

This Issue



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CarePartners Health Services informing our community

CONNECTING WITH CarePartners ADULT DAY SERVICES

August 2010

"I really don't know what my life would be like if Adult Day did not exist. I am so grateful."

What is Person Centered Care?

What is Person Centered Care?

Person Centered Care (PCC) is ethical and evidence based care that puts the person first regardless of their level of mental or physical impairment. Person Centered Care evaluates the quality of care being provided and each person's experience of well being, through the eyes of the person receiving that care.

Person Centered Care is a holistic and comprehensive delivery care system that meets each person's core needs. These include the need to:

- receive and give love,
- maintain one's identity,
- remember one's life work,
- experience comfort,
- be included in community,
- build meaningful relationships,
- maintain one's essential self regardless of level of dementia.

How is Person Centered Care different?

In care settings, you may have heard about Culture Change. This term describes how long term care facilities provide services and their approach for individualized care. The approach acknowledges and accepts each participant/resident/client as a whole person, and provides moral and ethical development of care staff.

Excerpt from: www.personcenteredcareadvocate.org/



News from Partners

CarePartners Hospice Foundation cordially invites the public to a special open house! The CarePartners Design House, an eco-friendly home in Asheville, was a finalist in the 2009 National Association of Home Builders Green Awards, and is NC HealthyBuilt Homes certified.

The home – located in Ciel at 573 Elk Mountain Scenic Highway – will be open to the public August 20 through 29 (Monday to Saturday 10 a.m. to 6 p.m. and Sunday 1 to 5 p.m.). Tickets are \$25 per person and proceeds benefit CarePartners Hospice Foundation. CarePartners will host a Teahouse and wine tastings during the event. For more information, see www.carepartnersfoundation.org (special events) or call (828) 277-4815.

Participant SPOTLIGHT Rick Howell



Rick Howell, or "Lime Ricky" as he calls himself, has been attending Adult Day for seven years. A WWII veteran, Rick served in the South Pacific building bridges and after the war became a machine shop supervisor. Rick is one of our strongest athletes, laughing and teasing with ball tricks. In the past, clock-making was one of his hobbies and his attention to detail comes out when he pieces together puzzles and works with clay. Rick says that "I go with people, be nice to them, do little things for them. Try to take it easy. Jo Hollifield is a close friend (at the center)."



More news on page 2.

Meet the ADULT DAY TEAM

Senior Leadership Representative
Kathy Price

Executive Director
Alyson Johnson-Sawyer, BA

Staff/Resource Manager
Angie Williams, BA

Administrative Manager
Ruth Butler

Caregiver Support Coordinator
Sandy Norbo, AAS

Participant Record/Quality Specialist
Nicole Petit, CNA

Intake Coordinator
Bob Wilson, BA

Health Care Coordinators
Linda Beach, LPN
Thomas Stern, LPN

Health Care Advisor
Pam Seymour, RN

Health Care Assistants
Latonya Caldwell, CNA & Linda Levi, CNA

Dining /Nutrition Coordinator
Bryan Myers
Dylana Rector, CNA

Activity /Volunteer Coordinators
Michelle Bonn, Music Therapist
Erika Pollard, BA

Customer Service Specialists
Nicole Petit, CNA
Joan Bradburn

Program Aide
Van Raynor, AA

Program Assistants
Chris Boyer
Allison Burnett, BA
Lois Griffin
Nadya Gurynovich, CNA
Serg Khavrunyak
Morris Letsinger, CNA
Mary Lou Travis, BA, CNA
Tara Ruggles, CNA
Martha Wherrett, Lic. Beaut.
Jessica Whitaker
Susan Wrzalinski

Adult Day Floaters
Beth Twiss

Our WISH LIST

- Pre-cut mat board: 5x7 & 8x10
- Picture frames: 5x7 & 8x10
- Bingo prizes
- Shadow box frames for 3D art display
- Hand-held blender
- 4 oz. disposable cups
- Colored pencils
- Potting soil
- Perennial Shade plants
- Boston Ferns
- Full sun annuals
- Nozzle for garden hose
- Craft store gift cards
- Men's sweat pants or pants with elastic waist (large)

News from Partners

Congratulations, Rehab Hospital!

