

CONNECTIONS

A RICHMOND TRADITION SINCE 1976

INSIDE

Message from Lory

...

Preparing for the Future
Care of Aging Adults in
the Richmond Region

...

Welcome to New Staff

...

Board Update
Patient Care Results

...

Recent Grants

...

Upcoming Events:
- United Way Campaign
- Fall Open House
- The Amazing Raise

Ageing With Dignity & Purpose: Sherman Harmon

One of the most incredible things that we can provide our participants at Circle Center is the ability to have a "good day." Over 60% of our participants last year had some form of dementia or memory loss. And because of that, many of these folks are unsafe to be at home alone during the day. Caring for them requires 24-hour supervision, which is challenging for a spouse or working family member.



Meet Sherman Harmon. Sherman is a 77 year old retired social studies teacher who was diagnosed with Alzheimer's disease in 2006. He lives with his

wife, Antoinette, a former teacher and principal. Antoinette understands the process of learning and re-learning, and has used her experience as a teacher to help her husband with daily activity management in his battle with Alzheimer's. Mrs. Harmon remembers that the warning signs were subtle. "It started with forgetfulness, and then Sherman started misplacing things. Mrs. Harmon began to spend her days making sure that Sherman was still active. "We didn't miss a beat," she recalls.

Recently, the Harmons moved from Long Island, New York to Richmond to be near their son and his family. Antoinette knew that she needed additional help. "I went to every adult day care around and they were all very different. I knew that Circle Center is where we needed to be. I appreciate the team's time and patience in helping Sherman have good days and to give his life purpose."

Sherman participates in Circle Center's Montessori based *Memory Lane* program led by CTRS Elizabeth Price. The program taps into long term memory through discussions and activities that foster successful story telling and reminiscing. Sherman also participates in the Men's Group led by social worker Jay Burkhardt and CCADS Board Member Mike Jackman. The atmosphere allows all of the male participants, with or without memory issues, to discuss and be an integral part of the group. During activities in the Wellness Program, Sherman sits in the front row engaging with wellness manager, Nick Meads as he leads the group. Sherman benefits from the visual cues which allows him to easily follow along.

When asked what Circle Center has done for her, Antoinette says, "it has allowed me to care for my husband and keep him at home, while having my own life and purpose while he is at the Center. I tried for a long time to do it by myself. At first I was nervous, just dropping him off, but it is much better now. It is a good feeling to know that he is safe and the Center team is taking care of him." We enjoy Sherman's bright smile every day and we are grateful that Mrs. Harmon smiles with approval of the care he receives at Circle Center.

MESSAGE FROM LORY



Dear Friends:

When Circle Center bought this building in 2007 funders and other friends encouraged us to think of future needs and “buy big.” We took their advice. Now those “future needs” are upon us. Over the past year Center utilization has grown by 25%! We project being at capacity in our current space by early 2015.

Oh, how grateful we are for the undeveloped east end of the building sitting there ripe for renovation! In this issue of Center Connections you will learn about our new initiative...Fund the Future of Care...a master plan for more space, staff and other resources to serve more families in the next year and beyond.

This next step for Circle Center may also become the capstone project of my 34-year career here as I anticipate retirement also in 2015. Although stepping back from this “work of my heart” will not be easy, I am confident in the thoughtful plan in place for a smooth leadership transition. Details will be announced soon.

Until then, my vision and energy continue to flow to new and better ways of meeting needs for more people into the future. With your help we can make it happen!

Lory

A handwritten signature in cursive script that reads "Lory".

Lory Phillippo, MPH, OTR/L, CEO
lphillippo@circlecenterads.org

Preparing for the Future Care of Aging Adults in the Richmond Region

The Circle Center Board of Directors is pleased to announce a new \$1.2 million initiative, *Fund the Future of Care*, in response to growing need and demand for Center services. With the current Center nearing capacity and the Age Wave on our doorstep, the Center is launching a several-fold phased plan to increase capacity over the next several years to:

- ▶ Renovate, equip and furnish another 3,000 square feet of our undeveloped space to serve 25-30 more participants each day (by mid-2015)
- ▶ Support an array of staff development activities to respond to changing needs and a greater emphasis on community care options for older adults (during 2015)
- ▶ Grow financial reserves for scholarships (throughout 2014 - 2016) and long-term endowment
- ▶ Grow the Center’s next generation of development and community outreach programs, strategic planning, and executive transition, all ensuring and building capacity for the future (throughout 2015-2016)



The Initiative is also a way of honoring and sustaining the legacy of departing CEO Lory Phillippo and her more than three decades of visionary leadership.

