



"Ka Leo O Adult Day Wellness"

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November 2008

Client of the Month

We are pleased to announce that our *Client of the Month is Thelma Ching*. Thelma has been an active participant in our program for three years. Thelma currently lives in Kailua with her daughter, Barbara, but was born in Honolulu and grew up in the Palama area. She attended Kaiulani Elementary School but did not have a chance to attend high school because she stayed home to help with the household and taking care of her family. Thelma has two daughters (Barbara and Mary Ann) and three granddaughters (Jennifer, Joanna and Christy). Thelma worked at Dole Cannery as a ginaca machine operator. She later became the head housekeeper at the Reef Hotel. After retirement, Thelma helped to baby sit all of her granddaughters.



Her past hobbies have been traveling to Las Vegas with her late husband Chew Chong, attending sporting events with him, crocheting, playing solitaire and Mah-jong. Currently, Thelma enjoys watching Korean TV dramas, going to Kalihi Union Church and participating in Women's Sunday School and the Joy Fellowship for Seniors at her church. Thelma enjoys coming to the ADW program

2008 ADW Holidays & Closures

New Year's	01/01
President's Day	02/18
Kuhio Day	03/26
Memorial Day	05/26
Kamehameha Day	06/11
Independence Day	07/04
Admission's Day	08/15
Labor Day	09/01
Veteran's Day	11/11
Thanksgiving	11/27
Annual ANRC Xmas Party	12/05
Christmas	12/25

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Excursions

- * Movie Excursion (Beverly Hills Chihuahua) 11/03
- * Japanese Cultural Center Hawaii 11/04 & 11/18
- * Island Cruise 11/10, 11/24 & 11/25
- * Movie Excursion (Madagascar 2) 11/17



Dehydration with the Elderly



Over the past decade the numbers of seniors traveling have increased due to the "baby boomers". Caregivers, be they the family or friends, are discovering a whole new area of concern - that of traveling with an elderly friend or relative. But with a little planning and a bit of research you should have no fear scheduling that cruise or setting up that plane trip for you and your family.

The first stop before you even start making reser-

vations should be with the senior's physician. Many do not take the time to check with their doctor's before a trip and end up finding out at the airport they are unable to fly due to medical restrictions.

Air pressure, Air quality, Dehydration and Immobility are the four major concerns of air travel. Air pressure can cause ears and sinuses to become painful. Even tooth decay can become a problem. Try taking Tylenol before a flight.

Air quality can be poor as the air conditioning frequently "recycles the air inside the cabin which can spread bacteria and cause minor colds.

A common problem of all flights is dehydration. Try carrying on bottled water to drink on the flight.

Immobility can lead to swollen feet, aching joints and muscles and stomach pain from indigestion. Try to keep moving throughout the flight.

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*Mission - To enhance the quality of life
by providing a structured and
therapeutic environment promoting
overall wellness.*

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Recipe of the Month Cherry Nut Rugelach



Ingredients:

1 c. Dried Cherries and/or Apricots, finely snipped	1/2 C. Finely Chopped walnuts
1/4 C. Sugar	1 C. Butter
1/4 C. Water	1 3-ounce package cream cheese, softened
2 tsp. Kirsch (optional)	

Directions:

For filling, combine dried fruit in the 1/4 cups sugar and water in a small saucepan. Bring to boil, reduce heat and simmer uncovered for 5 minutes or until thickened, stirring occasionally. Remove from heat and stir in Kirsch, if desired; cool. Stir in walnuts.

For pastry, beat butter and cream chesses in a medium bowl with an electric mixer on medium until mixed. Add flour and 2tbsp. Sugar. Beat on low speed until crumbly then knead until a dough forms. Divide dough into thirds.

Roll 1/3 of the dough on a lightly floured surface into a 9 inch circle. Spread the dough with 1/3 of the cooled filling. Cut the circle into 12 wedge-shaped pieces. Beginning at the wide end of each wedge, roll up the dough. Place cookies, tip side down about 2 inch's apart on a greased cookie sheet. Repeat with remaining dough and filling. Brush each cookie with some milk and, if desired, sprinkle with sugar.

Bake in a 350 degree F oven for 15 minutes or till golden brown. Cool on wire Rack. Makes 36 cookies

Pacific Aviation Museum Excursion

