

HAUSHOLD WORD

Elderhaus Adult Day Programs, Inc. 605 South Shields Street Fort Collins, CO (970) 221-0406
Elderhaus Recreation Center 4825 South Lemay Avenue Fort Collins, CO (970)223-6083

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Read the "Healthy Habits" article and find out how Elderhaus can help you or your loved one live a healthier life!

Elderhaus provides: Social connection for participants & caregivers, opportunity for exercise, nutritious meals for participants, and provides time for hobbies and activities.

Mark Your Calendars!

Recreation Center Open House

- Monday, March 20, 2006 1pm – 3pm
- At the Recreation Center
- Celebrating our 1st year of success! Open to the public!

4th annual Rockathon

- Saturday, April 29th 10am – 5pm
- At the Cracker Barrel (at Loveland Outlet Malls)
- Join Elderhaus and the Weld County Humane Society
- A day filled with entertainment and rocking, in order to raise money for these two vital programs!

Elderhaus Will Be Closed

- Friday & Monday, April 14 & 17 for Easter
- Monday, May 26 for Memorial Day

For an Activity Calendar

- Contact Elderhaus (221-0406) or
- Contact the Recreation Center (223-6083)



Let's Get Rocking!



It's time again for the annual Rockathon! This is the 4th year that Elderhaus has teamed up with the Cracker Barrel to hold a rocking tournament in order to raise money for Elderhaus programs. This year includes an extra twist – Elderhaus is teaming up with the Weld County Humane Society for some friendly competition. Each organization will have "rockers" competing against each other to raise the most money for their organization.

Join us Saturday, April 29, as supporters of both Elderhaus and the Humane Society gather on the front porch of the Cracker Barrel to rock for a cause! The Rockathon is an all day event, from 10am to 5pm, filled with entertainment, games, prizes, and fun! Don't miss out!

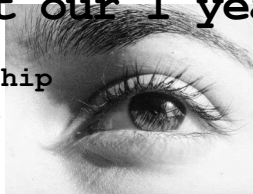
The Rockathon is a great opportunity to get involved with your community and make a difference! Volunteer as a rocker-collect donations and show us your rocking skills! Sponsor a rocker! Or donate prizes which will be awarded throughout the day! Call Elderhaus at 221-0406 to find out how you can help.

Celebrate with the Recreation Center

...on Monday March 20, 2006 from 1 - 3pm

Join us for refreshments, music, and friendship
at our 1 year anniversary **Open House!**

Real People
Real Companionship
Real Recreation



4825 South Lemay Avenue
Fort Collins, CO 80525

Enhancing the lives of high-energy adults with special needs-
It takes a community to make Elderhaus programs a working reality.

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

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UNITED WAY
Member Agency

Thank you to everyone who helped Elderhaus have a successful 2005!

We appreciate each and every one who volunteered their time, donated items,
provided funding, or shared their hobbies and talents with us!

"Without a sense of caring, there can be no sense of community."

-Anthony J. D'Angelo

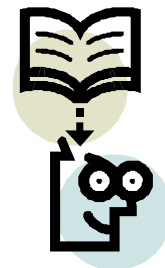


Thank you for caring!

- Elderhaus Staff and Participants

Wish List

- Toilet paper
- Napkins
- Ensure (any flavor)
- Juice (100% juice)
- Canned fruit
- Paring knives
- Aprons
- Craft paints (bottle non-toxic)
- Paint brushes
- Pedometers (6 or more)
- VCR
- 3-ring binders (2" spine)
- Full size scissors
- Jeopardy or Wheel of Fortune Game
- Memory/Concentration Game
- Cranium
- Uno
- Scattergories



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

Trans Fat: Coming to a Label near You!

The FDA is now requiring food manufacturers to list *trans* fat on Nutrition Facts panels. Trans fat, like saturated fat and dietary cholesterol, raises the low-density lipoprotein (or LDL) cholesterol levels which increase a person's risk for coronary heart disease. More than 12.5 million Americans suffer from coronary heart disease, and it is currently one of the leading causes of death in the United States. Allowing consumers to know the amount of "bad" fats (saturated fat, trans fat, and cholesterol) in the foods they choose will help them make heart-healthy food choices. This is especially important for those concerned about high blood cholesterol and heart disease.

What is trans fat? Trans fat is formed through a process called hydrogenation- when hydrogen is added to vegetable oil. Essentially, this process turns *liquid* oils into *solid* fats like shortening and hard margarine. Food manufacturers use hydrogenated oils because they are cheaper and they increase the shelf life of food. Trans fat is often found in processed foods such as crackers, cookies, snack foods, fried foods, and baked goods.

