

April 2007

MAYFAIR CENTER



Dot

Wanda



Debbie



Jenny & Vicki



La Cresha



Deborah

Not pictured: Maurice

Daily Living Centers

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

Visit our website www.dailylivingcenters.org

PROFILES OF LIVING ROOM STAFF

The living room staff at the Daily Living Centers are the folks who spend the day with your loved ones; greet you both upon arrival, and say goodbye at the end of the day. They are essential to the smooth operation of all three centers. Their responsibilities include assisting with activities of daily living (ADL's) such as bathrooming needs, mobility assistance, activities such as arts and crafts and/or music, serving lunch and snacks, and optional bathing in the whirlpool bath. They also visit one on one with participants, listen to their fears, complaints, reminiscences, and reassure them that they will be picked up and taken home in the afternoon. The staff also monitors the room constantly for those who may need assistance in any other way.

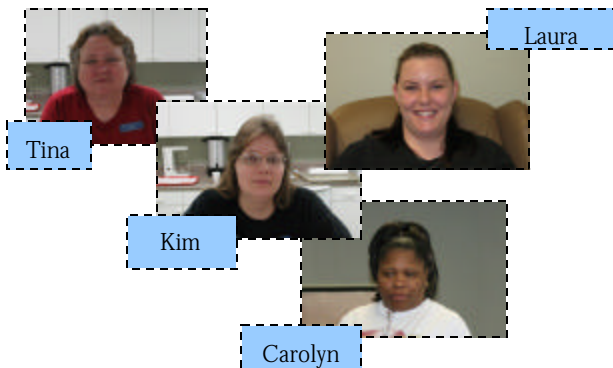
The living room staff gets to know each participant and responds when something is not right. At one of the centers recently, the staff noticed one of the participants not acting in her normal manner, alerted the nurse, who then called 911. The EMT's arrived within a few minutes and took the participant to the hospital. If the staff had not been so observant, the participant may not have received the attention she needed at the time she needed it. It's good to know that your loved one is safe and secure while at any of our three centers.

All of our staff are Certified Nursing Assistants or Adult Day Care Aides. Their training consisted of both classroom and practical training, where they learned many skills qualifying them to work in hospitals, nursing homes or adult day care centers. They must pass both written and practical tests, renew their certification every two years, as well as pass a background check by OSBI. Others have completed training to become Certified Medication Aides, which also requires a certain number of training hours and yearly continuing education. And one has a Food Handlers License in addition. Collectively, their individual experiences range from 3 1/2 years to over 17 years.

Many of our staff discovered early in life that they enjoyed working with the elderly, usually through an experience in their own family. They all love working with the Greatest Generation, listening to the participants reminisce about their lives, and helping people. They all agreed that one must have patience, a sense of humor, compassion, kindness and understanding. They feel good about the teamwork that they depend on to do their jobs and feel that teamwork is very important.

Thanks Living Room Staff for all you do!

SOUTHSIDE CENTER



Tina

Kim

Carolyn

Laura



STITH CENTER

(Clockwise from upper left)
Randy, Patricia, Cathy, and Susan

REMINDER

If you have any of Daily Living Center's clothes at your home, please bring them in; we need them!

"If you find it in your heart to care for somebody else, you will have succeeded."

-Maya Angelou

RESPITE CARE

Overnight respite care for your loved one (and a break for you) is available through an agreement with both the DLC and Grace Living Centers. For more information, please call Social Services at 949-1197.

OKLAHOMA RESPITE RESOURCE NETWORK (ORRN)

What is ORRN? It is a partnership of public and private agencies working to improve support for families and caregivers by increasing the availability of respite care for all ages. ORRN is coordinated through the Oklahoma Areawide Services Information System (OASIS). ORRN seeks funding from foundations and through grants. ORRN awards vouchers to families to use for respite care. Since Daily Living Centers is considered a respite care facility, we do accept respite vouchers in payment for private pay or co-pays for participants.

Caregivers with an annual household income of less than \$60,000 may be eligible to receive vouchers. For caregivers applying for a family member age 60 and older, there is no income limitation. Vouchers are awarded based on the availability of funds. Some families may not be eligible for this program, and there are some restrictions. To find out if you qualify, contact OASIS. You may call 1-800-426-2747 or 405-271-6302 (OKC). Or write OASIS/ORRN, P.O. Box 26901, Oklahoma City, OK 73190. Or email oasis@ouhsc.edu. Or check OASIS website www.oasis.ouhsc.edu.

CAREGIVER GROUP MEETINGS

Just a reminder that the next caregiver's support group meeting will be held at Mayfair Center on Tuesday, May 29th at 6:30p.m., with sandwiches at 6:15. Along with group sharing, we will discuss whatever subject the group would like to investigate at that time. Subjects from the past include "How to Speak Alzheimer's", Dealing with Diabetes, The 5 Wishes (advance directive), and other relevant issues.

If you have never attended the support group meeting, we would encourage you to come on out. It's not only a social evening out for you, but can help you to know that you are not alone, that others are experiencing any of the same problems. Your loved one will be fed and cared for during the meeting as well. So write the date on your calendar and we'll see you soon!

