

AASCC's Monthly News and Notes



Independence

October 2014 Issue

Annual Meeting 2014

AASCC is pleased to announce that Joseph Lugo, Center for Disability and Aging Policy, US Administration on Community Living, will be the keynote speaker at its annual meeting to be held on October 22nd. Don't forget to register before October 14th. [Visit our website](#) for more information.



Volunteer Spotlight: 15,000 Hours

After Clara Moore retired, she started looking for an opportunity to volunteer her time working with children. Clara applied to the Foster Grandparent program in 1999 and for the past 15 years has provided over 15,000 hours of her time working with children with special needs. During her time as a FGP volunteer, Clara has helped children by providing one-on-one attention to children who were dealing with "separation anxiety" from their parents during the first weeks of school and she has helped children that need special attention in learning how to identify letters, colors and sounds.

Clara loves spending time with children because "it keeps me young". Clara said she always enjoyed going to her site because she knew when she arrived the children would welcome

Caregiver Corner

Caring for another person can be a difficult task. As with any difficult task, there are ways to make it easier by thorough preparation and planning. Whether it's hosting the holiday dinner for fifteen relatives or tackling a major problem at work, a check list is your best friend. As we think about the things that caregivers have to do to provide good care for their loved ones,

her with an energetic "hello grandma" and a big hug. "This made my day and made getting up in the morning worthwhile". At age 80, there are days that I need a little motivation to get out of bed and the thought of the children missing me is enough to get me to get up.

Clara's supervisor stated that she could always count on Clara showing up for the day. There were days when the weather was a challenge but no matter how cold and snowy the day - if the site was open - Clara would be there. I always admired her dedication to the children. She truly loves working with children.

In addition to her volunteer work as a Foster Grandparent, Clara enjoys gardening and volunteering at her church.



[Click here](#) to learn more about volunteering with children through AASCC.

In the Community

AASCC provides grants to community organizations through Federal Older Americans Act funding to provide services for individuals 60 years of age or older.

Adult Day Centers provide a supportive safe environment for adults who need supervised daily care. Whether this is "home away from home" while a caregiver works or respite and support for the caregiver, adult day centers provide a variety of social activities and assistance with activities of daily living. Four adult day centers receive OAA funding through AASCC:

The **Clelian Adult Day Center**, established in 1988, is a non-profit, nondenominational medical model day center sponsored by the Apostles of the Sacred Heart of Jesus. Clelian serves frail, elderly & disabled adults in a social, spiritual & healthcare environment. Recreational programs enhance each person's cognitive, physical, social, emotional and spiritual well-being. Intergenerational programs, sensory stimulation, creative therapy in art and music, seasonal and spiritual celebrations, pet and horticultural therapy, and a variety of games are personalized according to each client's needs and ability. Staff include a Certified Therapeutic Recreational Specialist and Nursing Staff.

we see elements of a check list that emerge: educate yourself about your loved one's condition; explore your options; identify community resources; create a list of people who can help; organize your important papers; make a careplan; plan for the future.

CHECK LIST

Education

- Talk with the doctor
- Research the Internet
- Learn how to provide the special care that's needed

Explore Options

- Review the specific things that must be done daily, weekly, monthly
- Assign the responsibility for getting each done to someone (not all of them by you!)

Identify Resources

- Call the Agency on Aging
- Consider hiring a care manager
- Review the InfoLine Internet database
- Get information on Adult Day Centers
- Contact disease specific organizations

Goodwin-Levine Adult Day Health Center (GLADHC) opened in 1979 and is a medical model center offering the full gamut of services, including transportation to/from the center and to medical appointments. We have multi-level therapeutic recreational programs, which includes community out-trips (shopping, museums, bowling, apple picking are only a few!). We are multi-cultural; sharing, celebrating and learning about each other's cultures is part of the fun. When asked what makes GLADHC special, clients talked about the warm, friendly environment and caring experienced staff. The staff's longevity is significant and they are highly trained in the needs of our disabled & elderly clients.

Orchard House has been serving the needs of aging adults in Greater New Haven for the last 32 years. Located along the east shore of Branford, participants are provided with a vibrant and enriching program of activities, in a medically focused environment. Clients receive medical oversight from the onsite RN, personal care assistance, two nutritionally balanced meals, transportation, and a broad range of therapeutic programs. Orchard House is not just a house, but your loved one's home away from home!

The **Mary Wade Adult Day Center** is a proud part of Mary Wade's 150 year history as a non-profit organization serving the New Haven Community. This medical-model center provides individualized, compassionate care to seniors in a relaxed environment. The center is open 7 days a week and services include therapeutic recreation, nursing, personal care, transportation, medication administration, a hot noon-time meal, family caregiver support, out-patient rehabilitation, and an on-site salon. The specialized "Garden Room" program serves those individuals with advanced symptoms of Alzheimer's disease or Dementia.

Did You Know?

Because adult day centers are considered a crucial resource for helping older adults remain in the community, AASCC continues to make funding adc's through the Older Americans Act Title III grants a priority. Consider these facts:

- 40% of adult day centers are for profit, 54.9% are not-for-profit.
- In 2012 there were 273,200 adult day centers nation-wide, a 35% increase from 2002.
- From 2002-2012, the number of older adults participating in adult day centers increased 63%.
- 31.9% of adult day center participants have dementia.
- 36.5% of adult day center participants are under 65 and 16.9% are over 85.

Create lists

- List the tasks that someone other than you could do
- Make a list of people who know the person you care for or know and/or love you
- Look at both lists and determine who to ask for help with each task

Organize

- Make a list of all the doctors, laboratories, therapists and pharmacies you use
- Make a list of all the diagnoses and allergic conditions of the person for whom you provide care
- Create a financial file with the health insurance information, life insurance, bank information
- Make multiple photocopies of important documents such as birth certificate, license, Social Security card, Medicare card

Make a Care Plan

- Ask the person you care for about his/her wishes
- Develop a log for medications, meals, doctor visits
- Check the household for accessibility and safety
- Make a visitor log

Upcoming Events
[View Our Full Calendar](#)

[Live Well Program, Derby](#)
begins October 16

[Interagency Council](#)
October 23



CHOICES Corner

The **Connecticut Energy Assistance Program** is designed to help offset the winter heating costs of Connecticut's lower income households. Older adults and people with disabilities with incomes between 150 percent and 200 percent of the federal poverty guidelines can qualify. Winter heating assistance pays for such heating sources as oil, natural gas, electricity, propane, kerosene, coal, wood and wood pellets. Homeowners and renters may apply. Households eligible for the winter heating program may also be eligible to receive weatherization assistance. This can help conserve energy and lower heating bills.

The Connecticut Energy Assistance Program and the Contingency Heating Assistance Program are administered by the Department of Social Services, and coordinated by regional Community Action Agencies, in cooperation with municipal and other non-profit human service agencies. To apply for benefits contact the action agency that serves your community

New Opportunities (Meriden area): (203) 235-0278
Community Action Agency of New Haven, Inc.: (203) 387-7700
TEAM, Inc. (Derby-Ansonia-Shelton area): (203) 736-5420
Community Renewal Team (Middletown area & east shoreline): (860) 347-4465 ext.223 or 224

Plan for the Future

- Know the prognosis
- Discuss advanced directives
- Assess finances
- Consult with an attorney about Power of Attorney
- Create a long term care plan



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