

HAUSHOLD WORD

Elderhaus Adult Day Programs, Inc. 605 South Shields Street Fort Collins, CO (970) 221-0406

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Mobile Health

Offering free blood pressure checks to
 Larimer County neighborhoods and
 communities.

Call Desiree Wicker @ 221-0406



Mark Your Calendars!

- 25th Anniversary Gallery Walk: Saturday September 10 from 2pm to 5pm at the Turning Leaf Gallery, no ticket purchase necessary.
- Fish Restaurant Benefit: Sunday October 16 at 4:30pm, tickets are selling fast!
- Annual Elderhaus Yard Sale: Friday, September 23 from 8am to 4pm.
- For more info, call Joanne (221-0406) or Ricki (482-7640).

Elderhaus Will Be Closed:

- Monday, September 5 – Labor Day
- Thursday & Friday, November 24 & 25 – Thanksgiving
- Friday & Monday, December 23 & 26 - Christmas

Making Hoedown Memories

The 4th Annual Elderhaus Hoedown, held at Sundance Steakhouse for the first time, was a great success. Many thanks to Mike and the wonderful staff at Sundance; Elderhaus could not have done it without you! We would also like to thank Pat Young and team, the auction was wonderful, what a great time!

For those of you unable to make it this year, plan to attend next year as it was an amazing evening. The purchase of a ticket included your dinner and entertainment for the evening. Door prizes, music and dance, a hot dinner, an honor guard, and a fantastic auction made the night an unforgettable one.

The auction item with the highest bid was a hand-crafted glass wind chime by local artist, Gloria Mills, going for \$375. Some of the steals of the night were a Fuji mountain bike going for only \$80, and a motorcycle helmet for \$15. There was something for everyone.

Thank you to those who made the Hoedown possible through sponsorship and donations. We can't wait to do it again!



If you...

- Have received this mailing in error
- No longer wish to receive this mailing
- Or would like to correct your name/address

Please contact Elderhaus Adult Day Programs

- Phone (970) 221-0406
- Email elderhas@frii.com

Elderhaus Adult Day Programs, Inc.
605 South Shields Street
Ft. Collins, CO 80521

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UNITED WAY
Member Agency

Elderhaus Celebrates 25 Years!

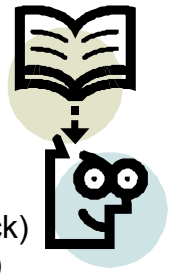
Join us for an afternoon of refreshments and casual ambience Saturday, September 10th 2pm to 5pm at the Turning Leaf Gallery! (Located at the corner of 1-25 and Windsor Exit, in the Westgate Center.)

Portions of proceeds from the sale of fine art paintings and sculptures will go to benefit Elderhaus Adult Day Programs. Other donations will be greatly appreciated.



Wish List

- Napkins
- Toilet Paper
- Ensure (any flavor)
- Glitter Glue Pens
- Craft Paints (bottle non-toxic)
- Paint Brushes
- Travel Videos
- Jeopardy Game
- Quilting Material (cotton)
- Paper Shredder
- Bulletin Board (approx. 2' x 3')
- File Cabinet (2 drawers, with lock)
- Stackable Trays (for paperwork)
- Gift Bags & Tissue Paper
- Birthday Gifts (men's & women's)
- Wheel of Fortune Game
- Wireless Remote Control Cars/Trucks
- Cotton Candy Machine



We greatly appreciate any items donated from the Wish List. Thanks for your support!

Stressed Out?

Stress is what one feels when the body's instinct to defend itself is kicked on. This is a great instinct to have in emergencies, but stress can cause physical symptoms if it continues in just dealing with day to day challenges. When this occurs, your body is working overtime though there is no immediate emergency. All the extra energy can leave you feeling anxious and uptight. Some possible signs of stress are:

- Anxiety
- Back pain
- Depression
- Fatigue
- Headaches
- High blood pressure
- Insomnia
- Shortness of breath
- Stiff neck
- Upset Stomach
- Constipation or diarrhea
- Weight gain or loss

Stress is often caused by change, and not just change, but the way you react to change. Following are some tips for dealing with stress.

