



CIRCLE CENTERSM
ADULT DAY SERVICES



Keeping Families Together

CONNECTIONS

SPRING 2012

A RICHMOND TRADITION IN ADULT DAY SERVICES SINCE 1976

IMPROVING BY LEAPS AND BOUNDS, ONE STEP AT A TIME

Tammy and Richard King were on a cruise in 2009 to celebrate their newly emptied nest and 31st wedding anniversary. Tammy was so excited about looking for sea turtles! While snorkeling, Tammy suffered a stroke instead of finding sea turtles. Thanks to the medical teams' quick response, Tammy was able to return home and enter rehab for intensive therapy.

The stroke affected her speech, right arm, and leg. Tammy was discharged after one month of therapy. A dilemma familiar to caregivers arose: who would look after Tammy? Tammy would spend three days a week with her mother and two days with her husband at work. This care plan was satisfactory for a couple of years after which Rick found it increasingly difficult to concentrate and focus at work while Tammy's near-eighty year old mother was reaching the point of exhaustion.

A new care plan was needed.

"It was not until I visited Circle Center that I knew I had found a place that felt right. From the beginning I liked everything about it. The staff and volunteers were warm, inviting and enjoyed the service they were providing. The cleanliness and organization were impressive so the next day I brought Tammy to visit with Ann and tour the facility."

Tammy has been a participant at Circle Center for about a year. Initially apprehensive, she started with two days a week, increased to three, and now to five days a week. Tammy relays to her husband everything she does each day: her participation in various groups such as the Garden, Cooking and Walking Clubs, special events and visitors, Red Hat socials (Tammy absolutely had to go out and get a red hat!), and Nutzy, the Richmond Flying Squirrels mascot. She asks every day if something special is going on at the "Club" so she can be appropriately dressed. Tammy loves the crazy dress up days such as mismatched shoes or tacky sock day. She's totally committed to the Center and our activities.



"The joy that she gets from the Center is priceless," Richard explains. "It allows me to go to work assured that she is being cared at the same time regaining social skills and physical abilities that had been slowly slipping away."

The Wellness Program has many benefits for Tammy. She continues to make progress beyond the formal physical therapy she had received earlier. Tammy now devotes herself to strength building: weight lifting, chair aerobics, balloon volleyball, chair soccer, and careful diet. And walking! Tammy is the marathon winner in the "Bunny Hop", our walking program, walking over 30 miles since it started March 1. Confidence radiates in her face. Tammy's success reinforces our mission and warms our hearts! She exemplifies the resilience and determination of our participants. Way to go, Tammy!



Tammy and Lauren stroll in the Spring Fashion Show

MESSAGE FROM LORY

Dear Friends:

Spring always feels like a time for new beginnings, a time to get out more, try something new, and settle in different routines before the busy summer months.

Maybe you know a caregiving family poised to make a change in their caregiving plan. Did you know that learning about us from families we serve or have served, and from other agencies with whom we have close ties, are the major ways families connect with us? You could be the matchmaker to introduce them to Circle Center. Show your love.....make a match!



Other families value your experience-based endorsement. We appreciate your help to introduce them to Circle Center.

Happy Spring. Thanks from all of us at Circle Center !

Lory

lphillippo@circlecenterads.org

WE'RE SURROUNDED !!

When Vilma Osmalov considered a gift to the Center in memory of her husband Jerry, music was a natural choice. Jerry had a lifelong love of music; it was an important part of his life, including his days at Circle Center.

Now participants and staff at the Center hum, foot-tap, dance, clap and sing through the day thanks to a custom surround-sound system involving 14 speakers, volume controls in each of 5 rooms, and CD/iPod/satellite radio capability.

Our deepest thanks to Vilma, and family and friends, for this generous gift of music wherever we are.

