

"Mixin' It Up with Senior Access"



WELCOME to *The Mixer*, our new publication. We'll bring you stories from Senior Access, interesting information, staff profiles and more! We hope it's helpful, we hope it's enjoyable, and we hope it's as much fun as a day at Senior Access.

HAVING A GOOD TIME



"We had so much fun, we wish we could do this every week!"

In addition to providing respite with the Adult Day Program and Outing Club, we ♥ caregivers with cool workshops. Beverley Bender, noted gerontologist and humorist, entertained us with her special brand of humor. What could be funnier than comical hats, clown noses, and blowing bubbles? "Sharing the Gift of Laughter" engaged, enriched and everyone enjoyed. *(Support for the workshop was provided by the Marin County Division of Aging and Adult Services.)*

*What did one raspberry say to the other?
If you weren't so fresh, you wouldn't be in a jam!*

 Senior Access
ADULT DAY SERVICES

70 Skyview Terrace
San Rafael, CA 94903

Senior Access
and the Mt. Tam Quilt Guild
invite you to celebrate
a quilt of shared stories

Journeys: Celebrating Who We Are

Wednesday, August 19
5:00 PM—6:30 PM

RSVP by August 10
to Mimi Schreiber
at 415-491-2500, ext. 19
mschreiber@senioraccess.org

Engage. Enrich. Enjoy.



TAMMY THE SLEEPING MAIDEN



Lou Lee and Marcella add their magic touch



Peter, Penny and Alvin do their part

Tammy, the Sleeping Maiden, is a mosaic created by the clients of the Senior Access day program with assistance from local artist, Pattie Grey. Mosaic art projects improve manual dexterity, foster independence, encourage decision making, stimulate creativity and improve eye-hand coordination. This project is generously funded by the Marin Arts Council and the Crescent Porter Hale Foundation. Tammy, the Sleeping Maiden, now resides in our outdoor garden along with a lovely birdbath and mosaic flower pots.

Did You Know?

By 2010, there will be an estimated 20,000 people caring for another adult in Marin County.



Senior Access website — www.senioraccess.org



WE HEARD YOU ASK FOR . . . DROP IN CARE!

We're pleased to announce we now offer drop-in care for those times when you need a few hours to take care of business, have an unexpected appointment, or even a spontaneous lunch with a friend.

Here's how it works:

- ♥ Drop-in care is available on a first-come first-serve basis.
- ♥ You can call to arrange for drop-in care anytime — the sooner the better.
- ♥ We always maintain a strict staffing ratio — once we're full, we're full.
- ♥ Your family member will need a bag lunch if he/she is here during lunch time.

The cost for drop-in care is \$30 an hour with a two-hour minimum or \$95 for the day.

And remember:

- ♥ You **MUST** call first to be sure that we have space available.
- ♥ You **MUST** be a client of Senior Access. (It's easy to become a client, just call **Kerstin Bandner** at **415-491-2500, ext.13** for an intake interview. There is a one-time assessment fee at the time of enrollment.)

To schedule drop-in care, call **Heidi** (everyone's favorite coordinator) at **415-491-2500, ext.10**.

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