

# Glendale Gazette

VOLUME 7, ISSUE 5



The Foundation  
for  
Senior Living  
JULY 2010

## Mission Statement

The Foundation for Senior Living strives to provide exceptional services, education and advocacy in order to preserve independence and enhance the quality of life for all seniors, adults with disabilities and their caregivers.

## Vision Statement

A caring community that promotes the well being of seniors and adults with disability, protects their dignity, celebrates their achievements and encourages their caregivers

## Core Values of the Foundation for Senior Living

- \*Dignity of the Human Person
- \*Respect for Human Potential
- \*Personal Choice and Independence
- \*Interdependence of the Individual, Family and Community
- \*Servant Leadership
- \*Special Priority for the Poor and Vulnerable
- \*Special Status of Caregivers

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## Notes and News from the Center Director By Mary Servin, RN, BC

Happy 4th of July! We wish everyone a safe and enjoyable holiday weekend. The Center will be closed on Monday, July 5 in observance of the holiday.

"Take me out to the ball game" - Two buses filled with participants enjoyed watching the Diamondbacks at Chase Field during the month of June. Special thank you to the Foundation for Senior Living for making this trip possible. Everyone had a great time!

Events for the month of July include celebrating National Ice Cream Day with, of course, some ice

cream treats, and decorating the Center for our Christmas in July week.



Phoenix ADHS is hosting an important day for caregivers. Please note the article on page 2 and join them for a day just for you!

During the Celebration of National Therapeutic Recreation Week, we thank our tremendous recreation staff for their dedication and for the variety of activities available to our participants daily.



Thank you Shannon, Matiana, Bob, Judy, Terri, Ryan, Kylee and Brittany. You Rock!

Until next month,  
Mary Servin  
Center Director

**Glendale Adult Day Services Center**, a program of the Foundation for Senior Living, is located at: 6010 W. Northern Ave. Suite 800, Glendale, Arizona 85301  
**Phone: 602-532-2983 Fax: 623-939-2815**  
**Our hours of operation are: Mondays through Fridays 7:30 a.m. - 5:30 p.m.**



**Social Workers' Corner**

Here are a couple of upcoming events you might like to attend this month;

Sunrise Health & Hospice is having their 2nd Memorial Service "Reflection of Life" celebration. Come celebrate the lives of your loved ones by bringing framed photos or other tokens of remembrance. Please RSVP @ 480-246-3523

There will be two services held:

Sunday, July 18, 2010

2:00-3:00 p.m.

Mariposa Gardens Memorial Park  
400 S. Power Rd.  
Mesa, AZ 85203

Thursday, July 22, 2010

12:00-1:00 p.m.

Prayer Assembly COGIC  
4520 W. McDowell  
Phoenix, AZ 85035

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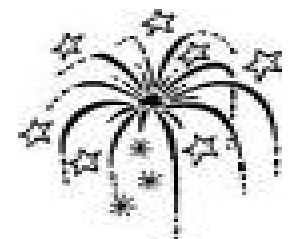
Come sit back and relax and learn new ways to stay healthy and energized as you care for others at our Phoenix Adult Day Center location. Please RSVP @ 602-297-1840. Topics will include;

- ⇒ *Strengthen Your Shield Against Stress* w/Courtney Long, MSW, LC, CHt, Self-Care Specialist
- ⇒ *Nutrition for Stress Reduction* w/Dr. Kimberly Landino, ND
- ⇒ *Improving Communication w/ Alzheimer's* w/ Emily Nock, Education Coordinator Alzheimer's Association

Saturday, July 24, 2010

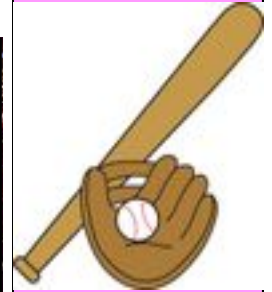
10:00a.m.-2:30 p.m.

Phoenix Adult Day Health Services  
Monsignor Edward J. Ryle Life Center  
3620 N. 4th Ave.  
Phoenix, AZ 85013



# What's Happening...

Young adults and seniors had a blast at the Diamondbacks game. They got to cheer on their favorite team players while enjoying the sites and sounds of a ballgame. Thank you to all the volunteers, staff, and especially GUY who made this day possible. What an experience!



# Activities



Seniors visited As You Wish Pottery. They hand crafted their own mugs. Ruth was in all smiles at the final result of her mug she designed.

Ferlin is showing off his hula skills. Participants enjoyed a visit to Hawaii. They not only viewed beautiful geography. Participants got to taste some of Hawaii's famous fruits.



National Donut Day was a popular day in June. Wesley and his peers celebrated this delicious day by making a batch of donuts. Each participant frosted and taste tested their famous donuts. Participants voted that there should be a donut day every month!



# July Birthdays



**Cirilo C., Pearl O., Kevin M., Dee C., Judy F., Guy W., Paul B., Geri B., Danny L., Pauline C., Jeffrey T., and Mike A.**



Our Wish List;  
Costume Jewelry (broken or missing stones), toilet paper, dry erase markers, short story books, karaoke sing along CDs, easy crafts, AZ history books...Come check out our Wish Tree!

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Become a Friend of your Adult Day Health Care.

Would you like to *Honor* or *Memorialize* your loved one and support your ADHC?

By donating to your ADHC you can help continue to provide this crucial service to those in need. All types of donations are acceptable; monetary, items and supplies, property, etc. Your gift to FSL may qualify you to take advantage of the Arizona Charitable Tax Credit. Please call 602-285-0505, ext. 155, for information on the tax credit. As with all tax related information, please consult your tax professional.

Thank you for your continued support.  
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Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Donation \_\_\_\_\_

In Memory of

In Honor of

Acknowledge to \_\_\_\_\_

**From:**

**Glendale Adult Day Health Care Center**

**6010 W. Northern Ave., Suite 800**

**Glendale, Arizona 85301**

**To:**

**A Program of the Foundation for Senior Living**

