

Fall and Winter 2011

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
per minute**

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, socialization with other people their own age enables them to have a higher quality of life.

Editor: C. McWilliams

Daily Living Centers

The ADVANTAGE WAIVER PROGRAM

The Daily Living Centers is happy to announce that as of July 1, 2011, they became certified to participate and provide services through the Advantage Waiver Program. Advantage Services supports families in care giving but does not replace a family's own efforts. This program is a long-term care program providing Medicaid funded home and community based services to frail elders and adults with physical disabilities. Below is a brief synopsis of the program:

ELIGIBILITY

- Must be a resident of Oklahoma;
- Be 65 years of age or older and in frail health, or age 21 and older with a physical disability or developmental disabilities but do not have mental retardation or a cognitive impairment;
- Meet Nursing-home level-of-care needs;
- Meet Medicaid financial criteria established by the Oklahoma Health Care Authority; and
- Monthly income limit of \$2022.00, with a resource limit of \$2000. This figure is subject to change.

SERVICES PROVIDED/COVERED MAY INCLUDE:

- | | |
|------------------------------------|----------------------------------|
| Assessments & Evaluations | Home Modification |
| Case Management | Adult Day Health Care |
| Delivered Meals | Personal Care |
| Locating Alternate Funding | Advocacy/Other |
| Specialized equipment and supplies | Personal Care |
| Hospice | Occupational Therapy |
| Physical Therapy | Prescription Therapy |
| Speech Therapy | Supported restorative assistance |

Additional information is available by calling the following number:

Advantage Services Intake Line:

1-800-435-4711

When calling the contact line or going to your local county OKDHS office, an "assessment" will be scheduled. A nurse will go to your home to complete the assessment and determine if the individual is medically eligible for Advantage. During the same time period, an OKDHS social worker will decide if the individual is financially eligible for Advantage. If medically and financially eligible, a case manager will help decide what services are needed and develop a treatment plan.

Case management services for ADvantage are accessed through the county DHS office.

Daily Living Centers

Your Leader in Quality First Adult Day Health Care

United Way Day of Caring

DLC Wish List

Personal Care Items
(Male and Female)

Elmer's Glue
Tacky Glue
Crayons, Colored
Markers
Lap Quilts

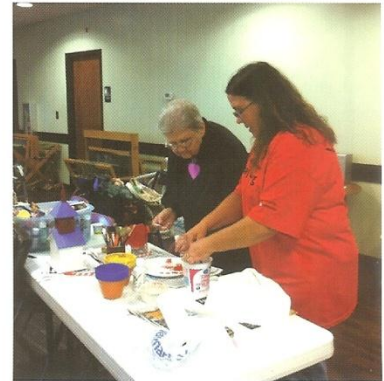
 Large Balloons

Bingo
Prizes



CAREGIVER MEETING REMINDER

The Caregiver group meets on the third Tuesday of each month at 6:30 pm. Pizza should be here by 6:15. If you have never attended a support group meeting, you are encouraged to come. The meetings will help you realize that you are not alone, that others are experiencing some of the obstacles/problems that you face. 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 at 792-2401.



A heartfelt thank you goes out to
The City of Oklahoma City, Public
Works/Field Services employees
for donating their time on October
14, 2011.

CAREGIVER CORNER

What you need to know...

CAREGIVING AT ITS BEST

Caregivers many times feel guilty as the time approaches that they are no longer able to care for their loved one solely by themselves. A loved one may feel that their caregiver is "pushing them aside" or that they have become a burden when in reality it is quite the opposite. A caregiver that learns to take care of themselves while taking care of a loved one is better equipped emotionally and physically to continue in this role. Initially a caregiver may be able to juggle all aspects of their own world to include this new role in the life of a loved one. As needs change and more demands are placed on a caregiver, options such as hiring in-home care, arranging for adult day health care or moving their family member into an assisted living facility or possibly a nursing facility should be explored. None of these decisions are taken lightly.

EMOTIONAL FIRST AID KIT

Smile, it's not funny how often we forget to do this simple act and how well it lifts our spirits.

Call someone who makes you feel good, especially if you haven't spoken with them in a long time.

Have a bite of something sinfully delicious, while being conscious of your own dietary limitations.

When was the last time you treated yourself to a snack?

Take a bubble bath, once you make sure that your loved one is safe and secure. Nothing expresses caregiver self-care better than a leisurely bubble bath.

Read, pick up that novel or re-read that motivating poem. When was the last time you turned off the television, turned down the phone and read something nice?

Get a massage. It's like taking a mini vacation. It will relax you and take care of all the tension you build up every day.

Buy yourself some flowers. You deserve it! The sight and smell of something beautiful and fragrant will give you a reason to smile.

Take a walk at a pace that allows you to feel the energy of the wind washing over you.

Go shopping and buy something "just for you".....something that makes you feel "special".

Go online. You can explore different places, find new friends, and learn new things. Make the internet your getaway even when you can't get out of the house.



Daily Living Centers

Board of Directors

Chris Anderson
Debbie Buckles
Susanne Crenshaw
Patrick Dennis
Don Fuller
Jim Gray
Toby Hamilton
Fran Kozakowski
Eunice Khoury
Ken Lambert
Brian Laub
David Lipham
Kim Marchant
Rick Ross
Terri Sumpter
Marilyn Taber
Randy Tate
Bill Weaver

A Note From the President

Hello to all the friends and families of the Daily Living Centers. The Daily Living Centers and staff have been very active this season with new programs to help our friends and clients. First, the Oklahoma City Community Foundation ifund for senior services awarded the Daily Living Centers a grant to expand our transportation services to the elderly in our community. The Daily Living Center has been providing transportation to aging community members when they could not find other transportation to medical, shopping or other necessary venues for them to remain at home in the community. Beginning October 15, 2011, a new part-time driver will

provide transportation on a first come—first served basis to elderly individuals who need this type of transportation. Please call Charlie at 792-2401 to schedule a ride.

The other news is that The Daily Living Centers is beginning a fundraising drive to raise money to build a new satellite center in Del City on property that the Daily Living Center obtained in 2010. The property is located on SE 44th Street near Sooner Road and is approximately two acres. The planned center will be 6000 square feet in size and will accommodate 50 participants. All donations accepted by the Daily Living Centers from this date forward will be placed in the building fund as

funding for the new structure. The Daily Living Center Board of Directors will have donation tickets leading to a drawing for two first class airline tickets to any location in the continental United States. There will be a \$20.00 donation to receive a ticket. The drawing for the tickets will be held on February 14, 2012. If you would like to participate, and don't know a board member, call Donna at 792-2401. Help us to help our community, our participants and their caregivers.

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

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

CFC #39231
City and State #7013

United Way
Partner Agency



The Department of Human Services Aging Services Division contributes funding