MEET OUR NEW STAFF



Amy Bodman, MBA, OTR/L
Chief Operating Officer

As a non-profit agency in an ever-changing healthcare environment, Circle Center continues to anticipate growth and direction for our program. We welcome to our team, Amy Bodman, COO. Amy has 22 years of health care management experience in varied acute and long term care settings with a track record of successful business development. She has experience in the rehabilitation and community-based long term care industry that will help further develop the award-winning participant programs and services at Circle Center as well as address the increasing regulatory demands that the adult day care industry faces.

Amy has spent the majority of her career as an Occupational Therapist both as a clinician and as a leader, addressing the needs of seniors and their caregivers. She lives in Midlothian with her husband, Dave, and three children. She enjoys walking, reading, cooking and traveling. Feel free to contact Amy or say hello when you see her at the Center!!



Nicholas (Nick) Meads, CTRS
Wellness Program Manager

Nicholas (Nick) Meads joined us on May 12 as our Wellness Program Manager. Nick is a Dean's List graduate of Old Dominion University with a degree in therapeutic recreation and is a nationally Certified Therapeutic Recreation Specialist (CTRS). Nick has gotten off to a great start in Wellness, developing relationships with our participants and identifying each of their specific needs and goals. He made many friends at the Center by facilitating a Wii Bowling Tournament which was enjoyed by all who participated!

In his free time, Nick enjoys cheering for the Baltimore Orioles and Ravens and is a self-proclaimed "fanatic"! He also enjoys running and working out at the gym. He is currently training for a marathon!



Dee Dee Ranes, RN
Program Director

Dee Dee Ranes, RN, is our new Program Director. She started at CCADS on August 18, and brings with her 38 years of nursing experience working with adults in long term care and hospice. Dee Dee decided to join our team because she wanted a position where she could have plenty of hands-on contact with her patients. She is looking forward to building relationships with our participants and getting to know what it is that they need to stay healthy and happy. Welcome to Circle Center Dee Dee!

BOARD UPDATE: Meet New Board Member, James "Jay" D. Lugar, Jr.

We are pleased to welcome Jay Lugar to Circle Center's Board of Directors. Jay serves as Clinical Trials Communications Manager at VCU Massey Cancer Center. He studied Communications at Virginia Tech, and is a member and past president of the Richmond Chapter of the American Marketing Association, and a member of the Public Relations Society of America. Jay has been active in the Richmond community for 25 years. He is married to Lisa Lugar, is a Boy Scouts of America parent, and serves as a YMCA youth soccer coach.

Please inquire about service on the Board or on a committee by sending an email to thecenter@circlecenterads.org.

CARE RESULTS

Circle Center Adult Day Services has the goal that frail and impaired older adults and their family caregivers, who participate actively in the program, will experience an enhanced quality of life allowing families to remain together as long as possible.

Results from July 2013 through June 2014 include:

100% (125/125) of those served met the criteria for nursing home care, but used adult daycare at Circle Center instead. They were able to live at home **30,233 days longer** at a **savings to their family and taxpayers of at least \$5,033,448**.

Family Caregivers recently reported in an anonymous survey improved quality to their lives:

98% - reported Circle Center helped them cope

94% - said the Center met their needs for help with caregiving

95% - reported use of the Center's support and educational resources

100% - reported the Center helped them maintain valued life roles such as worker, caregiver, volunteer and/or member of a faith community.



