



# ESSENTIALS

NEWSLETTER of ESSE Adult Day Services

## Mission Statement

*"To provide adult care options that promote the physical, emotional and spiritual well-being of older adults and their families."*

Arden Courts of Glen Ellyn & ESSE Adult Day Services present:

## An Update on Alzheimer's Disease

Tuesday • June 23, 2009

St. Paul Lutheran Church  
515 S. Wheaton Ave., Wheaton

**6:30-7:00 pm Refreshments**  
**7:00-8:00 pm Presentation**  
*(Complimentary refreshments will be provided by Pfizer)*

Join us for this special presentation featuring **John Saran, M.D., F.A.C.P.** Dr. Saran is board certified in both Internal and Geriatric Medicines. He is an active staff member of MDVIP, Personalized Healthcare at Edward Hospital in Naperville and is a member of the American Geriatric Society and the American Society of Internal Medicine. During this program, Dr. Saran will discuss:

- The history and overview of Alzheimer's disease
- Treatment options for Alzheimer's disease
- Current research

Seating is limited, so make your reservation early. Adult Day Care service will be provided by qualified staff of ESSE. Please call (630) 260-3773 to place your reservation.

Please enter through the back parking lot entrance. Signs will be posted.

## From the Director's Desk



*ESSE celebrates along with 14 local charities!*

We are very grateful to Michelle Senatore, President of the West Suburban Foundation for Disabled Veterans, Mike Benard Executive Director of The Wheaton Park District and their committee who were responsible for Wheaton's Sesquicentennial Gala held at Arrowhead Golf Club in Wheaton. More than 400 people attended the celebration raising over **\$150,000 for 15 local charities!** ESSE was presented with a check for **\$12,500** at Wheaton City Hall on March 25th!

**Commemorative cookbooks** are being sold at Arrowhead's Pro Shop, The DuPage Historical Museum and at the ESSE center in Wheaton which will also benefit the charities.

*We are very grateful to the following Foundations for the generous GRANTS!*

**The DuPage County Human Services Grant Fund** generously awarded ESSE a \$6,000 grant to assist us with nursing salaries.

**The DuPage Community Foundation** granted us \$5,400 to assist with transportation costs.

**The Mulholland Family Fund**—a donor advised fund of The DuPage Community Foundation generously awarded us \$2,000.

**The BP Foundation** granted us funds to assist with transportation for clients.

**United Way of DuPage County** and **United Way of Chicago Local Combined Campaign** continue to support our three centers.

ESSE is blessed with the ongoing support of **Mr. & Mrs. Jose Catrejon** who made a very generous contribution with matching funds from Mr. Catrejon's employer **Goldman, Sachs & Co.**

We also appreciate the support of: **The Presbyterian Women of Wheaton, United Methodist Women, ConAgra Foods, JD Norman Industries-Vista, The Wheaton Kiwanis Club, The Glen Ellyn Kiwanis, The Wheaton Junior Women's Club, and The Glen Ellyn Rotary.**

*Cathy Davit*  
Executive Director

## ALZHEIMER'S DISEASE CAREGIVER STUDY AT RUSH UNIVERSITY MEDICAL CENTER

The purpose of this study is to increase caregiver's skill in caring for their relative and help family caregivers promote their own health. The study involves a 19 month skill-building and health promotion program including home visits and regular telephone calls. Qualifications for the study are:

- Age 40 or older
- Caring for a family member with Alzheimer's disease.
- Providing at least 10 hours of care each week for at least 6 months
- Willing to engage in behaviors that promote your own health
- Willing to learn new caregiving skills
- Free of any medical condition or disorder that would interfere with the study

For more information contact **Caryn Etkin, PhD, MPH Project Manager**  
312-942-5242 or [caryn\\_etkin@rush.edu](mailto:caryn_etkin@rush.edu)

# 12th Annual Pancake Breakfast Donors

Our 12th Annual Pancake Breakfast Fundraiser was very successful with over 750 in attendance. We are grateful to our generous donors, volunteers and everyone that attended our event! We attribute our successful raffle to **Bill Anderson**, who was responsible for soliciting the majority of our donations from local merchants!

## SPONSORS

Butterfield's Pancake House • Brighton Gardens of Wheaton • Thrivent Financial for Lutherans

