

Aurora Adult Day Center

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Main Line
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Aurora Adult Day Center Staff

Valerie Ruppel
Program Supervisor
414-290-5491

Mary Pajot
Case Manager
414-290-5492

Diane Palmar
*Licensed Practical
Nurse*
414-290-5493

Melissa Owen
Activity Specialist
414-290-5494

Katie Lopez
*Administrative
Assistant*
414-290-5490

Participant spotlight

Carolyn S. is a 58-year-old participant at the center. Carolyn was married and has two girls and one boy. She started coming to the center in October of 2008. She attends four times a week and enjoys spiritual life, socializing with friends and games, especially puzzles. Every Tuesday, Carolyn and another client lead Spiritual Life. Carolyn is a very religious, pleasant and honest person. She has made many friendships here. "It keeps me from staying at home, and I get to socialize with my friends and have fun while doing it," said Carolyn about Aurora Adult Day Center.



Carolyn S.

Enriching lives through companionship and independence

Do you know someone who could benefit from Adult Day Services? Openings are available now.

Aurora Adult Day Center offers:

- Social services providing individual assessments, consultations, and referrals to meet mental and emotional needs
- Nursing services by on-staff nurse and certified nursing assistants who provide health monitoring, wellness education, care and consultation
- Health services, including whirlpool baths, massage therapy and podiatry services
- Nutritional hot meals provided midday, along with nutritious snacks throughout the day
- Therapeutic activities, including – but not limited to – socialization, Nintendo Wii games, a pool table, spiritual life, art activities, music, entertainment, community outings, reminiscing, individual and group exercise programs, cooking groups, and Danceworks and Intergenerational Multi-Arts Project (IMAP) programs

Call Mary Pajot, case manager, at 414-290-5492 for more details.

Volunteering

We are looking for volunteers who can help with group outings or activities at the center. If you are interested in volunteering, please contact Melissa Owen, activity specialist at 414-290-5494.

Welcome to the Center

We are happy to welcome new clients to our group:

**Jennie Lee H.
and Eddie Mae B.**

Field Trips

Wednesday, Aug. 11
Wisconsin State Fair

Thursday, Aug. 26
Miller Park: Milwaukee Brewers vs. Los Angeles Dodgers

Entertainment

Friday, Aug. 6
Jeanette Crosswait

Friday, Aug. 20
ADC Choir

Friday, Aug. 27
Steven James

August Events

Sunday, Aug. 1
Friendship Day, Sisters' Day

Friday, Aug. 6
Hiroshima Day (65th anniversary of first atomic bomb)

Sunday, Aug. 8
Family Day

**Tuesday, Aug. 10 –
Monday, Aug. 16**
Elvis Week

Sunday, Aug. 15
Best Friends Day

Wednesday, Aug. 25
Anniversary of release of "The Wizard of Oz" (1934)

Friday, Aug. 27
100th anniversary of birth of Mother Teresa (1910–1997)

Did you know?

On average, a person blinks 15,000 times a day.

Brewers game

On Thursday, June 24, Aurora Adult Day Center clients went to Miller Park to watch the Milwaukee Brewers beat the Minnesota Twins. The clients got to experience things they have never done before. When the clients arrived at Miller Park, they enjoyed their first tailgating experience. We grilled out, listened to music and shared stories. Inside Miller Park, clients experienced two home runs, Bernie Brewer sliding down the slide with fireworks going off, and the famous sausage races. "I enjoyed myself immensely and cannot wait to go again," one client said. On Thursday, August 26, we will be taking a small group of clients to a Brewers game. They will watch the Milwaukee Brewers play against the Los Angeles Dodgers. If you would like to go to this game, please contact Melissa Owen, activity specialist.



Brewers game

Hot summer days

Keeping cool during hot weather is very important. While we're all susceptible to dangers of hot weather, older adults, young children, and people with chronic illnesses and certain medications are more prone to heat-related illness. Heat stress can cause many medical problems, including heat exhaustion, heat stroke, heart failure and stroke.

Doing too much on a hot day, spending too much time in the sun, or staying too long in an overheated place can cause heat disorder or overexposure to the sun.

Heat disorder symptoms and what to do

Sunburn: *Skin redness and pain; possible swelling, blisters, fever and headache.*

If you are sunburn, you should take a shower with soap to remove oils that can block pores, preventing the body from cooling naturally. If blisters occur, apply dry sterile dressings and get medical attention.

Heat cramps: *Painful spasms, usually in leg and abdominal muscles; may cause heavy sweating.* To take care of heat cramps, use firm pressure or gentle massage on cramping muscles. Take sips of water, but if nauseated, discontinue and get medical attention.

Heat exhaustion: *Heavy sweating, weakness, skin cold, headaches, clammy and pale, weak pulse, normal temperature, possible fainting and vomiting.* To take care of heat exhaustion, lie down in a cool place, elevate legs, loosen clothing and apply cool wet cloths. Fan or move to air-conditioned place. Take sips of water. If nausea occurs, discontinue. If vomiting occurs, get immediate medical help.

Heat or sun stroke: *High body temperature (106°+); hot, dry skin; rapid, strong pulse; possible unconsciousness; probably not sweating.* Heat or sun stroke is a severe medical emergency. Call 911 to get to the hospital at once. Move to a cool place and use fans or air conditioning. Try a cool bath or sponging to lower body temperature. Loosen or remove clothing. **Do not give fluids.**

Wisconsin State Fair *PuzzleTime*

V T U N J T W D W E J D E M Z P S X I B
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CHEESE CURDS
 CONTEST
 COWS
 CREAM PUFFS

PIGS
 RABBITS
 DINOSAUR EXHIBIT
 ENTERTAINMENT

GIANT SLIDE
 HAY
 HORSES
 MICHAEL DRAKE

PIG RACES
 RIDES
 WISCONSIN

Buddy Program

Aurora Adult Day Center is honored to be working in collaboration with the Buddy Program through the St. Ann Center for Intergenerational Care. The Buddy Program is a service-learning project that helps bridge the gap between younger and older adults. Youth participants range in age between 12 and 16. The Buddy Program teaches youth how to communicate with the elderly through a caring and friendly outreach. At Aurora Adult Day Center, we have a dedicated youth who will be here throughout the summer, who comes every Tuesday and Thursday from 9 a.m. to noon. This individual shoots pool, plays dominos and listen to clients' needs.

To everyone celebrating a birthday in August,
Congratulations and **Happy Birthday**
from the entire staff at Aurora Adult Day Center!

Diane P. (LPN) – Aug. 1
Bobby R. – Aug. 1
Jim G. – Aug. 3
Jettie J. – Aug. 6
Rob B. (Massage Therapist) – Aug. 9

Ronald S. – Aug. 11
Charles B. – Aug. 28
Valerie R. (Supervisor) – Aug. 28
Gordon S. – Aug. 29

SnapShots

Alvin E. gardening



Dury B., Alice M. and Wandia A. enjoying the Brewers game

James F., Isaac A. and Joe B. enjoying their first tailgate



Gertrude W. and Lillie S. gardening