WELCOME NEW STAFF MEMBERS

Ashley Scott, Licensed Practical Nurse was here only a week when we knew we had a GEM filling the newly-created position! Although adult day care was a new setting for her, Ashley was a quick-study helping make her role here indispensable. Having supervision experience in a nursing home, Ashley thoroughly understands the needs of our participants. Her calm, steady presence and excellent assessment skills are reassuring to participants, family members and colleagues, including Rose, our long-standing Registered Nurse. A graduate of the J. Sargeant Reynolds Community College LPN program, Ashley now has her sights on becoming an Registered Nurse which we applaud! You'd want her to be your nurse if you needed one.



Also new to our team:

Marva Burrell, Shawna Deane and Francella Jackson, all Certified Nursing Assistants who joined our established team working with Ashley to ensure that participants' personal care needs are met.

BOARD UPDATES

A strong Board of Directors with diverse skills and perspectives is key to our non-profit agency's success. New directors who recently joined the Center Board are:

Amy C. Bodman, Regional Director
of Operations for Innovative Senior Care

Mark Railsback, Strategic Initiatives Leader
with Genworth

Welcome, Amy and Mark! You may inquire about service on the Board or a committee at thecenter@circlecenterads.org.

2012 BOOMER BALL

The Boomer Ball was held March 30, 2012, at the Hotel John Marshall, newly renovated just in time for Circle Center and our guests! The ballroom overflowed with original and elegant live and silent auction items, music, and guests dressed to the hilt to match this year's theme, Disco!

The Boomer Ball committee, led by Katie Campbell, did an outstanding job! The Janitors played a full spectrum of music over the decades. *Homemades* by Suzanne created delicious treats!



Katie Campbell, Chair of the Boomer Ball Committee, Vice-Chair of the Board of Directors and Ernie Rogers, auctioneer



Marylee Traver, Board Secretary, shared the mission of Circle Center with personal stories of her mother, Phyllis, a former participant.



A full house!



The Janitors band leader, Danny



Tables full of auction items



Disco!

PROGRAM ENHANCEMENTS

WELLNESS

Participants ask for more and more physical activities. Shanna has added chair aerobics and chair soccer in Wellness. Ryan Duffy volunteers once a month teaching Tai Chi which helps the participants stretch, decrease stress and increase mobility. More new exercises are coming!



Ryan leading Tai Chi

MEMORY LANE

Lauren and the participants are working on stories using *Timeslips™*, a newly developed improvisational storytelling method that replaces the pressure to remember with the freedom to imagine. Lauren is certified to use the *Timeslips™* process which details the meaning and value of creative expression. In response to photographs (like a woman at the beach, two dogs in cars at a stop light, a baby, two women throwing dice, etc.), everyone speaks up and contributes. The participants have written over seven stories which will be compiled into a book available soon!

The *Timeslips™* Project aims to:

- Inspire people with dementia to hone and share the gifts of their imaginations
- Inspire others to see beyond loss to recognize the strengths of people with dementia
- Improve the quality of life of people with dementia and those who care for them.

Originally designed to support growth and learning in people with dementia and their caregivers, the *Timeslips™* method is fun for anyone. It is a model for sharing your stories with your family and community.

PROGRAM ACTIVITIES

Our creative activity coordinators, Dawn and Mary, have an endless supply of ideas for participants. Spring favorites were our annual fashion show and celebration of the Chinese New Year. We welcomed the Year of the Dragon with our own dragon. Mary made the costume that four staff wore to weave through the activity rooms!



The dragon snaked through the Center amid cymbals and shouts of "Happy New Year!"



Gracie parades in our Spring Fashion Show.

Circle Center Adult Day Services
More than You Imagined!
4900 West Marshall Street
Richmond, Virginia 23230
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Spring 2012

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***CELEBRATING 36 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

2011 - 2012 Board of Directors

Mike Heard, Chair
Katie Campbell, Vice Chair
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Janet Gale
Blaine Garrett
Mark Railsback
Andrew Sherrod

Chief Executive Officer

Lory L. Phillippo, MPH, 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 www.circlecenterads.org