For the first time ever, the CarePartners Rehab Hospital achieved a 100% very good response in "overall likelihood to recommend" on the Press-Ganey patient satisfaction surveys. This is the highest possible score, and these were surveys completed by patients during the month of June.

Rethinking hospice

An article called "Rethinking hospice: Caregivers stress benefits to seeking hospice care sooner" was published in the July 13th Asheville Citizen-Times. According to the article, those who work in the field say hospice can be more beneficial and less costly the earlier it's received, but many people simply don't want to die and wait too long before calling hospice, which stresses comfort and quality of life once an illness is incurable. Dr. Charlie Vargas, Medical Director of CarePartners Hospice and Palliative Care, was quoted in the article, saying, "It boils down to our cultural reluctance to death. Patients put the decision off or they want to try to live and physicians are trained to fix, not to help people die."

Employee SPOTLIGHT

Mary Lou Travis
Program Assistant

BA Art Education 1980

Mary Lou was raised near Washington, D.C., and worked as an art teacher in Virginia and California. She moved to Asheville to be near her parents and now appreciates the bounty of WNC. Mary Lou says that she even sees a bear in her front yard a few times each year...yet she lives within the city limits!

Mary Lou has worked as a Program Assistant for 3 ½ years. She shares her artistic and creative talents through her job while working with the participants, putting together the newsletter and decorating the facility for special events/holidays. Mary Lou has been a valuable asset to the success of the Annual Participant Art Show and says that she is looking forward to this year's on September 24th. She feels that "It's a joyful celebration of the human spirit."



Creative Writing by our Participants

Kent Hawkins: "My first favorite kiss was when I was 14. I had seen a pretty girl swimming. I kissed her on the pier that night."

Chuck Hubener: "I met my wife when she came onto my fishing boat. She was with another man at the time."

Mary Lou Travis: "You took her away from the man she was with?"

Chuck Hubener: "Oh yes. It was easy. I was younger then."

Edith Moore: "Calvin saw me at work. We both worked at Sayles Bleachery. He had someone else ask me for a date. I said, 'If he wants a date he needs to ask me himself.' We dated for 5 months

and then married."

Carl Boosinger: "Ladelle and I were both in the Air Force. She had a friend in personnel and had done some research on me. We would sit together at lunch. I said, 'I'm leaving next month. I'm going home.' She said, 'I know. I'm going with you.'"

Doris Schenewark: "My mother had wild surgical books for me to learn about the human body."

Carl Boosinger: "Sounds better than National Geographic."

Charles Edwards: "My mother didn't want my girlfriend around, but I knew what was right."

LUNCH Menu

Monday	Tuesday	Wednesday	Thursday	Friday
August 2 - 6				
Roast Beef Mashed Potatoes California Vegetable Blend Tossed Salad Chocolate Pudding	Baked Ham Baked Sweet Potato Green Beans Pears Ice Cream	Beans & Rice Corn Muffin Vegetable Medley Angel Food Cake w/ Peaches	Sloppy Joe Green Beans Cole Slaw Peach Crumb	Fried Chicken Rice Stewed Tomatoes Tossed Salad Fresh Fruit
August 9 - 13				
Chicken Breast Sandwich Broccoli Apple Crumb	Hot Turkey Sandwich Mashed Potatoes Green Beans Angel Food Cake Fruit Cocktail	BBQ Pork Sandwich Cole Slaw French Fries Melon Cubes Ice Cream	Roast Beef w/ Gravy Mashed Potatoes Mixed Vegetables Tossed Salad Vanilla Pudding Corn Muffin	Spaghetti w/ Meatballs Green Beans Tossed Salad Jell-O
August 16 - 20				
Pot Roast Boiled Potatoes Tossed Salad Broccoli Peach Crumb	Glazed Chicken Breast Rice Pilaf Spinach Coleslaw Banana	Vegetarian Lasagna Green Beans Fruited Jell-O Ice Cream	Beef Stroganoff Tossed Salad Sautéed Squash Fruit Cup	Ham & Cheese Sandwich Vegetable Soup Tossed Salad Banana Pudding
August 23- 27				
Chicken Tenders Steak Fries Mixed Vegetables Angel Food Cake w/ Peaches	Egg Salad Sandwich Tossed Salad Chicken Noodle Soup Grapes	Hamburger Coleslaw Potato Wedges Congealed Fruit Salad	Chicken Dijon Oven Brown Potatoes Green Beans Banana Chocolate Pudding	Meatloaf Mashed Potatoes w/ Gravy Vegetable Medley Tossed Salad Fruit Cup