How can you avoid saturated fat, trans fat, and cholesterol? Look at the Nutrition Facts panel and compare food products. Choose foods that are low in the combined amount of saturated fats, trans fats, and cholesterol. Use fats that are higher in mono and polyunsaturated fats (these fats do not raise the LDL or "bad" cholesterol levels) such as olive oil, canola oil, soybean oil, sunflower oil, and corn oil. Use soft margarines, like those that are liquid, in a tub, or spray (these too, have lower LDL levels). Consider eating more fish, as most fish are lower in saturated fat than meat. Choose lean meats like chicken and pork, trim the extra fat off, and do not fry them. When eating out, ask which fats are used in the food preparation before ordering.

Information for this article was found at www.cfsan.fda.gov.

Loan Closet

Elderhaus has a variety of helping aids for those with disabilities. These items are available on loan for anyone in need. Currently available:

- Electric wheelchairs
- Hospital bed
- Wheelchair lift for car
- Shower benches
- Raised toilet seats
- Canes and walkers

Call Elderhaus at (970) 221-0406!

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

Mobile Health

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

Call Rose Luna @ 221-0406



True Stories (Told on Insurance Forms)



- Coming home, I drove into the wrong house and collided with a tree I don't have.
- The other car collided with mine without giving warning of its intention.
- I thought my window was down, but I found out it was up when I put my head through it.
- I collided with a stationary truck coming the other way.
- A truck backed through my windshield into my wife's face.
- A pedestrian hit me and went under my car.
- The guy was all over the road, I had to swerve a number of times before I hit him.
- I pulled away from the side of the road, glanced at my mother-in-law, and headed over the embankment.
- I attempted to kill a fly, and I ran into a telephone pole.
- I had been shopping for plants all day, and was on my way home. As I reached the intersection, a hedge sprang up obscuring my vision and I did not see the other car.

Brain Teaser

Three of your neighbors have lost their pets, each pet is a different animal, and all were lost in different places. Using the following clues, you must figure out who is the owner of each pet, and where the pet got lost.

1. A rabbit and a dog are two of the lost pets.
2. The pet lost in the garden is owned by Mary.
3. Robert does not own a dog.
4. John's pet was lost in the woods.
5. The cat was not lost in the woods or the in the park.



Answers: Mary lost garden John
dog woods Robert rabbit park

Healthy Habits to Improve Life

1. **Eat Breakfast Every Morning.** Research shows that people who do this take in more vitamins & minerals, and less fat & cholesterol resulting in a leaner body and lower cholesterol count.
2. **Add Fish and Omega-3 Fatty Acids to Your Diet.** Fish is a good source of protein, and is low in saturated fat. It contains omega-3 fatty acids which help reduce the risk of heart disease.
3. **Get Enough Sleep.** Get at least 7-10 hours of sleep each night. Sleep deprivation negatively affects memory, learning, and logical reasoning.
4. **Make Social Connections.** Volunteer. Go to church. Join a club. Communal activities are important for you physical and mental health, providing information, help, emotional support, and a sense of belonging.
5. **Exercise.** Most Americans do not get enough. Here are some incentives to start: Helps control weight. Maintains healthy bones, muscles, & joints. Reduces risk of developing health problems. Promotes psychological well-being. Reduces risk of premature death.
6. **Practice Good Dental Hygiene.** Researchers suspect that the bacteria that produce dental plaque enter the bloodstream. Links have been found between oral bacteria and stroke, diabetes, and heart disease.
7. **Take Up a Hobby.** Hobby is defined as "a pursuit outside one's regular occupation engaged in especially for relaxation." The joys we get from our hobbies help us live healthier and recover better from illness.
8. **Protect Your Skin.** The sun contains harmful UV rays causing skin damage and skin cancers. Always wears sunscreen, and a hat with a brim, don't sunbathe, and try to avoid exposure between 10am and 3pm.
9. **Drink Water and Eat Dairy.** Water is needed for joints to stay in motion, and for the heart, brain, kidney, & liver to work properly. The calcium in dairy is important for strong bones, and helps prevent high blood pressure, kidney stones, heart disease, & colon cancer.
10. **Plan.** Good fitness, skin protection, healthy teeth, and social ties must be scheduled into busy lives. For example take time to plan a healthy menu before grocery shopping.