



Center for *creative* living

Mission Statement

To provide quality affordable day healthcare services to seniors and their caregivers and to prevent premature or unnecessary placement in long term care facilities.

FUN TIMES AT CCL!

The Ides of March came rolling in and produced a very busy month for the Center for Creative Living. The thrill of Saint Patrick was in the air with the colorful and handmade decorations by the participants, as well as the cheerful Saint Patrick's Day Party to celebrate the occasion. CCL saw a number

of volunteers, as the participants entertained students from the University of Kentucky Social Work Program and Communications Program. In addition, CCL welcomed both the Sisters and the Elders from The Church of Latter Day Saints, as well as Lexington Christian Academy who brought both laughter and

joy through the simple game of bingo. The University of Kentucky Physical Therapy program even got our muscles moving with their rigorous exercise program. As always, CCL appreciates working with your loved one and welcomes any suggestions to continue in the most optimal care.

NURSES' NOTES TO CAREGIVERS

Tornado safety:

At home, have a family plan in place, based on the kind of dwelling you live in. Know where you can take shelter in a matter of seconds, and practice a family tornado drill at least once a year. Have a pre-determined place to meet after a disaster. Flying debris is the greatest danger in tornadoes; store protective coverings (e.g., mattress, sleeping bags, thick blankets, etc) in or next to

your shelter space, ready to use on a few seconds notice. In your basement— avoid windows. Go to the basement and get under some kind of sturdy protections (heavy table or work bench), or cover yourself with a mattress. In an apartment, once again avoid windows. Go to the lowest floor, into a small center room (like a bathroom or closet). When a tornado watch is issued,

think about the drill and check to make sure all your safety supplies are handy. Turn on local TV, radio or NOAA Weather Radio and stay alert for warnings.

CONTRIBUTIONS

Older Persons Alternative Living (OPAL) is a non-profit organization. OPAL's mission is to provide scholarships for those who are unable to pay the cost of attending our program and to assist CCL with program needs. The program exists

through donations from the community and needs your help spreading the word. People are encouraged to help support the program. Please consider giving a charitable contribution to support our mission. Your financial donations enable

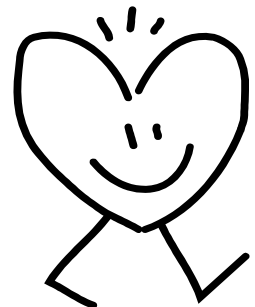
us to discount fees for those in need.

Call Karen Hailey, to discuss your donation wishes at (859) 277-3855.

APRIL 2011

DATES TO REMEMBER

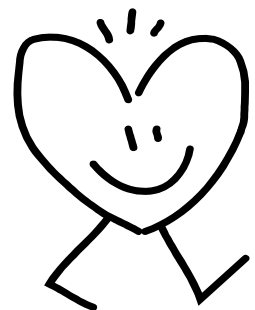
- APRIL FOOLS DAY- APRIL 1
- EARTH DAY- APRIL 22
- EASTER- APRIL 24
- ADMINISTRATIVE PROFESSIONALS DAY- APRIL 27



Be Informed-

Know the natural or manmade disasters that might happen in your area.

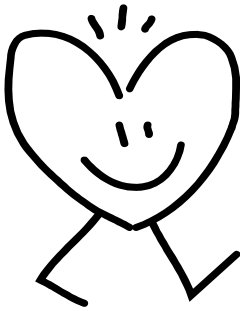
Know the location of the fire departments, police stations, and hospitals in your area. -KDPCP



Be Informed-

Learn your community's warning signals.

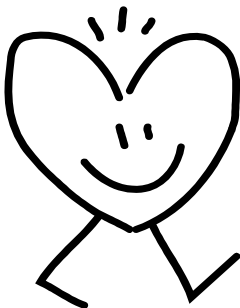
Post emergency phone numbers near all phones. -KDPCP



Take Safety Measures-

Know the location of water/gas/electricity shut-offs.

Be sure to have smoke and/or carbon monoxide detectors and test them monthly.
-KDPCP



Take Safety Measures-

Identify family meeting places within and outside the neighborhood. Include escape routes, two ways out of every room in your house and two ways out of your neighborhood.

Organize and practice family drills.
-KDPCP

INFORMATION FOR CAREGIVERS

This month CCL will be attending the all-day, annual United Way Day at Keeneland. A day full of horseracing, food, fun, and fellowship will begin on April 27th. The cost per participant will be \$15.00 which covers one ticket, food, and a horse racing program. Please remember that the \$15.00 cash will need to be turned into Anne at CCL no later

than April 20th. If you would prefer your loved one not to attend the field trip, please be aware that other arrangements will need to be made for Wednesday, April 27th. If caregivers are interested, please feel free to join us. CCL will be sitting in the third floor of the main building, right next to the windows. See you at the races!



VOLUNTEER OPPORTUNITIES

CCL would like to invite you to become a volunteer at our center. Volunteers help to assist participants when they arrive at the center, with morning sing along, exercises, lunch time and activities. Other ways that volunteers' help the participants would be with nail

care (filing and polishing), work one-on-one, special outings (i.e. fieldtrips by pushing a wheelchair) and to help straighten the recreation room after activities, parties and snacks. If you are interested please contact Anne Redmon, (859) 277-3855 with any questions.