**337 Volunteers
provided at least
3,322 volunteer
hours!**

RECENT GRANTS

Circle Center is grateful for recent grants from foundations, area corporations, and faith communities which allow us to continue serving the senior population of Richmond in our fourth decade. We continue to press on into the future as innovative leaders in adult day services and appreciate the support awarded in grants for our 2013-14 fiscal year from:

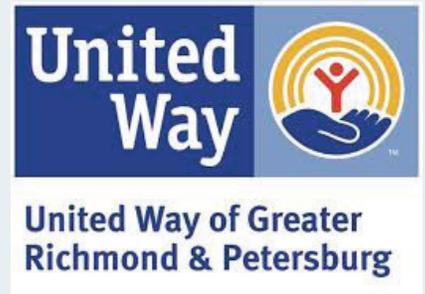
- Altria Companies Employee Community Fund
- Cathedral of the Sacred Heart
- First English Lutheran Church
- Genworth Foundation
- Grace Covenant Presbyterian Church
- Overton & Katharine Dennis Fund
- St. James's Episcopal Church
- St. John's Fellowship
- St. Johns United Church of Christ
- The Community Foundation serving Richmond & Central Virginia:
 - *The Pauley Family Foundation*
 - *Jenkins Foundation*
- Dominion Foundation
- Harrison Foundation
- Kenneth T. and Mildred S. Gammons Charitable Foundation
- Royall Family Fund
- United Way of Greater Richmond & Petersburg
- UPS Foundation



UPCOMING EVENTS

UNITED WAY HELP IS HERE!

The United Way Campaign kicks off September 12, 2014. Please consider Circle Center Adult Day Services in your choices. How do your contributions to the United Way campaign help at Circle Center? 100% of your gift funds scholarship days for participants who could not be here without your support. With folks living longer and retirement funds at risk, more participants need this help every year. Designate your generous United Way pledge to Circle Center using our agency code for your workplace campaign. Please write in Circle Center Adult Day Services.



- ▶ UNITED WAY CAMPAIGN 2492
- ▶ CVC 3439 ▶ CFC 18139 ▶ LGS 7355



FALL OPEN HOUSE

WHEN: Tuesday, September 16, 2014
from 10:00 AM until 4:00 PM

WHERE: Circle Center Adult Day Service
4900 West Marshall Street
Richmond, VA 23230

Our fall Open House provides a great opportunity to see the Center in action. Come join us to:

- ▶ Celebrate National Adult Day Week
- ▶ Meet our staff
- ▶ Check out our beautiful facility and learn about our state of the art programs

Anyone interested in the care of seniors is welcome!! Light refreshments will be served For more information, please call 804-355-5717.

GET READY FOR THE AMAZING RAISE!



The Amazing Raise is a two-day online giving event hosted by The Community Foundation Serving Richmond and Central Virginia. Last year, generous donors raised over **\$17,000** for Circle Center! To participate and help the Center raise even more this year:

- ▶ Tell your friends, family and colleagues that Circle Center is participating in the Amazing Raise with over 400 other Richmond-area non-profits. Ask them to donate to Circle Center.

- ▶ Log on to our website at circlecenterads.org to donate during this 36-hour period (6 AM Wed, 9/17 through 6 PM Thurs, 9/18). Thank you for your support!



More Than You Imagined!

4900 West Marshall Street
Richmond, Virginia 23230

ADDRESS SERVICE REQUESTED

FALL 2014

NON-PROFIT
US POSTAGE

PAID

Permit #20
Richmond, VA

CELEBRATING 38 YEARS OF HELPING OLDER ADULTS LIVE WITH DIGNITY AND PURPOSE SINCE 1976

OUR MISSION

To provide comprehensive and individualized quality care for older adults during the day, enabling them to live at home and providing assurance and respite for family caregivers.

FOUNDING CHURCHES

Cathedral of the Sacred Heart

First English Lutheran

Grace Covenant Presbyterian

St. James's Episcopal

St. John's United Church of Christ

2014 - 2015 BOARD OF DIRECTORS

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Usha Kotval
Beth Ludden
Jay Lugar
Mark Railsback
Andrew Sherrod, Vice-Chair

Chief Executive Officer:
Lory L. Phillippo, MPH, OTR/L

Chief Operating Officer:
Amy Bodman, MBA, OTR/L

OUR VISION

A community where all older adults and their families have the support and resources to live together with purpose and dignity.

HOURS OF OPERATION

Monday – Friday
7:30 AM to 5:30 PM

Saturday
9 AM to 5 PM

For more information, please call
(804) 355-5717 or visit our website
at circlecenterads.org.