August EVENTS

Once upon a time, in a land far away (or not) most of us have told or been told fairy tales. We're going to celebrate those beloved stories by dedicating the day to them! On **Wednesday, August 4th** we will be turning pumpkins into carriages, hanging out with a puppet that wants to be a real boy and attempting to catch runaway ginger men.



On **August 17th** we are going to be remembering what it was like to go back to school! Activities will include sharing stories of great and/or awful teachers, pranks, walking to school uphill in the snow, favorite subjects, and we're even having a band class! Involving real instruments! (Bring ear plugs!)

Our Mock Trial Court date has been set! On **Tuesday, August 31st** we'll be relying on the ladies and gentleman of the jury (of Adult Day Services) to inquire about several imaginative "petty crimes" witnessed within Adult Day. Past evidence makes us believe beyond a reasonable doubt that it's going to be a fun day!



Sandy enjoys feeding Bryce

DAILY SCHEDULE OF ACTIVITIES Monday - Friday

7:30	Open	12:45-2:45	Small Group Activities
7:30-9:00	Good Morning America	1:00-3:00	Small Group Activities
8:30-9:30	Breakfast	2:00-2:45	Mental Stimulation
9:00-9:45	Morning Highlights	2:45-3:30	Snack
10:00-11:00	Café Activities	3:30-4:15	Fitness
10:00-10:45	Music/Comedy/Drama Activity	3:45-4:30	Small Group Activities
10:00-10:45	Fitness or Dancing	4:30-5:15	Mental Stimulation
11:00-11:45	Mental Stimulation	5:00-6:00	Small Group Activities
11:00-12:00	Small Group Activities		
11:00-12:30	Small Group Activities		
11:30-1:00	Lunch		
12:30-1:45	Rest & Relaxation		

Saturday

9:00	Welcome/Breakfast
9:30	News
10:15	Mentally Stim. Act.
11:00	Physical Activity
11:45	Sensory Stimulation
12:30	Lunch
1:30	Rest / Cinema
2:30	Music
3:00	Snack
3:30	Art
4:30	Comedy /Drama
5:00	Close

August 2010 Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4 Fairy Tale Day	5	6	7
		10:00 Bible Study w/Carl Demkow 11:00 Veterans Meet		9:00 Bible Study w/Byron Jones 11:00 Women's Support w/ Sandy	11:00 Veterans Meet	
8	9	10	11	12	13	14
		10:00 Bible Study w/Carl Demkow 11:00 Veterans Meet	10:00 Hair Care	9:00 Bible Study w/Byron Jones 10:30 Dancing w/Ron Hillibrand 11:00 Women's Support w/ Sandy	10:30 Horticulture Therapy w/Linda Beach 11:00 Veterans Meet	
15	16	17	18	19	20	21
		Back to School 10:00 Bible Study w/Carl Demkow 10:00 Hair Care 11:00 Veterans Meet		9:00 Bible Study w/Byron Jones 11:00 Autumn Players	11:00 Veterans Meet	
22	23	24	25	26	27	28
	2:00 Music w/ Pat and Bill Ramey	10:00 Bible Study w/Carl Demkow 11:00 Veterans Meet	2:00 Music w/ Richard Hurley	9:00 Bible Study w/Byron Jones 10:00 Gospel Music w/ Ruby Scott	10:30 Horticulture Therapy w/Linda Beach 11:00 Veterans Meet	
29	30	31	4th - Fairy Tale Day 17th - Back to School 31st - Mock trial			
		Mock Trial 10:00 Bible Study w/Carl Demkow 11:00 Veterans Meet				

YOUR CONTRIBUTION MAKES A DIFFERENCE!

