

TOGETHER QUARTERLY

WHERE BETTER DAYS BLOSSOM.

July - September 2008

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Maya Angelou quoted, “I've learned that you shouldn't go through life with a catchers mitt on both hands. You need to be able to throw something back.”

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We have been blessed. A year ago, we received a volunteer from the Senior Companion Program. Her name is Dorothy Clevinger (Dot as she is known around the center) and life at the center has never been the same. When she first started working with us, she picked up the routine very easily and helped out in all areas of the program. As she spent more time with us, she figured out where her talents were needed the most. Before lunch you can find her in the kitchen helping Lachelle (our cook) prepare lunch. During program time you will find her running small group activities. This is where her real talent shines through. The clients love Dot. She has them working on puzzles and craft projects, beading and making jewelry and sitting outside on the patio. She spends one on one time with many of them, which they all enjoy the attention tremendously. Dot resides in Royersford. She was a registered nurse for 50 years. When she is not helping out at the center, she is a devoted grandmother to her four grandchildren. She has three granddaughters and one grandson. Dot is



Dot with client Elaine

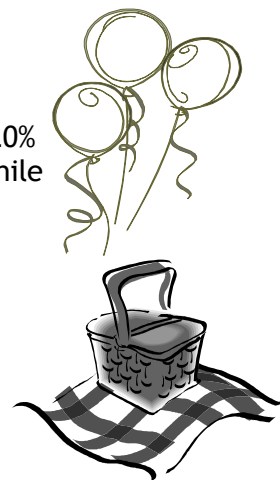
originally from Roxborough, Pennsylvania. In her spare time she enjoys putting giant puzzles together, sewing, knitting and crocheting. Her favorite activities is fishing from a boat. Dot also shared with me that one of her biggest joys in life is “helping others.” And we certainly benefit from that.

National Adult Day Care Week September 21-27, 2008

Each year in September we celebrate “Adult Day Care.” Programs all across the country will be celebrating in hopes of bringing attention to the services that Adult Day Care can offer and the needs that our services can fill. We will be hosting an “indoor” picnic along with other festivities during this special week. Look for your invitations in the mail.

The most recent nationwide survey of adult day centers confirmed over 3,400 centers operating in the United States provide care for 150,000 care recipients each day. ¹

- Thirty-five percent of the adult day center care recipients live with an adult child, 20% with a spouse, 18% in an institutional setting, 13% with parents or other relatives, while 11% live alone. ¹
- Fifty-two percent of the adult day center care recipients using adult day services centers nationwide have some cognitive impairment. ¹
- Daily fees for adult day services vary depending upon the services provided. The national average rate for adult day centers is \$61 per day (includes 8-10 hours on average) compared to an average rate for home health aides of \$19 per hour. ²
- The average capacity of adult day centers is 40. ²
- The average adult day center care recipient to staff ratio is 6:1. ²



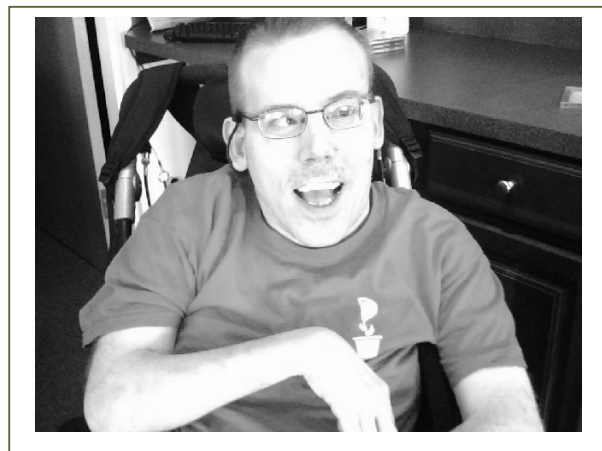
Sources:

¹ National Study of Adult Day Services, 2001-2002. Winston-Salem, North Carolina: Partners in Caregiving: The Adult Day Services Program, Wake Forest University School of Medicine, 2002.

² The MetLife Market Survey of Adult Day Services & Home Care Costs, MetLife Mature Market Institute®, in conjunction with LifePlans, Inc., www.MatureMarketInstitute.com, September 2007.

Sunflower Meadows Client Spotlight

Robert G., or Rob as his friends know him at the center,, just celebrated his 50th birthday on June 14th with a big birthday celebration at his house in Colledgeville. Rob had a picnic at his house and celebrated with friends and family. One of his presents that he received was a movie camera. He can't wait to begin using the camera. Rob has two parakeets, Alberta and Tweety, that keep him company on the weekends and in the evening. Rock-n-roll is Rob's favorite music and he loves to sing. He enjoys watching *Leave it to Beaver* and *Star Trek* when he has the opportunity. One of the things he enjoys most about coming to the center is seeing his friends. His favorite activities at Bon Homie are bingo and craft projects.



Rob always has a smile on his face. He greets clients and staff everyday by name. You can usually catch Rob singing early in the morning as you come in.

Massage Therapy could be a service available to you. We would like to begin offering Massage Therapy at the center.

Benefits of massage are numerous:

- Relieves Stress
- Promotes Relaxation
- Promotes better circulation
- Improves overall bodily functions
- Increases self-esteem
- Relieves pain
- Restores range of motion
- Reduces feelings of isolation

Massage helps reduce high blood pressure, stroke patients, circulatory disease and patients suffering from Parkinson's, MS, Alzheimer's, sleep disorders, emphysema, joint replacement, amputation and arthritis.

Evelyn Riehl is a Nationally Certified Massage Therapist who specializes in Special Needs and Geriatric Massage. Clients could see her weekly, bi-monthly, monthly; scheduling will suit the client's wants and needs. We did send out forms along with a brochure to each clients home. If you are interested in this service please send your completed form back to us so we can get started. If you need a form to complete, contact the center.

**Certified in
Special Needs
And
Geriatric Massage.**

Sandpiper Haven Client Spotlight

Ricky has been coming to our center for ten years. He first began attending our program when he lived in North Coventry with his mother. He has since moved to Spring City and lives with other roommates. Ricky is very pleasant and social. He enjoys being around others, he smiles when you speak to him. Ricky likes to be involved in activity but does need support from staff in doing so. Some of his favorite activities include playing ball, looking at books and people watching.

Ricky is always quick to smile.



Welcome new clients: We're glad you're here.

David D., Kristin Y., Caroline G. and Lester H.

Welcome Back: We missed you!

Donald L. and Otto F.



Birthday Celebrations

July-

- 7/2 Willie L.
- 7/6 Mary M.
- 7/7 Nina R.
- 7/9 Hubert L.
- 7/14 Melanie W.
- 7/16 Deborah F.
- 7/20 Leona F.
- 7/26 Leona N.

August -

- 8/4 Nicole C.
- 8/4 Pennie P
- 8/14 Raymond A.



September-

- 9/6 Marge H.
- 9/10 Peggy H.
- 9/14 Laura P.

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We're on the Web!

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