

Spring 2007

HOW TO TALK TO YOUR
SENIOR PARENTS ABOUT
REALLY IMPORTANT
THINGS

The way you talk to your aging parents is as important as what you say. Keep the following ideas in mind:

Honor your Parent's
Adulthood

Your parent needs to maintain his personal dignity. Don't talk to him like a child no matter how helpless he appears.

Don't Be Demeaning

As long as your parents are mentally able to make realistic decisions, their wishes must be honored.

Don't Assume You Know
Your Parent's Wishes

Your parent may surprise you when you ask them what they want, so don't assume you already know their wishes.

Share Ideas;

Don't Dictate

Scolding, finger waving, lecture and arguments are counterproductive.

Be Patient and Calm

Easier said than done at times, but communicating with an elderly person means you may have to repeat and clarify due to possible difficulties hearing and remembering.

Taken from "How to Talk to Your Senior Parents About Really Important Things" by DiGeronimo, Theresa Foy, M. Ed., 2001.



Editor: Cheri Maul

Daily Living Centers

DAILY LIVING CENTERS RECEIVES TWO AWARDS FOR EXCELLENCE!

Daily Living Centers, along with Oklahoma City Housing Authority and Baptist Village Retirement Communities, is pleased to announce the honor of receiving an Excellence in Leading Edge Care and Services Award from OKA-HSA, the Oklahoma Association of Housing and Services for the Aging.

The DLC, working in collaboration with Oklahoma City Housing Authority and Baptist Village Retirement Communities, established the Jeltz Daily Living Center in the Jeltz Senior Housing facility.

Having an Adult Day Health Care facility in a Senior Housing Facility

is an innovative, first of its kind program in the State of Oklahoma!

If you haven't visited the Jeltz facility, feel free to stop in any time at 1225 N. Kate between the hours of 8:00am to 4:30pm, M-F to take a look.



Receiving the awards l-r: (Front row): Becky Horway, Baptist Village Retirement Community; Barbie Baker, OKC Housing Authority; Bill Pierce, Baptist Village Retirement Community; Bill Weaver, Daily Living Centers. (Back row): Mark Gillette, OKC Housing Authority; Kelly Dorough, Baptist Village Retirement Community; Bob Hall, Daily Living Centers.

Oklahoma Nonprofits Excellence (ONE) Awards were presented recently to nine nonprofit organization winners in nine different categories at a formal dinner in Tulsa. Addressing the crowd of 350 was Honorary Chair of the 2008 ONE Awards, First Lady Kim Henry, accompanied by Governor Brad Henry. Out of 18,000 nonprofits in the state of Oklahoma, 112 organizations nominated and 27 finalists, Daily Living Centers was designated the winner in the Senior category. Honorees do not apply for the awards, but are nominated and selected by the ONE Awards Selection Committee as one of the three best among all similar nonprofits worthy of receiving this statewide acknowledgement of excellence in the nonprofit community. Additionally, each of the nine winners was awarded \$7,500. The ONE Awards is sponsored by the Oklahoma Center for Nonprofits.



Donna Bowers, DLC, and Doug Gibson, Boys and Girls Clubs, accepting awards.

Daily Living Centers

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DLC Wish List

- Wii games
- White bath towels
- White washcloths
- White bed sheets
(twin size)
- Lysol/Clorox wipes
- Sugar free cookies
- White tube socks
- Kleenex
- Sweat pants

ARE YOU A CAREGIVER AND ALL STRESSED OUT?

Don't be like this guy!



1. Ask for help! Ask for specific things—grocery shopping, laundry, etc. No one can do this alone!
2. Smile. How often we all forget to do this and how it can lift our spirits.
3. Call someone who makes you feel good even if you haven't heard from them in a long time.

THANKS TO OCCC NURSING STUDENTS!

Nursing students from OCCC joined us at the Mayfair Center one day in March to have FUN with the participants!!

Vera W. and Mary C. getting settled in the arts and crafts area, with help from a student.



The students helped with Bingo.



Glenn H. and Brett B. at Bingo, with a helper.



Marguerite S. and a young friend.

They also talked with the participants one on one, making everyone's day a little brighter.



Barney E., with a couple of the young ladies.



CAREGIVER CORNER

What's in the news...

100,000 Oklahomans may have Alzheimer's by 2030

Oklahoma may have as many as 100,000 people with Alzheimer's disease 22 years from now, according to new data.

According to the "2008 Alzheimer's Disease Facts and Figures" report, one in eight baby boomers, or those born between 1946 and 1964, will have the disease. The Alzheimer's Association calls the growth an "emerging epidemic" for those who'll have the disease and for their caregivers.

