

The **SUNFLOWER**



Sunflower Adult Day Services * 401 W. Iron Ave. * Salina, KS 67401 * 785-823-6666

Upcoming Special Days

Mar. 5 – Ash Wednesday

Mar. 9 – Daylight Saving Time
Begins

Mar. 20 – Spring begins

Apr. 1 – April Fools' Day

Apr. 20 – Easter

Apr. 22 – Earth Day

May 11 – Mother's Day

May 26 – CLOSED for
Memorial Day Holiday

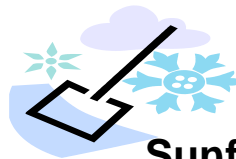
**Daylight Saving Time
Begins
Sunday March 9**

**Remember to set your clocks
ahead one hour at bedtime
on Saturday March 8.**



What a Winter!

Everyone in favor of many days of nice spring weather, and soon, raise your hand. Yes, it's unanimous, so bring on that nice weather quickly to us in Kansas, Mother Nature!



Weather- Related Closings Sunflower Adult Day Services

Support for the caregiver who has chosen to keep their family member at home is a role Sunflower Adult Day Services is committed to serve. We realize last minute changes to daily plans can be very stressful to the caregiver and can also create confusion for your loved one.

Unfortunately Mother Nature cares naught for our schedules and plans! Due to some extreme January and February weather days we have already closed Sunflower on three occasions in 2014. Be assured Sunflower will only close when it is absolutely necessary for the safety and well- being of our participants, their caregivers, and our staff.

Once the decision has been made to close due to adverse weather conditions, Sunflower Adult Day Services will notify the caregivers of participants scheduled for that day, by telephone or by cell phone texts. Thank you for keeping your contact information updated with us.

Usually, but not always, when the Salina Senior Center closes so too will Sunflower, as our lunches are provided through the Senior Center kitchen.

Keep in mind that the set calendar days of Columbus Day, Veterans Day, Martin Luther King Day, and President's Day, the Senior Center closes. Sunflower stays open these days because we can plan in advance an option for providing the Sunflower lunches.

Thank You for Giving the Gift of Christmas!

**“It’s not how much we give but how much
love we put into giving.”
Mother Teresa**

Thanks to the generosity of our Sunflower participants and staff, a local single mother and her three children had presents to open for Christmas. Identified only as Family #79 by Catholic Charities, the cash donations received by Sunflower were used to purchase clothing and shoe needs for the family.

The purchasing “elves” for Sunflower this year were Brown Mackie College students enrolled in the Occupational Therapy Assistant program. Gift wrapping of the presents was accomplished through team work involving Sunflower participants, staff, and Brown Mackie College students.



**Sunflower participants generously donated
\$305.00 toward gifts of clothing and shoe
needs for Family #79, a Salina family of four.**

A Successful December Partnership

Brown Mackie College instructor Gloria Custer approached Sunflower Adult Day Services last fall with a proposal that Sunflower partner with Brown Mackie in providing some real life “on the job” experience for their Occupational Therapy Assistant students. We scheduled a two week period to do just that in December. Sunflower provided Ms. Custer with a list of a variety of activities that could be developed by the students, and/or projects in which the students could provide assistance. Students were required by the instructor to complete the activity or project of their choice and incorporate a presentation of it, when appropriate, into our Sunflower participants’ schedule. We look forward to future partnership opportunities with BMC.

Christmas Open House

Our annual Family Christmas Open House featured a performance by Sunflower’s Hand Bell Choir. The hand bell performances are a direct result of Sunflower promoting the power of music in the lives of our Sunflower participants. We hope the joy they convey as performers carries over to their audiences. A big thank you to our Sunflower staff who make our hand bell performances possible: Nancy Garrison, Shannon Taylor, Chelsea Madden, Peggy Belk, Valerie Blunt, and Mary McElraith.



Making cookies with Montessori school kids & Brown Mackie Students.



Viewing the MANY nativity sets at Susan Hellmer's home.



Painting ceramic items with BMC students at On The Pot



CAREGIVER SUPPORT MEETINGS

Whether you are simply taking care of your aging parents or caring for loved ones who are sick, one source for help that most people who have gone through the same issues seem to agree on is the help from support groups. When you attend a support group, you get to meet other people who are in similar situations as yourself. You get to understand that you are not alone and the emotional roller coaster that you are going through is normal. Two local support groups we recommend are listed below:

Caregivers Support and Education Group

Meetings are held weekly on Tuesdays at 1:00 pm at the University United Methodist Church, 1509 S. Santa Fe, Salina. (enter thru the east door). Various topics are discussed weekly. For more information call 825-9505.



Salina Area Caregiver Education, Self-Help & Support Group

Meetings are held the first Thursday of every month unless it is a holiday. Time & place is 2:00 pm, Catholic Charities Meeting Room, 425 W. Iron (next to Sunflower Adult Day Services).

Luncheons are held the third Thursday of every month at 11:30 am at various Salina locations. For list of locations & dates check in Sunflower's office.

Meetings & luncheons are open to any adult who is currently or has been a caregiver for an adult no matter what their health situation is.

Ideas Welcomed!

We welcome your ideas for Sunflower activities, outings, tours and lunch destinations. If you know of interesting guest speakers or musical performers who do not charge for their services, please help us connect with them. Stop by the office to share your thoughts with Sara or call her at 823-6666!

Volunteers Needed

Sewing: If you know of someone who would enjoy sharing their sewing talent with us by leading sewing group here at Sunflower once a week, please send them our way to explore the possibilities!

Crocheting: We currently have participant interest in learning to crochet. We're looking for a volunteer who loves to crochet that would teach us the basics once a week.

Assistants: We always welcome the understanding **conversationalist** who enjoys the company of seniors whether visiting with them or serving coffee. We are seeking a **gardener** who would assist us in planting veggies and flowers, and help Sunflower participants care for the plants through the spring and summer.

Thank You!

To all who gifted our Sunflower Staff with cards and/or gifts during the Christmas season, we thank you for your thoughtfulness. It is a privilege to serve our Sunflower participants and their families.

“Perhaps when we face our maker, we will not be asked, 'How many positions did you hold,' but rather, 'How many people did you help?’”

Thomas S. Monson