- Set realistic goals at home and work.
- Exercise on a regular basis, it's a healthy way to relieve your pent up energy and tension.
- Eat well-balanced meals and get enough sleep.
- Practice relaxation training. Tense one muscle at a time, hold it tight for a few seconds then relax the muscle. Breathe in slowly, hold it for a second then breathe out slowly.
- Take a break from your regular routine to enjoy hobbies, sports, or social events.
- Ask for help when you need it.
- Work to resolve any conflicts with other people.
- Don't worry about things that you can't control.

Caregivers are often under a lot of stress. "A Practical Guide to Caring for Caregivers" published by the American Academy of Family Physicians, at <http://www.aafp.org/afp/20001215/2613.html> provides some great information on this topic. (Information for this article was found at familydoctor.org.)

Fish Restaurant Benefit Dinner

*Sunday, October 16, 2005 at 4:30 pm
Fish Restaurant, 150 West Oak,
Fort Collins, CO.*

*Join us for an extraordinary evening of
dinning, in support of Elderhaus
Adult Day Programs.*

*A fantastic 6 course meal will be
served, including a specially selected
wine with each course.*

Tickets are \$50 a person.

*Call Joanne at 221-0406 for more info,
or to purchase tickets.*

*Tickets are limited, as this is our most
anticipated event of the year!*

Life Transitions Group



Meet weekly with other caregivers to
receive support and encouragement
from each other.

Join us Wednesdays at 1:00 p.m.

For more information,
Call Joanne at 221-0406

20 Things You Would NEVER Hear a Southerner Say...



20. We're vegetarians.
19. Do you think my hair is too big?
18. Deer heads detract from the décor.
17. Does the salad bar have bean sprouts?
16. Don't you think Graceland was tacky?
15. I'll have grapefruit instead of biscuits and gravy.
14. I just love my new Mini Cooper.
13. Never heard of Richard Petty.
12. Give me the small bag of pork rinds.
11. I've got two cases of Zima for the Super Bowl.
10. Honey, did you mail that donation to Greenpeace?
9. You can't feed that to the dog.
8. Trim the fat off that steak.
7. Wrasslin's fake.
6. Unsweetened tea tastes better.
5. I don't have a favorite college team.
4. We don't keep firearms in this house.
3. Duct tape won't fix that.
2. Has anybody seen the sideburns trimmer?
1. Hey, here's an episode of "Hee Haw" that we haven't seen.

Recreation Center Update

The Recreation Center is continuing to grow, as those dealing with change in life find it to be a place of new opportunities. A diverse group has evolved as the Recreation Center meets a variety of needs. Just a few of the reasons people keep coming back are:

- Safe social setting providing laughter, love, encouragement, and support. A place to build friendships with others in similar situations, to share stories, and create new ones.
- Interesting excursions to area attractions, such as the IMAX Theatre in Denver, Celestial Seasonings, Anheuser Busch Brewery, and the Cheese Importers in Longmont.
- Opportunities for personal growth and fitness through gym time at the Recreation Center and workout time with our personal trainer at Miramont Fitness Center on Fridays.

Upcoming Activities at Elderhaus

Pick up an Activity Calendar each month for dates and times!



- Community Group – Meets every Monday and will be taking a trip to the Denver Botanical Gardens.
- Eagles Club – Meets on Tuesdays and Thursdays. New Member Induction to be held September 15th.
- Multicultural Group – Meets every Wednesday and is planning trips to the Denver History Museum and Denver Zoo. Will be hosting a Cultural Festival on September 14th.
- Red Hat Society – Meets on the 4th Thursday of each month. New Member Induction to be held September 22nd.
- Friday's Club – Meets every Friday. More to come concerning activities!

CONCERNING DAY TRIPS

Families, please be courteous and RSVP when asked. Trips are planned according to the feedback we receive. If you do not RSVP for your loved one, a spot will not be reserved for them, and they will be unable to attend the day trip.