

August 2006

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**Mission**

*Daily Living Centers provides quality adult day care with dignity.*

# Daily Living Centers

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

## Daily Living Centers Pilots New Medicare Program

Prescription drug benefits for seniors represent "one of the most important changes" in American health care in 40 years, according to Secretary Leavitt. On Wednesday, July 13th, 2005, the Daily Living Centers hosted an information fair for seniors at the Mayfair Center, the nation's first site for the pilot program. The main source of interest at the event was the face-to-face interviews about the new drug benefit, Medicare Part D, for low-income seniors needing financial assistance.

As a follow up, U.S. Department of Health and Human Services Secretary Mike Leavitt was in Oklahoma City Wednesday, August 24th, 2005, pro-

moting Medicare's new prescription benefit (Part D). "Health care in the United States is complex, but this isn't," Leavitt said of the Medicare Part D enrollment process.

Oklahoma senior citizens can save an average of \$669 a year on prescription costs if they sign up for Medicare Part D, according to a state-by-state analysis released August 25th, 2005.

"Medicare Today" is a national partnership of 200 organizations (including AARP) that provides Medicare information and according to them, out-of-pocket annual savings are estimated at \$1,436 for low-income Medicare recipients.

The Medicare Part D pre-

scription drug benefits went into effect January 1, 2006. Enrollment packets were mailed to Medicare recipients in October. For more information, to receive a packet, and/or assistance applying for the benefit you may contact **Linda Medley, Eldercare Coordinator at Daily Living Centers, at 949-1197.**



Medicare Part D Bus visits Mayfair Center during the pilot program hosted by DLC.

**Locations**

<b>Mayfair Center</b>	<b>South</b>
3200 N.W. 48th	1681 S.W. 86th
(405) 949-1197	(405) 688-5388
<b>Stith</b>	
14901 N. Penn Ave	
(405) 286-5115	

**Hours of Operation**

<b>Mayfair Center</b>
Monday-Friday 6:30am-6:30pm
Saturday-Sunday 7:30am-5:30pm
<b>South and Stith</b>
Monday-Friday 7:00am-5:30pm



Bill Weaver, Kathleen Wilcoxin, Donna Bowers, and Sherri Knox celebrate DLC's Southside opening.

## Daily Living Centers - Preventing Premature Nursing Facility and Institutional Placement



Land purchased for a new center at 30th and Rockwell.

### Southside Open House

An open house full of fun and festivities was held on Sunday, July 24th, 2005 to celebrate the move to the new south side center facility. Daily Living Centers broke ground on this site at 1681 SW 86th Street in September of 2004. After a year full of preparation and construction, the participants were able to start attend-

ing the new location on May 22, 2005.

In attendance to share in our joy of this accomplishment was Oklahoma State Senator Kathleen Wilcoxin. Senator Wilcoxin shared her perspective on the future of aging services with the crowd as well as her respect for the Daily Living Centers.

Our appreciation also goes out

to Oklahoma State Senator Rebecca Hamilton for her support in opening this facility.

We would like to extend a special thanks to Nita Hastings and Bob Rawlings for all their help in making this event such a success.

**Thanks Nita and Bob for all your support and dedication to this agency!!!**

### Lawmaker Gives Financial Assistance to Caregivers

OKLAHOMA CITY- Legislation providing a special tax deduction for individuals who care for the elderly passed the Oklahoma House of Representatives Monday April 3, 2006 on a unanimous vote.

Senate Bill 1646, by state Rep. Pam Peterson and State Sen. Charles Laster (D- Shawnee), gives a \$3,400 tax deduction for individuals who provide more than half of the financial support of an elderly relative. The deduc-

tion will go into effect January 1, 2007 if it becomes law.

"These individuals may be in financial stress due to the money required to provide the care and assistance needed so their loved ones can continue to live at home," said Peterson, R- Tulsa. "We should do whatever we can to ease their burden and Senate Bill 1646 does just that. My goal is to reduce the need for individuals to be put into long-term health care facilities."

Peterson said the bill requires the caregiver to have lived a minimum of six months out of the year with the relative. The bill only applies to individuals earning less than \$35,000 per year and families earning \$50,000 or less. Also, to qualify the relative must be 70 years or older.

Senate Bill 1646 already passed the Senate on a unanimous vote.

### Daily Living Centers Looks to the Future

Daily Living Centers has recently purchased land in hopes to open a new center. DLC obtained 2.5 acres at 30th and Rockwell and is in the planning stages for a new facility at this location.

DLC does not have a time frame for this new project, but we are

excited about the prospect of a new center.

A facility in this location will allow us to meet the needs of our participants and their caregivers in Western Oklahoma County.

