



ADP WINTER 2013

Here Comes The Cold

Well it felt like a short summer as usual. A few hot spells with high humidity but nothing much to complain about and already we are being hit with frost. Time to dress in layers and dig out the boots, hats and mittens. With cold temperatures comes dry heat indoors and in the car, make sure to moisture your skin several times a day to prevent winter itch and cracking skin.

At this time we wish good luck to our energetic staff member Juni who is embarking on a new adventure with her husband to the North West Territories—talk about cold. Juni is joining her husband as he pursues his career in research. Good luck Juni!

As many of you are aware, subsidy cut backs for City or Hamilton supported clients becomes effective January 1, 2014. Subsidy will be limited to 2 days per week in total for any Adult Day Program attendance. Subsidized clients and their caregivers received a letter in October to advise them and are asked to contact Heidi if they have not done so already to discuss options.

Flu season is approaching, I strongly encourage all members to “get the shot” to help protect them from this serious viral respiratory infection. The “flu” is different from a cold in that it comes on suddenly and you often experience high fever, joint aches and pains and are at risk of developing more serious lung infections. IF you are unwell, have a new cough or the chills—please stay home until you are feeling better to prevent the spread. Drink LOTS of fluids to keep well hydrated as the cough and fever can be very draining.

Keep fit and active—wash your hands and cough in your sleeve!

Overdue Accounts: You are reminded that accounts unpaid at month end (after receiving invoice) are considered overdue. Overdue accounts are subject to placement in the program being put on hold until the FULL amount of the account is paid by certified cheque or cash. Notices are sent by registered mail. Please anticipate your dues based on daily fee and keep your accounts current so that we can continue to safely staff the program. Overdue accounts that are not attended to will be brought to the attention of Collections and potentially the Seniors Support Officer - City of Hamilton police department.



“at Christmas play and make
good cheer....for Christmas



comes but once a year!”

-old English children’s song.

Hello again, everyone ! On behalf of the Day Program staff, I would like take a wee moment to thank you for **all** of **your** support in helping **us** support the UNITED WAY ...your generosity was overwhelming! We made over \$843.70 on our Bake Sale, alone...so oodles of “thank you’s “ to all of you generous bakers and donators that gave your time and sweets . (my hips thank you also!!)

We have a magical month ahead of us, full of Christmas warmth and cheer and we hope to see you all there! We will be starting December off with our **Annual Christmas Party**. It will be held this year on **Tuesday Dec. 3rd** at the **Michelangelo Events & Conference Centre** (in Hamilton....1555 Upper Ottawa Street) from **11am – 3pm**. So make sure you bring your appetite and your jolly selves as we will be having Martin Wall gracing the piano keys and the Smile Theatre performing “GIFT OF THE MAGI”along with raffles, a 50/50 draw , and door prizes galore! If you have not signed up for it yet, please hurry spaces are filling up fast!!! We need to know by Nov.20th so we can arrange Darts for you!

The one and only..... Aiden Purnel will be rock ‘n rolling Christmas - style for us on the 16th and Peter Shaw with his other leg “Reg” will be in on the 17th. Sonny Sinclair will be performing on the 19th , and we will be caroling with Joan Ballentyne on the 20th. We will also be making Christmas cards with Susan and creating Christmas creations with our favourite potter to name a few of our holiday programs. We promise a jolly month full of fun and Christmas cheer, and a few tasty treats along the way! So keep your eyes on your calendars for all of the upcoming holiday programs , as every groups’ programs will be different. .

Our last day will be Monday December 23rd and we will be returning on Thursday January 2nd, 2014..... when we bring in the New Year with Jack Garson !!!

So from all of us, to all of you....” **HAPPY HOLLY -DAYS and GOD BLESS**” and “**may the New Year bring health and happiness and a bit of luck too!**”
love Megh. (group A)

