

Winter 2010

Hours of Operation

Rockwell Center

Monday-Friday

6: 30am—6: 30pm

Saturday

7: 30 am—5: 30 pm

South and Edmond

Monday-Friday

7: 30 am—5: 30 pm

Jeltz

8: 30 am—4: 30 pm

Late fee is \$1.00

One of the goals of the DLC is to help your loved one remain as independent and safe as possible. No matter what their illness, disability or frailty is, socialization with others their own age quite, possibly enables them to have a higher quality of life.

Editor: C. McWilliams

Daily Living Centers

Oklahoma's Leader in Quality First Adult Day Health Care Services

BEWARE OF HYPOTHERMIA

The Blizzard of 2009 brings a reminder that we all must to be prepared to take care of ourselves and our frail loved one in the case of a power outage. Before the onset of a storm, make sure your home is warm enough for you and your loved one. Even mildly cool homes with temperatures between 60 to 65 degrees can trigger hypothermia. It is best to set the thermostat between the temperatures of 68 and 70 degrees. If your home is experiencing a power outage, see if its possible for you to evacuate to a shelter. Trinity Baptist Church in OKC , located at 1329 N.W. 23rd, may be able to provide shelter for the evening. Hotels with handicap accessible rooms or staying with a relative or friend for the night may be another available option.

According to the U.S. Center for Disease control and Prevention, hypothermia kills approximately 600 Americans, half of whom are 65 and older. Hypothermia occurs when a person's body temperature drops from the normal 98.6 degrees to temperatures of 95 degrees or lower. Older individuals are at a greater risk for this condition if their body's response to cold has been diminished. Certain illnesses, such as arthritis, or some medications, like over-the-counter cold remedies, can weaken a body's reactivity to the cooling temperatures. If a power outage occurs and you must remain in the home, it is important to be ever vigilant in looking for the signs of hypothermia. Changes in a person's behavior may indicate that the cold is affecting the body's muscles and nervous system.

Hypothermia can identified through the following symptoms:

- shivering/exhaustion
- confusion/fumbling hands or feet
- memory loss/slurred speech
- Drowsiness

If you suspect someone is suffering from hypothermia and a thermometer is available, take his or her temperature and immediately call 911 if it reads 95 degrees or lower.

It is essential to begin warming the body ASAP. Warp the person in blankets, towels, coats, sheets, or anything dry with a primary focus on the head, neck, chest, and groin. You may also use skin-to-skin contact under loose, dry layers of blankets, clothing, towels, or sheets. Even after the individual's body temperature has increased, keep the person dry and wrapped in the warm layers. Seek medical attention as soon as possible.

DLC Wish List

2 Wii Remotes



Mic Stand—free standing, round base, adjustable height

Large Balloons

Bingo Prizes



CAREGIVER MEETING REMINDER

The Caregiver group will meet on Tuesday, February 23rd at 6:30 pm. Pizza should be here by 6:15. We welcome any suggestions for guest speakers that you feel might be of benefit to you and others who are in the role of caregiver. All family members are invited to attend. Your loved one can enjoy pizza while being looked after by a nurse. Please call Sue for further information.

792-2401

Meetings for the next few months on the following Tuesdays:

Feb 23rd

March 30th

April 27th

Having A Holly Jolly Christmas

Rockwell



Rockin' Around The Christmas Tree



Edmond In spite of the Blizzard of 2009, the participants enjoyed playing Dirty Santa with donated white elephant gifts. Randy serenaded the folks with his deep baritone voice as everyone joined in with Christmas songs.

Jeltz Brrrr, it was cold outside but warmth filled the hearts of participants and staff in celebration of the joyous Christmas season. With bellies full and smiles on their faces, participants engaged in a riveting game of Christmas charades. Presents were opened and songs were sung as the countdown for Santa begun.

SouthSide



CAREGIVER CORNER

What you need to know...