THANK YOU TO FRIENDS & FAMILY OF GENE CARTER

The Daily Living Centers would like to acknowledge the following people and organizations who gave generously to the DLC in honor of Gene Carter. They are:

The Gulick family
Barbara Vernon
Robert Lee
Trent and Christy Pettigrew
Gretchen Biscan and Greg Koehler
Ronald and Vicky Grant

Belynda Toyar
Janice Dealy
Ron and Joan Kuykendall
D.B. and Dorothy Duhme
Charles & Less Anne Koehler
Joe and Shirley Ralston
Mr. & Mrs. Henry Blott
Jim and Joan Wickersham
Waterstone Benefit Administrators
SBA Employees District Office

DID YOU KNOW?

The average woman in America today will spend more time caring for her parents than for her children. She is typically 45 to 65 years old, married, with children at home, in college, or with a family of their own and thus can feel herself sandwiched between two generations.

(From Eldercare Network News of Eastern PA and Southwestern NJ, March 2004)

If you have moved and/or changed phone numbers, please remember to notify the Daily Living Centers. It is critical that we have current family information in case of emergency.

CAREGIVER GUILT

Caregivers deal with a lot of feelings every day; pride and satisfaction in their ability to care for their loved one, enjoyment in spending time with them and the rest of the family, pleasure in going on outings, rides in the car, and joy in knowing that they are providing the best care they can for their loved one.

Caregivers can also feel a host of other kinds of feelings, all of which are perfectly normal. One can feel frustration, helplessness, anger, resentment, exhaustion, overwhelm, as well as a lot of other feelings. One can also feel guilty for feeling any of the above. Mixed feelings are common. Remember it's always okay to have feelings, whether you like them or not. No one can tell you how you "should" feel; your feelings belong to you.

What we do with our uncomfortable feelings is important too. We can have a heart to heart conversation with a good friend, seek out a professional counselor to talk to, have a good cry, journal, get some exercise, attend a caregiver group on a regular basis, as well as others. But what do you do with GUILT? Yuck!

What an awful feeling to tote around. Guilt has been defined as "a negative feeling state which is triggered by the belief that one should have thought, felt or acted differently". Two words in that definition are especially important—belief and should. For example, you may have resentful feelings against your family member for having an illness and feel guilty, believing that you shouldn't feel that way. Caregivers can also feel guilty about taking needed respite time for themselves, believing they shouldn't do so.

So how can one deal with feelings of GUILT? One way to avoid it is to do what you believe you should do, cancel any plans, stay home and deal with the status quo. Of course, then you get to feel frustration, helplessness, anger, etc. No matter how you slice it, whether you follow the "shoulds" or feel guilty you have really uncomfortable feelings either way.

It is important to admit that you feel guilty, and try to identify what you feel guilty about; it may be a small thing. Sometimes guilt can immobilize us, for fear of doing the wrong thing. Guilt becomes a problem when you are making decisions based on guilt rather than on your responsibilities. For instance, if you are going

to take a well deserved break, you may want to take advantage of our overnight respite program with Grace Living Center. Guilt feelings can surface with just a thought about doing something like that, and increase by putting your plan into action. A caregiver of one of our participants recently arranged for her family member to go to overnight respite while the caregiver went out of town for a family wedding. Upon her return, the caregiver stated she hadn't realized how much she needed the respite until she actually got away and had fun. She felt guilty at first, but realized she had become short tempered and irritable with her family member and recognized both the guilt and the need to do something for herself.

Another way to deal with guilt, as the above family member did, to let ourselves feel guilty and do what we need to for ourselves anyway. As a wise person once told me, learn how to say no and make guilt your friend. You must replenish yourself both physically, mentally and emotionally in order to be an effective spouse, caregiver and human being. You can't continue to pour water from an empty

**Mayfair Location**

3200 N.W. 48th St.
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
405-688-5388
M-F 7:00am–5:30 pm

Stith Center

14901 N. Penn Ave.
405-286-5115
M-F 7:00 am– 5:30 pm

**United Way
Partner Agency**



CFC UW designation #7013

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A Note From the President

Hello to all of our readers and supporters. If you will remember, I told you that the Daily Living Centers board of directors had decided that we should begin efforts to obtain a permanent home and new facility for the Daily Living Centers. Land has been purchased at 3000 North Rockwell in Bethany, OK and preliminary plans have been completed by the architectural firm that DLC has engaged to develop the facility to meet the needs of our participants and family caregivers.

We have begun our fundraising and received grants from the Herman and Mary Wegener Founda-

tion and the Kerr Foundation. We have also received many donations from individuals, board members and Civic Clubs to make the total in the building fund \$100,000 at the present time. That is 10% of the funds needed to finish the project. We will continue to work to accumulate sufficient funds to complete the new facility, but we do have some concerns. It seems that Adult Day Health Care is such a new phenomenon in our society, several of the larger grant funders want to make sure that the community supports Adult Day Health Care and the DLC desire to provide a modern and new facility to our frail elderly or

handicapped participants and their families. As proof, we would like to see how many of you would contribute some funds to our project. Even small amounts of \$5 to \$10 are very important and would show support and help provide a new and modern facility deserved by those aging individuals we serve.

Please consider a donation as a way of expressing your support.

Our efforts will continue so we can better serve more families and participants in the future. Thanks for your help.

–Bill Weaver