"The report shows the tremendous impact this disease is having in Oklahoma and nationwide. With 70,000 people with Alzheimer's living in Oklahoma today, and with that prevalence expected to grow to almost 100,000 by 2030, now is the time to develop an effective blueprint to deal with this disease, Mark Fried, regional director of the Central Oklahoma Alzheimer's Association, said.

The Oklahoma chapter is sup-

porting more research dollars to fight Alzheimer's which currently has no effective disease-modifying treatments, Fried said.

The local association supports legislation calling for a state government-mandated task force to investigate the impact of the disease on Oklahoma now and in the future. Senate Bill 2186 unanimously passed through the Senate and is being considered by the state House Human Services Committee.

Betty Wood, an Oklahoma City Elder Law attorney and Central Oklahoma Alzheimer's Association board member, said 70 percent of Alzheimer's patients are cared for at home by family and friends.

"For every one Alzheimer's patient, there are usually at least three other individuals whose lives are dramatically and adversely impacted by the disease, Wood said.

About 5.2 million Americans live with Alzheimer's disease, the seventh-leading cause of death in the country and the fifth-leading cause of death for those over age 65. Women are nearly twice as likely as men to develop Alzheimer's disease.

There are 112, 708 caregivers providing 97 million hours of unpaid care for a loved one with Alzheimer's or another dementia, according to the report. That care is valued at more than \$1 billion.

Taken from The Journal Record
March 26, 2008

FAMILY CAREGIVER PEN PAL PROGRAM



NFCA or the National Family Caregivers Association is a group that speaks up for the 50 million caregivers in the United States. It empowers, educates and sup-

ports those (like you) who have the difficult task of caring for loved ones with chronic illness, the frailty of old age and/or disability.

Now, through the NFCA website you can connect with other family caregivers directly. It starts with NFCA's National Story Project from folks like you who share their caregiving experience. Contact the website www.nfcacares.org, go to Latest News, click on October 2007, the Pen Pal program, then click on story project. As you read through the stories, check

the circle that says "Looking for a Pen Pal" as that will bring up a selection of stories by caregivers who are willing to be Pen Pals. You will then need to fill out a form which will automatically be sent directly to the family caregiver you have requested. Due to circumstances and schedules, the HFCA can't guarantee that they will respond, but you can always get on the website and try again

Caregivers frequently report feeling isolated and alone. A Pen Pal would be a wonderful way to break that isolation.



Mayfair Location

3200 N.W. 48th St. Ste. 101
Oklahoma City, OK 73112

Ph 405-949-1197 Fax 405-949-1118
Web Address: www.dailylivingcenters.org
M-F 6:30 am-6:30 pm
Sat & Sun 7:30 am-5:30 pm

Southside Location

1681 S.W. 86th
OKC 73159
405-688-5388
Fax: 405-688-5389

Edmond Center

3413 Wynn
Edmond 73013
405-471-6867
Fax: 405-471-6866

M-F 7:00am-5:30 pm

Jeltz Center

1225 N. Kate, OKC 73117
405-702-8640 or 405-702-8641
Fax: 405-702-8643
M-F 8:30am-4:30 pm

**United Way
Partner Agency**



CFC #39231
City and State #7013

The Department of Human Services Aging Services Division contributes funding
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- Bill Weaver

A Note From the President

Hello to all of the DLC friends and associates. It has really been a busy time of the year as we continue to work on our proposed new facility in Bethany, keep all the centers going, and be involved in the ONE AWARDS (Oklahoma Nonprofit Excellence Award) sponsored by the Oklahoma Center for Nonprofits. It was a real honor just to be nominated as a nonprofit recognized for their excellence in accomplishing their mission along with proof of best practices and sustainability. Then, when the DLC was named as one of the three finalists in the Seniors Cate-

gory, we were all really pleased to be among such a distinguished group of organizations supporting aging individuals in our state. On Saturday evening, April 12, 2008, ten members of the DLC staff and board of directors attended an extremely well presented Awards Ceremony in Tulsa. We were all elated to have the DLC selected as the winner of the Seniors Division of the ONE AWARDS in 2008. To the DLC, it was recognition of what we have worked for the past 30 years. To be recognized as worthy by an outside group of distinguished individuals was really a

humbling experience. Our staff and board of directors should be very proud of the DLC accomplishments, because without them none of this would have been possible. And you, our friends and supporters have played a significant role in the success of the DLC. Thank you all for your efforts, support and your faith in our program over the years. The DLC could not have done this without you. Thank you.

Bill Weaver
President