DLC has had great success with its

first self-owned facility located at 1681 S.W. 86th and would like to continue that success with a second DLC-owned center. Ownership allows for me freedom in programming and presents more flexibility in service delivery.

A five year study of 423 senior couples suggests that those who help others tend to be healthier and could live longer than other seniors. Researchers can't clearly say why those in the study who 'gave' the most are healthier, and live longer. Two possible answers are that helping others produces positive emotions which can actually speed in the recovery of cardiovascular disease, and helping others strengthens our relationships.

## DLC Wish List

- Bingo Prizes
- Sweat Pants
- Craft Ideas and Supplies

## Think About Your Future. Maintain Your Brain Today.

When people think about staying fit, they generally think from the neck down. But the health of your brain plays a critical role in almost everything you do: thinking, feeling, remembering, working, and playing – even sleeping.

The good news is that we now know there's a lot you can do to help keep your brain healthier as you age. These steps might also reduce your risk of Alzheimer's disease or other dementia.

Simple lifestyle modifications also would have an enormous impact on our nation's public health and the cost of healthcare. If you make brain-healthy lifestyle changes and take action by getting involved, we could realize a future without Alzheimer's disease.

### Make Brain-Healthy Life Choices

Like other parts of your body, your brain may lose some agility as you get older. It can deteriorate even more if you don't take care of it. Science is unlocking many of the mysteries of the brain, but we don't have all the answers yet. You can do everything "right" and still not prevent Alzheimer's disease. What's offered here is the best and most up-to-date information available so that you can make your own decisions about your health.

Stay mentally active: Mentally stimulating activities strengthen brain cells and the connections between them, and may even create new nerve cells.

Remain socially involved: Social activity not only makes physical and mental activity more enjoyable, it can reduce stress levels, which helps maintain healthy connections among brain cells.

Stay physically active: Physical exercise is essential for maintaining good blood flow to the brain as well as to encourage new brain cells. It also can significantly reduce the risk of heart attack, stroke and diabetes, and thereby protect against those risk factors for Alzheimer's and other dementias.

Adopt a brain-healthy diet: Research suggests that high cholesterol may contribute to stroke and brain cell damage. A low fat, low cholesterol diet is advisable. And there is growing evidence that a diet rich in dark vegetables and fruits, which contain antioxidants, may help protect brain cells.

### Disease and Risk Factors You Can't Control

Alzheimer's disease is the most common form of dementia – brain disorders that affect your ability to function effectively in daily living. Well-established risk factors for Alzheimer's disease are genetics and aging (10 percent of those over age 65 and 50 percent of those over 85 have Alzheimer's). Unfortunately, aging and genetics are two risk factors you can't control.

It's not known what causes Alzheimer's disease or what role genetics plays in most cases of Al-

zheimer's, though having parents or siblings with the disease increases your risk. A small percentage of cases is known to be caused by inherited mutated genes. In other cases, variants of specific genes increase risk, but even people who inherit such variants from both parents still may not get the disease. Well-established risk factors for Alzheimer's disease are genetics and aging (10 percent of those over age 65 and 50 percent of those over 85 have Alzheimer's). Unfortunately, aging and genetics are two risk factors you can't control.

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Taken from the Alzheimer's Association website: [www.alz.org](http://www.alz.org)



A Mayfair participant shares his musical talents with the center.



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Oklahoma City, OK 73112

Phone: 405-949-1197  
Fax: 405-949-1118  
Web Address: [www.dailylivingcenters.org](http://www.dailylivingcenters.org)

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### **A Note From the President**

The Daily Living Centers have been very busy the past two years. First was the construction of a new center serving the southwest side of the city and the Moore area. The facility is located at 1681 SW 86<sup>th</sup> St. The new Southside center is the first center that the Daily Living Centers owns. We have found that ownership presents challenges but the positives outweigh the negative. Since we do not share the facility, we are not in conflict with the landlords about who can use what. In the past, at our Mayfair center others using the building often

compromised our ability to maintain the integrity of our program equipment and supplies. Recently, at the Mayfair center during the evening when the building owners leased a part of the building, some children found their way into the Daily Living Centers area and broke our bathing device door. We have been unable to get it repaired and a new bathing device will cost nearly \$10,000. This would not have occurred if the Daily Living Centers had control over the facility we utilize for our daily program. Hopefully, the Daily Living Centers will be in

a position to establish a new center that will not be shared with other entities. We would then be able to better serve our participants and their families and keep our costs as low as possible. Please stop by and view our new center on the south side. It has a revolutionary new floor plan for Adult Day Care facilities that we feel should benefit our participants and their caregivers.

–Bill Weaver