

Fall 2007

CAREGIVER
SUPPORT GROUP

Rather than sending monthly invitations for the caregiver group, here is the notice for the next two months. If you have never attended, please join us. It's a chance to share concerns with other caregivers, and to know that

YOU ARE NOT ALONE!

The Caregiver Support Group is held at the Mayfair Center 3200 N.W. 48th St. Sandwiches at 6:15, meeting at 6:30.

You may bring your loved one, as there will be someone here to care for them during the meeting.

November
Tuesday, 11/27/07

December
NO MEETING

Call Cheri at 949-1197 if you will attend

Daily Living Centers

KATRINA SURVIVOR TURNS 100!

Catherine Evans will turn 100 on October 28th. She was born in Gulfport, Mississippi in 1907, the oldest of three children. Her parents were officers in the Salvation Army.

At the age of 21, Catherine married Fredrick Evans. During their life together they had four children: Ruth Emily, Mary Catherine, Charles Andrew, and Esther Elizabeth. Catherine also has eight grandchildren and one great grandchild.

One of Catherine's most cherished memories that brought tears to her eyes was the remembrance of her parents who loved her dearly. She was raised in church and attended Sun-

day School every week. Catherine views her greatest accomplishment as being able to stay at home and raise her four children. When asked what advice she would give, Catherine said, "get a good education." Today, Catherine stays young by regularly attending church services with her son, listening to music, visiting with family, and socializing at the Daily Living Center. To describe Catherine in three short words would be the title of her favorite song, "Love Lifted Me."

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for two years before transferring to Louisiana State University where she graduated with a degree in English. She chose a career as a stay at home mother while her husband worked at Tinker Air Force Base. Catherine has lived in various places such as Mississippi, South Carolina, Louisiana, and most Oklahoma. She retired to New Orleans, but had to relocate to Oklahoma City in the summer of 2005. At the age of 98, she became a survivor of Hurricane Katrina, and now lives with her only son and his family.



Choosing our Attitude

"We who lived in concentration camps can remember the men who walked through the huts comforting others, giving away their last piece of bread. They may have been few in number, but they offer sufficient proof that everything can be taken from a man but one thing: the last of the human freedoms—to choose one's attitude in any given set of circumstances..."
—Victor Frankl



Remember to turn your clocks back one hour before you go to bed Saturday night, November 2, 2007, ushering in Standard time.

(Daylight Savings Time is now observed from the second Sunday in March to the first Sunday in November, adding about a month to daylight savings time.)

DLC DRIVER CARES FOR ELDERLY AND YOUTH



If you spied a clown driving a Daily Living Centers limousine in September, your eyes did not deceive you. The driver was our own Jesse Osborne in his clown costume, driving for the DLC and clowning in his spare time at the Oklahoma State Fair. Jesse has been clowning now for seven years with the Shriners, which he began after his granddaughter was born with cerebral palsy. As a result of her treatment at The Shriners' Hospital in Shreveport, LA, he said she is doing really well now. Shriners raise money to pay for transportation to Shreveport and the treatment of children. There is no charge to the family for any of the services provided. When asked about his favorite part of clowning, he said " Seeing the smile on the kids' faces; they get a real kick out of having balloons made for them." He clowns about 230 hours per year, with about 65-100 of those hours at the State Fair.



UPS CASINO DAY—UNITED WAY DAY OF CARING

Monday, October 8 was a beautiful sunny day here at the Mayfair Center, both outside the building and inside. Four UPS employee volunteers spent several hours hosting our annual Casino Day by playing card games, giving away prizes and generally showing the participants a good time. As you can see from the pictures, many of the participants spent time having fun.



Thanks to UPS employees Kim Hurst, Tara Rushing, Becky Knight and Willetta Jackson for volunteering their time and effort. We look forward to having you back!

CAREGIVER CORNER HOME ACCIDENT PREVENTION

Older people can have poor eyesight, bad balance, experience confusion, and have short term memory problems. Any or all of the above can lead to accidents. Evaluating safety in your home now may prevent accidents in the future. Some simple measures you can take, if you haven't already, include the following:

1. Once you have arranged the furniture so the layout works, leave it that way. A confused person could trip and fall otherwise.
2. Seats should be high enough (usually about 20") with armrests to ease getting up and

down. Consider protection on corners and sharp edges.

3. Glass doors and picture windows marked with decals.
4. Bright lighting and automatic night lights.
5. Floors with carpeting tacked down. Thin pile is best for walking and wheelchairs.
6. Electrical cords secured to walls or under carpets.
7. Grab bars, no-slip strips and a shower seat in the bathroom.
8. A toilet seat riser on the toilet.

A safe, comfortable environment can help older adults feel more relaxed and less overwhelmed. Those who suffer from Alzheimers need the family to think even more about safety.

1. For those with dementia, install safety latches or locks on the doors, garage doors and exterior gates. Install alarms on the doors.
2. Provide toileting reminders. The person may be confused about where to go.
3. Hide car keys or disable the car.

...from Caregiver Assistance News



YOU ARE INVITED
TO THE GRAND OPENING RECEPTION
OF THE NEWEST
DAILY LIVING CENTERS

Thursday, November 15th

3-5 p.m.

Jeltz Senior Housing

1225 N. Kate

(12th and Lottie)

Call 702-8640 for more information



**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	Stith Center
1681 S.W. 86th	14901 N. Penn
OKC 73159	OKC 73134
405-688-5388	405-286-5115
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

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Partner Agency

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A Note From the President

Hello to our Daily Living Centers Supporters!

It has been a really busy time for all of us at the Daily Living Centers. We have had some unexpected situations arise, but have taken all necessary steps to solve all the problems.

Recently, the Daily Living Centers and the Baptist Home Care were requested by the Oklahoma City Housing Authority to provide services in the Wyatt F. Jeltz Center on North Lottie. This is a combined effort of three entities to keep individuals living as independently as possible for as long as possible. The cooperative program began operations on October 1,

2007. For the Daily Living Centers, this is our fourth facility in the metro area.

DLC recently learned that we were going to have to leave leased space at the Epworth Villa, Stith Center by the end of December, 2007. Therefore, the Daily Living Centers have leased space at 3413 Wynn Drive in Edmond. Renovations are underway to meet all the licensing requirements for the Oklahoma Health Department. We expect to make the move to the new location near the intersection of 33rd and Broadway in Edmond at some time in December 2007. DLC will continue to have a capacity of 36 participants at this new facility. We will announce an

open house when renovations are completed.

The DLC is still making efforts to raise funds to build a new planned home and facility at 3000 North Rockwell in Bethany Oklahoma. DLC hopes to begin construction of the new facility in the spring of 2008.

The Daily Living Centers is grateful for all of your help and support. Please feel free to visit any of our facilities to see our operations at any time.

Thank you all.

—Bill Weaver