## DONORS

Addus Healthcare, Tom Eustace	California Pizza Kitchen	Einstein Bagels	Jayson, John & Elaine	My Sister's Quilt Shop	St. Paul Labor of Love Quilters
Adelle's	Camp Cosmetics	Embassy Suites Hotel	Jazz Salon	National City Bank of Glen Ellyn	Starbucks at Dominick's Danada East
Alden of Waterford	Carlson True Value Hardware	Enright, Jeanne	Jewel-Osco	Nelson, Russ & Doris	Stein, Dorothy
Alfie's Inn	Carlson's of Downers Grove	Evans, Lois	Jimmy John's	Nixon, J. L.	Stellwagen, Emalee
Alden/Waterford, Pat Powers	Castrejon, Jose & Maria	Every Day's a Sundae	Jimmy's Grill	Norgard, Patricia	Stir Crazy
Always There Resources, Inc.	CD One Price Cleaners	Fagan, Deborah	Johnson, Carolyn	Norlyn Egbert	String Theory Yarn Company
Amlings	Cellar Door	Family Pharmacy, Nancy Thomas	Karmis Carpets & Rugs	Orton, Donald & Mary Ellen	Suburban Bank & Trust
Amstutz, Dr. Donna	Center Staj Hair Productions	Flat Top Grill	Katy's Boutique	Outback Steak House	Suzette's Creperie
Anderson, Bill	Charlies Ale House	Fleurima, Lara	Kazmierczak, Philip & Susan	P.L. Linneweh	Table Clothes
Arden Courts of Glen Ellyn	Chicago Bulls	Foley, Dawn	KB Nails Talk, Inc.	Panache	Taco Fresco
Arrowhead Golf Club	Chicago Fire Soccer	Formento Interiors, Ltd.	Keane, John & Barbara	Panagakos, Straiti	Tap House Grill
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Barking Lot	Chicks'n Salsa	Frey, John	Kocanda, Juanita	Pearl Vision	Tate's Ice Cream
Barry, Nancie	Chili's	Gara, Susan	Kraft, Carol	Peckhart, Rita	Taylor's Five Corners Florist
Barwig, Alvin & Mary	Chiro One	Garlinger, Donald & Barbara	Kreymeyer, Arthur	Peppercorn's Restaurant	Ten Thousand Villages
Bath & Body Works	City Club	Geyer, Phyllis	La Mode Salon	Philpott, James & Kathleen	Terkovich, Patti
BD's Mongolian Grill	Claim Jumper	GFS Marketplace	La Playa Cantina	Pilkington, Donna & Barry	Thonn, Ray & Janet
Beck, Houlihan & Scott, PC	Clarice's Salon and Spa	Giordano's	Labor of Love Quilters	Pompei Bakery	Thrivent Financial for Lutherans
Beck, Nancy & Joseph Belmont Village	Clarke, James & Kathy	Glen Oak Restaurant	Laman Marketing	Potanos, John	Tivoli Bowl
Benjamin Moore	Classic Cinemas	Glen Prairie Restaurant	Lampugnano, Marilyn	Potbelly Sandwich Works	Trader Joe's Company
Bernard, Michael of Arrowhead Golf Club	Clean Coffee & Smoothies	Goldman, Sachs Matching	Lederman's Wheaton Nursery	Rae, Georgia	Truitt, Nat
Berry, Don & Gracia	Community Bank	Graham's Chocolates	Leonard, Andy	Rahtjen, Kathy	U.S. Martial Arts Academy
Bike Shop of Glen Ellyn	Copple, Jerri	Green Branch of Glen Ellyn	Leslie Car Wash	Rand McNally	Ursin, Don & Joyce
Bolin, Catherine	Corner Bakery	Gresk, Michael, Mayor of Wheaton	Lewek Photography	Red Apple Pancake House	Val's Sunny Shears
Bookstore	Cosmos Beauty Bar	Griffin Leininger of Suburban Bank, GE	Lexington Square	Reed, Ellen	Vars, Inc.
Bowes, Ronald	Costco	Haqardwick, Julie, Andy, Leonard	Lost Mountain Golf	Rejuvenation Therapeutic Massage	Victory Gardens Theater
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Brand, Lorrie	D'Abar Builders, Tom Barry	HairInk Salon	Love, Verla	Riggio, Helen	Vogel, Randy & Dene
Breseman, Toni	Dairy Queen of Glen Ellyn	Haist, James & Gaye	Macaroni Grill	Roehrig, Randy & Corrina	Warm Up America Women's Group
Brighton Gardens of Wheaton	Danbys Station	Harms, David & Virginia	Manbeck, Maurice	Salerno, Joseph	Wheaton Park District
Brookfield Zoo	Dancing Lights, Inc.	Heaton, Ben & Lois	Manhattan's	Schmid Pharmacy	Wheaton Religious Gift & Church Supply
Brunswick Zone	Dave & Buster's	Herbold Family	Marinella's	Schmidt, Amy & Michael	Wheaton, Ltd. Fine Jewelers
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Buffalo Wild Wings	Dennis James Beck, DDS	Hill, S. E.	Masses, George & Linda	Seven Dwarf's Restaurant	Wine Styles
Buonavita, Maryann	Different Drummer Hypnosis	Hilton Lisle/Naperville	Massage Envy	Shelton, Ethel	Wyndham Drake
Burchette, Toni & Bob	Dominick's of Carol Stream	Ho-Chunk Casino	McAninch Arts Center	Siemsen, Pamela	Oak Brook
Burkhardt, Robert & Linda	Dominick's of Danada	Holes, Charlene	McCawley, Tip	Simply Beautiful Day Spa	Young's Appliances
Butterfield's Pancake House	Double Tree Suites	Holiday Inn	McDonald's	Smith, George & Grace	Zanies Comedy Nite Club
Butterfly Turtle Gallery	Douglas-Main Pharmacy	Hollywood Casino-Aurora, Inc	McGuan, Susan	Soukup's True Value Hardware	ZaZa's
C.S. Family Pharmacy, Inc.	Downers Grove National Bank	Honey Cafe	Meadows of Glen Ellyn	Sport Clips	
Cabernet & Company	DuPage Framing Center	Hotel Arista	Michael's Pizzeria	St. Andrews Golf & Country Club, Nick Riggio	
	Edible Arrangements	Houlihan's	Midwest Cyclery		
	Edward Jones	House of Graphics	Minix, Carol		
	Egg'Lectic Cafe	Hyatt Lisle	Miroballi Shoes		
		It's Our Earth, Inc.	Mitchell Christopher Salon		
			Mitter, Frank		
			Monaco, Jennifer & Chris		
			Monarch Landing		
			Morton Arboretum		
			Mullen's Bar & Grill		