Did you know that CarePartners Adult Day Services relies, partially, on contributions in order to provide our services to the community?

Did you know people are able to stay in their own home because of the generous gifts given to Adult Day Services?

Did you know that a financial asset/gift to Adult Day Services is a tax deduction?

Gifts can be given in the following ways...as a general honorarium/memorial/gift; an honorarium, memorial, or gift for our Scholarship Fund (which provides financial assistance); or a gift to our Ann Lenhart/Marcella Davis Kelly Memorial Gardens.

Please be sure to note that your contribution be directed to CarePartners Adult Day Services.



Brandon and Will enjoy an occasional game of checkers



Rayma enjoys both helping in the Garden Cafe and eating in the Garden Cafe

Local Caregiver Support Groups

Caregiver Wellness

3rd Tuesday of every month
5:30 - 7 p.m.
Park Ridge Hospital
Contact: (828) 777-0132 or (828) 682-2459

Caring for Aging Parents

3rd Monday of every month
5 - 6:30 p.m.
Mission Hospital Women's Resource Center
50 Doctor's Drive, Asheville
Contact: Nancy Smith-Hunnicut at (828) 213-4542

Bereavement Support Groups

CarePartners Main Campus
Contact: (828) 251-0126

Alzheimer's Association

Contact: (828) 254-7363

Adult Day Caregiver Support Group

Held every third Wednesday of the month.
Next meeting is Wednesday, August 18th, from 3-5 p.m.
Conference Room A. Contact Sandy Norbo – 277-3399.

For the one in your care

Parkinson's Support Group

1st Tuesday of every month, 10:30 a.m. - 12 noon.
CarePartners Seymour Auditorium
Contact: Lisa Laney-Kendrick, MSW (828) 230-9706

Stroke Support Group

1st and 3rd Monday of every month, 12 noon – 1 p.m.
CarePartners Seymour Auditorium
Contact: Tina Lipscomb (828) 768-0174

Aphasia Support Group

1st and 3rd Monday of every month, 11 a.m. – 12 noon
CarePartners Conference Room B
Contact: Edna Tipton (828) 684-9619

Spinal Cord Injury Support Group

(Patients and Caregivers)
3rd Thursday of every month, 5 – 6 p.m.
CarePartners Seymour Auditorium
Contact: Pam Griffin, RN (828) 274-9567 ext 6240

Support Group for People with Early Memory Loss

Held every third Tuesday of the month 12:30-2:00pm. New Hope Presbyterian Church 3070 Sweeten Creek Road (Lower Level). Participants must be willing and able to discuss memory loss topics and want to be in a group. Family members are encouraged to join the MemoryCaregivers Network support group which meets at the same time in an adjoining room. Refreshments are provided.
Pat Hilgendorf (828) 645-9189, patricia.hilgendorf@gmail.com or Mary Donnelly (828) 230-4143, network@memorycare.org



ADULT DAY SERVICES
68A Sweeten Creek Road
Asheville, NC 28803-2318

(828) 277-3399
(828) 277-4855 (fax)
(828) 277-4799 (cancellation line)
www.carepartners.org

August NEWSLETTER

August THANK YOU'S

- Ruby Scott**– devotional books
- Hilda & Bruce Gasperson** – socks & Clorox wipes
- Viola Evans & Family** – basket making supplies
- Jeanette Payne & Renee Reeves** – toiletries and Hawaiian leis
- Liz & Ric Goodman** – Shade Raised Organic Coffees (SRO™)
- Elizabeth Goodman** – art supplies, electric keyboard, auto harp, Congo drum.
- Margaret & Charles Edwards** – design & maintenance of front window boxes
- Crystal Madden** - Annual subscription to Asheville Citizen-Times newspaper
- Lew Haight**- CD's, book with craft ideas



Cecil and Isabelle enjoyed the reception following the Mock Wedding



The Wedding Party