ABOUT OVERNIGHT RESPITE

The Daily Living Centers has an arrangement with Grace Living Center at 32nd and Rockwell, Bethany, for overnight respite for your loved one. Initially call Sue, Social Services Coordinator, Daily Living Centers and she will walk you through the application process. Availability will be confirmed for the desired time period through the Admissions Director, Grace Living Center. If this is the first time Respite has been used, some lead time prior to overnight admission to Grace is recommended. In the event that overnight respite has been used previously, some aspects of the admission process will not need to be repeated. Information explaining the details and admission procedures will be mailed to you or, you may stop by any of our Centers and pick up this information at your convenience.

The cost of overnight respite is \$100 per night, private pay only. This amount covers the cost of overnight respite and daily attendance at the DLC. Limited scholarships are available and are given on a case by case basis. If interested, please call Sue for more details at 792-2401.

Helpful Tips for the New Year

KEEP BETTER RECORDS

- Keep records of all medications and reactions. Make notes about what works, what doesn't and when you informed the physician of any problems.
- Keep records of all doctor appointments, the reason for the visit, the doc's responses to your concerns, any procedures performed, etc. These will be beneficial should a grievance arise or if there are questions about medical histories.
- Keep a record of where all important documents are kept. When an emergency or tragedy occurs, locating information should not be where we spend our thoughts and energies. Stop by the Social Services office if you'd like a handy document locator form.

Plan for the Unexpected

- Discuss plans and wishes of everyone involved in the care giving family. Talk about final resting places and what arrangements your family will want.
- Have an Advance Directive filled out and given to the primary physician and all relatives who may need the form.
- Have a Last Will and Testament completed or updated. Without a signed Will, the courts will decide how to distribute the possessions of your loved ones.

In the Home

- Have an insurance analysis done. Is your home, life and health insurance still appropriate for your family's needs? What about the insurance policies for your

loved ones? Do you all have enough coverage to take care of any eventuality? Do you have provisions for long term care? For respite care? Is your house adequately covered given the state of weather patterns?

- Clean out the medicine chest. Look for expiration dates on all medicine, and check with your doctor about previous medications which will either be harmful with current prescriptions or which are no longer effective for you or your loved one. Not only will you save on space, you might also save a life!

Many thanks to the folks at www.caregiver.com for these helpful tips for the New Year.



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A Note From the President

Hello to all of our DLC friends,

There have been developments on a state level that will have some influence on how the DLC will determine our basic cost of service. We must set a cost of service that is equivalent to the maximum cost of service to be provided by a major funding entity. The basic cost of service with the DLC has always included a sliding scale fee and no one is denied Adult Day Health Services from the Daily Living Centers because of a lack of financial ability to meet our maximum fee schedule.

Scholarships are available through the United Way of Central Oklahoma, Department of Human Services, Veterans Administration, the Advantage Program and other scholarship programs

But, we must establish a base fee schedule that is consistent for each scholarship entity with which we are associated.

In the past, The Department of Human Services has allocated funding for six hours per day for those individuals utilizing this scholarship program. The participants have not been limited to a six hour stay but funding must be based on some standard. DHS has recently determined that an eight hour stay fee is more appropriate if a participant utilizes more than 6 hours per day. Therefore, the maximum DHS payment will be \$60.00 per day for an eight hour stay. This will not effect anyone on the DHS scholarship program but, the DLC will raise its basic fee from \$45.00 to \$60.00 per day of up to twelve hours per day to

include all the normal services now provided. The rate has not been raised for the last 10 years and costs of operation have increased considerably to make this necessary.

However, present participants will remain under the previous fee arrangements with the Daily Living Centers. Please remember, no one will ever be denied service because of financial considerations. If you have any questions, you may contact me at 405-792-2401.

Thank you for your help and support.

Bill Weaver, President

Rockwell Location

3000 N. Rockwell P.O. Box 608
Bethany, OK 73008
Ph 405-792-2401 Fax 405-792-2405
www.dailylivingcenters.org
M-F 6:30 am--6:30 pm
Sat 7:30am--5:30 pm

Southside Location

1681 S.W. 86th
OKC 73159
405-688-5388
Fax: 405-688-5389
M-F 7:00am-5:30 pm

Edmond Center

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

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

**CFC#39231
City and State #7013**

**United Way
Partner Agency**