Volunteer Services

PREPARING FOR A DISASTER

Spring comes in like a lion in Kentucky, sometimes bringing severe weather. The experiences of disasters around the world all tell us: **BE PREPARED**. This month you will find a suggestion for an emergency essential supplies storage for your home. We suggest you obtain a large waterproof container with a lid, like a new garbage can. The list shows you what supplies to put in it. Start with what you have on hand, and every month, add an item or two, with the idea that these have to have long

storage life, like canned foods, bottled water, and long-life batteries. Keep a three-day supply of medicines each person takes in the storage, and change them out once a month, so you always have fresh medicines stored. Keep your supply in an area where you would go in an emergency, like the basement, or first-floor interior closet. If we really have an emergency, like a tornado, or earthquake, you will be glad you got these supplies ready.

Plan how to stay in contact if separated:

- E-mails and phone numbers of each family member
- Phone numbers of out-of-town relative or friend for each family member to contact
- Be sure everyone carries coins, a cell phone or a prepaid phone card

-KDPCP



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CENTER FOR CREATIVE LIVING

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We're on the web!
www.lexingtonhealthdepartment.org

The Center for Creative Living (CCL) is a program of services provided under health leadership in an ambulatory care setting for adults who do not require 24-hour institutional care and yet, due to physical, mental or social impairment, are not capable of full-time independent living.

Participants in the day care program are referred by their attending physician or by some other appropriate source such as an institutional discharge planning program, a welfare agency, home health agency, the family or neighbor. The essential elements of a day care program are directed toward meeting the health maintenance and restoration needs of participants. The socialization element in the program which helps to overcome the isolation, so often associated with illness in the aged and disabled, is considered vital for the purpose of fostering and maintaining the maximum possible state of health and well-being.

GREEK EASTER— SOUTHERN LIVING

Feta Spread

Prep Time: 10 minutes
Other Time: 2 hours
Yield: Makes 1 cup

Ingredients

- 8 ounces crumbled feta cheese
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- 1 teaspoon finely chopped pepperoncini salad peppers
- 1 teaspoon minced garlic
- 1 teaspoon chopped fresh oregano
- 1/4 to 1/2 tsp. dried crushed red pepper
- 1/8 teaspoon black pepper
- Garnishes: dried crushed red pepper, olive oil

Preparation

Pulse feta cheese, 2 Tbsp. olive oil, lemon juice, pepperoncini salad peppers, garlic, oregano, 1/4 to 1/2 tsp. dried crushed red pepper, and black pepper in a food processor 6 to 8 times or until combined, stopping to scrape down sides. Cover and chill 2 hours before serving. Store in refrigerator up to 3 days. Serve with crostini or pita chips. Garnish with dried crushed red pepper and olive oil, if desired.

Roasted Lamb

Prep Time: 20 minutes
Other Time: 2 hours, 10 minutes
Yield: Makes 8 servings

Ingredients

- 1 (5-lb.) boneless leg of lamb
- 2 lemons, halved and divided
- 1/4 cup chopped fresh oregano
- 2 1/2 teaspoons salt
- 2 teaspoons pepper
- Kitchen string
- 1 garlic bulb, unpeeled
- 1/4 cup olive oil
- 1 cup low-sodium chicken broth
- Garnishes: roasted garlic cloves, baby carrots, radishes, lettuce leaves

Preparation

Preheat oven to 350°. Unroll lamb, if necessary. Rub 1 lemon half on all sides of lamb, squeezing juice from lemon. Stir together oregano, salt, and pepper; rub on lamb. Roll up lamb, and tie with kitchen string. Place lamb on a lightly greased rack in a roasting pan. Separate garlic cloves (do not peel), and place around roast. Drizzle olive oil over lamb and garlic cloves. Squeeze juice from remaining 1 1/2 lemons into a bowl. Stir together juice and chicken broth; pour into roasting pan. Bake at 350° for 2 hours to 2 hours and 15 minutes or until a meat thermometer inserted into thickest portion registers 140° (medium) or to desired degree of doneness. Remove lamb from pan; cover with aluminum foil, and let stand 10 minutes before slicing. Garnish, if desired.

Oregano Green Beans

Prep Time: 27 minutes
Other Time: 15 minutes
Yield: Makes 8 servings

Ingredients

- 2 cups chopped onion
- 2 tablespoons olive oil
- 1 garlic clove, minced
- 1 pound fresh green beans, trimmed
- 1 (14 1/2-oz.) can diced tomatoes, drained
- 1/2 cup vegetable or low-sodium chicken broth
- 1 tablespoon chopped fresh oregano
- 1 tablespoon chopped fresh parsley
- 3/4 teaspoon salt
- 1/2 teaspoon pepper
- 1 tablespoon fresh lemon juice
- 1/2 cup crumbled feta cheese

Preparation

Sauté onion in hot oil in a Dutch oven over medium heat 8 minutes or until tender. Add garlic; cook, stirring often, 4 minutes or until garlic is tender and golden brown. Add beans and next 6 ingredients; bring to a boil. Reduce heat to low; cover and simmer 10 minutes or until beans are tender. Stir in lemon juice and sprinkle with feta.

APRIL CALENDAR OF ACTIVITIES

**Happy Birthday
Wishes!**

- Twila E. -
April 16
- Lillian J. -
April 17
- Edith G. -
April 25



Notes:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Sun Catcher Craft
4 Easter Collage	5 Pokeno	6 Fuzzy Bunny Craft	7 Spring Chick Plant Stake	8 Bingo
11 Umbrella Craft	12 Bridge-O	13 UK Physical Therapy Stu- dents Exercise Program	14 Bingo	15 Pokeno
18 Swan Craft	19 Bingo with Lexington Christian Academy	20 Table Games	21 Easter Egg Craft	22 Earth Day Craft
25 Movie Day	26 Bingo	27 United Way Day at Keeneland: Field Trip	28 Spa and Billiards Day	29 Yahtzee