & Bakery at 57 Haywood St. in Asheville:** personal care supplies

## Our **WISH LIST**

- Poise pads
- Potting soil
- Emery boards
- 4 oz. disposable cups
- Large undergarments
- Terrycloth kitchen towels
- Dinner size paper napkins
- 'No Salt Seasonings' for kitchen
- Disposable chux (underpads that protect bedding & wheelchairs)
- History books: WWI, WWII or Civil War. (Local history appreciated)
- Bingo (trial size items, unused hotel toiletries, combs, small Kleenex packets, pads of paper, greeting cards, playing cards, items for men, etc.....)
- Seasonal group pass to Biltmore House
- Seasonal group pass to Nature Center

ADULT DAY SERVICES  
68A Sweeten Creek Road  
Asheville, NC 28803-2318

(828) 277-3399  
(828) 277-4855 (fax)  
(828) 277-4799 (cancellation line)  
www.carepartners.org



## June NEWSLETTER



**Ruby Bowman**

### Participant **SPOTLIGHT**

The Ruby we know is smart, kind, warm, watchful and conscientious. Ruby shares her life with others and easily befriends those around her. Her niece, Mary McIntosh, said, "Ruby is known as the one who plans all the parties." Ruby has traveled to numerous countries and included her nieces and nephews on trips to Europe and Alaska.

Ruby grew up in Oakley and still lives there today. She attended Mars Hill College and Carson-Newman College in Tennessee. She taught students of math for 40 years at the Asheville Orthopedic Hospital and Sandy Mush Juvenile Evaluation Center.



Ringo stopped by for a visit

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