



# Adult Center News

July 2007

“Celebrating the Fullness of Life Each Day”

Summer Issue

## From the Director:



We've had an active and eventful Spring, highlighted by the celebration of our 20th Anniversary of service with a big parish party which also honored the continued success of the SMM parish Early Learning Center.

Despite our pride in this milestone, our number of clients has been lower this year, so I would like to encourage all parishioners to learn more about the Center and “talk it up” with your neighbors, family, friends and contacts throughout the local community. We've found that “word of mouth” is our best advertisement, and frankly, we need more clients each day to keep our facility open and solvent.

The Adult Center offers a host of wonderful activities for seniors, area-wide, Catholic or not, who need socialization and some supervision. I hope this newsletter will give you a glimpse at some of the exciting things going on at the center day to day.

If you know of anyone needing our assistance, please let them know about the good works happening at our Center, and have them call us so that we can tell them what we offer. We find that once they come for a visit, both caregivers and their loved ones usually love it.

Help us get the word out! They won't come and try us if they don't know we exist!

*Phyllis Fox*

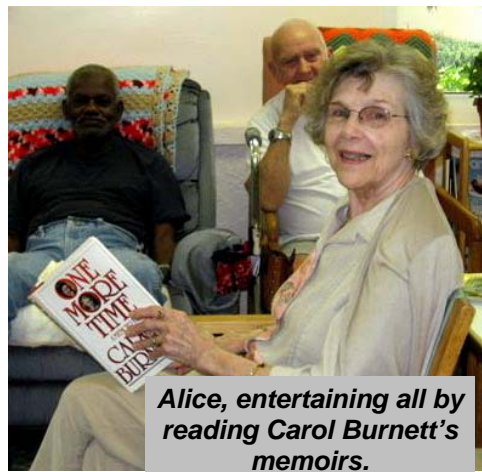
## Volunteers Rock!

Volunteers help us keep our activities fresh and fun for our clients. Everyone has talents, and the Center offers you a chance to share yours with us and bring life to our various programs. We want to take this opportunity to honor one such long-time volunteer.

## Volunteer Profile

### Alice McKnight

Alice recently retired as a volunteer at the Center. Alice has been our dramatic reader on Mondays and Thursdays for at least 15 years!. She and the clients especially loved reading biographies - from Sam Walton to Mother Theresa. During sad chapters of some of the books, not a dry eye could be found in the room.



*Alice, entertaining all by reading Carol Burnett's memoirs.*

We already miss Alice, and hope she drops by occasionally, if only to say “Hello.”

Many thanks, Alice, for all those years of dedicated service.

## Meet One of our Clients

*We'd like you to meet Richard, an excellent example of a client who regularly attends the Center. We hope his story may inspire others to consider doing the same.*

After 32 years of marriage, Richard's wife passed away. Richard often found himself sitting around with nothing interesting to do to keep his mind occupied, and his family realized he needed socialization and activities to challenge him. When they brought up the subject, however, Richard wasn't sure that the center was what he needed, but he decided to give it a try.

That was last January, and now Richard comes to the Center every day and he loves it. His family tells us he wakes up early to make sure he doesn't miss anything on our program. He walks into the Center every morning with a smile, and asks for a morning coffee.

His family says this has changed his quality of life and the Center is the best thing for him; that everything has improved - his mood, his appetite, his general health.

Richard just smiles and agrees.



*Richard, trying for a 7-10 split*

On the Back: More News and Highlights of Recent Center Activities

**Guest Musician Wows Clients and Staff**



Guest performers periodically present activities which are fun for our clients and often take them down "memory lane." One recent example was in June, when Greg Sutliff, an alumnus of St. Mary Magdalen School, volunteered to come and play his marimba for our clients and staff. What a performance!

Greg is currently a Junior at Ithaca College in Central New York State. All who heard his beautiful renditions were so thrilled that we've asked him back for a repeat performance in August. After all, it's not every day that you get to hear a percussionist make a marimba sing the way Greg does. Thank you, Greg. We are blown away by your talent.

Activities play a major role in making the Adult Center an inviting place to spend the day. Each month clients enjoy a full program ranging from ceramics and crafts, musical programs, guest speakers, daily news discussions, and of course, the perennial favorite, BINGO! To the right are three of our clients wearing their finest hats for the big race on our themed **Kentucky Derby Day**.



*All Decked Out for the Big Race*

**Coming Events**

**Alzheimer's Support Group Meeting**

Next meeting: August 13th, 7:30-9 pm.

This support group meets the 2nd Monday of every month at the Adult Center

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**"As Families Grow Older"**

Our parish will be offering this 8-week program which helps everyone understand aging and coping with its effects on family dynamics.

Watch your Sunday Bulletin for more information and plan to attend.

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**Adult Center Has New Pen Pal**

Linsay Baron has volunteered to be our pen pal. We are looking forward to sharing her news and observations with you in future newsletters, as she will be writing as a member of the Peace Corps in a place that remains mysterious to most of us - Phnom Penh, Cambodia.

**Highlights of July Activity Calendar**

**Where in the World is Armenia?**

**Mom's Old Treadle Sewing Machine**

**The Mysterious, Magical Moon**

**Special Exercise with Lenny Barrett**

**Sing-A-Long with Chuck & Nancy**

**Typical Lunch Items**

**Rotini & Chicken Alfredo**

**Salisbury Steak with Gravy & Onions**

**Stuffed Peppers**

The Adult Center News is published periodically to inform our parish about the many services the Center offers, and to honor the many multi-talented and dedicated volunteers and staff who make this possible.

Should you wish more information about volunteering or are considering the Adult Center for a loved one, please call: **Director Phyllis Fox 407-831-9630**