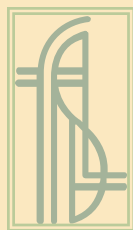




Tolleson Times



The Foundation for Senior Living

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.

Core Values of The Foundation for Senior Living

Our core values guide our professional behavior, business practices and ventures, and how we interact with the people we serve. 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.

Vision Statement

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



VIOLAS

Note from Director 1

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Tolleson Talk from Center Director

On June 10th the Adult Day Services had the opportunity to attend a Diamondbacks game. Special thanks to the help of volunteers from the Foundation's main office who met the groups there and helped with everything from chatting with participants to running for food! With our staff and volunteers helping, we had a safe and fun time at the game! We are so thankful this opportunity was provided free to our participants!!

FSL is proud to be working with Courtney Long of Caring for Your Spirit LLC, in partnership with the Area Agency on Aging, to host a day that will teach caregivers how to stay healthy, relax, energize, and focus on their needs so they can continue to care for their loved ones. Please take time to care for yourself!

When: Saturday July 24th from 10:00—2:30 pm

Where: Phoenix Adult Day Center located
3620 North 4th Avenue, Phoenix 85013.

There will be FREE RESPITE during the training. RSVP to Francyne or Denise at 602-297-1840.

During July we are collecting CACFP Affidavits...please complete and return them to the center as soon as possible!

Valerie Blair
Center Director

Phone (602) 532-2979

Fax (623)932-1132

July Outings

- 7/2 - Friday at 12:00 - Indoor Fourth of July Picnic
Friday at 1:30 - Phoenix Art Museum - FREE
- 7/7 - Wednesday at 1:30 - Library Outing - Free
- 7/9 - Friday at 11:00 - Raul and Teresas - \$15.00
- 7/16 - Friday at 10:30 - Dollar Store - Spending Money
- 7/23 - Friday at 11:00 - Johnny Rockets - \$14.00



Recreation

The casino trip on June 18 was well attended, and everyone had a good time, and there is always a big and tasty lunch.

For the last four Fridays in July, we will be celebrating “zany” days. July 9 will be Zany Hat Day, July 16 is Zany Shirt Day, July 23 is Zany Pants Day, and July 30 is Zany Shoes Day, so, if you can, dress accordingly.

On July 2, we are having a Fourth of July barbecue and activities. We hope everyone has a wonderful and safe Fourth of July!

Birthdays

- 7/19 - Donna G.
- 7/21 - Veronica L.
- 7/25 - Pauline C.
- 7/28 - Carmen M.
- 7/30 - Julietta G.





Nursing Notes

The Fourth of July is a big time for celebrating, and for many that means fireworks. Safety is an issue for all family members, no matter the age. The U.S. Consumer Product Safety Commission reported that during the July 4, 2008 weekend, approximately 5,000 Americans went to the emergency room for fireworks-related injuries; about 1,000 of those were for various eye injuries. Children under age 15 represented 40% of the total. Bystanders are more often injured by fireworks than the non-professional individual setting them off.

Fireworks, including sparklers, are dangerous and should be left to the professionals. Some alternatives for backyard celebrations for children include: wrap flashlights in colored cellophane (for different shades of light), glow sticks, glow ropes and glow jewelry, and make-your-own noisemakers (bells, horns, whistles, bubble wrap, or banging pots with wooden spoons). There are also town organized celebrations and fireworks. The schedule can be accessed on-line at emol.org/arizona/events/arizonafireworks.html (per FSL Corporate Office).

BE SAFE AND HAVE A HAPPY FOURTH OF JULY!

Judy Jones, R.N.

(Information obtained from preventblindness.org)

Would you like to Honor or Memorialize your loved one and support your ADHS?
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.
Ask us how you can help.
Thank you for your continued support.

Name _____

Address _____

City _____ State _____ Zip _____

Donation _____

- In Memory of
- In Honor of
- Acknowledge to

Your gift to FSL may qualify you to take advantage of the Arizona Charitable Tax Credit. The credit is \$200 for single return and \$400 for joint return. We will be happy to send you information on how to take advantage of this valuable credit. Please call 602-285-0505 ext. 170 today. As with all tax related information please consult your tax professional.

Checks can be made payable to FSL Programs

*A Program of
The Foundation for
Senior Living*

*Tolleson Adult Day Services
9555 W. Van Buren
Tolleson, AZ 85353*