

Open House
Thursday
May 1, 2014
10:00 am - 4:00



CIRCLE CENTERSM
ADULT DAY SERVICES

Keeping Families Together

CONNECTIONS

SPRING 2014

A RICHMOND TRADITION SINCE 1976

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This is Adult Day Care!

MEET DIANE MARSH

Fiercely independent and private, Diane Marsh has always gone her own way. There was never a doubt she would have a medical career. Her family was always helping people. She knew very early that she wanted to be a dentist, not a doctor as her father and sister. In 1962 Diane was one of two females in Howard University School of Dentistry, and one of the first African American female dentists in Virginia. She maintained her own practice in Richmond for over 30 years in the same building as her father with whom she was very close.



Diane was a major player in the civil rights movement in Virginia and supported her husband's legal and political career. Family always came first. "She is an excellent mother," Nadine says, her daughter and caregiver, herself a full time professional and mother. Another daughter, Sonya, lives in Charlotte. Diane's son, Dwayne, lives in Oakland. All her children and grandchildren are very close to her. Three generations now live together in the same house her father built for his family.

Her independence and health took a turn for the worse when severe arthritis caused her to fall frequently. Diane reluctantly agreed she could not stay safely at home alone. Diane needed to be with people like her; home care could not provide enough socialization. The family scoured the Richmond community for the perfect fit for Diane. It had to be a facility where her independence and privacy would be guaranteed. Nadine recalls, "We were impressed by the staff, the facility, and the professionalism of Circle Center Adult Day Services. The location was convenient. And its reputation was outstanding. When we looked for care, Circle Center Adult Day Services bubbled to the top."

"Diane brightens each day here with her wit and humor," says Jay, our social worker. Feeling at home here, Diane reads a lot and is outgoing, supportive of other participants and the staff, and a great friend to all of us at Circle Center Adult Day Services.

MESSAGE FROM LORY

Dear Friends:

Spring has finally arrived and with it the April 1 start-up of a program for which we have both been providing input to planning and preparing to participate in for over a year. *Commonwealth Coordinated Care* is a new option for adults who are dually eligible for both Medicare and Medicaid.



With health care becoming more complex and costly and people living longer with multiple chronic conditions, this managed care program is designed to fund and help coordinate both acute and long term care services, provide more seamless care transitions as people move from one facility or provider to another, address unmet needs, and avoid costly duplication and inefficiencies.

We are pleased to be in the provider networks of all three managed care organizations serving the Richmond region: *Anthem, Humana, and Virginia Premier*. Already several current Center participants have opted in to the new program and others are sure to follow. Although our services here will remain much the same, we do look forward to closer communication and coordination with other entities also serving our folks. The goal: the right care, at the right time, from the right providers, all person-centered on concepts of quality and individual choice. Who could ask for more?

A handwritten signature in black ink that reads "Lory".

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

INVESTING IN COMMUNITY BUILDING

An important part of the Center's mission is involvement to build a community supportive of aging adults and their families. Contributing through committee service is one way to live out our mission. Some of our Center CEO's service includes:

- Recent appointment to a four year term on the statewide Alzheimer's Commission
- Leadership Committee for regional AgeWave Planning; Age-Friendly Business Work Group
- Advisory Council-The Institute for Innovations in Caregiving
- Advisory Committee-Commonwealth Coordinated Care/Virginia Department of Medical Assistance Services
- Regional Stakeholder Advisory Committee-Logisticare Transportation

ANNUAL FUND

It is not too late to make a gift or a second gift to the 2013-14 Annual Fund, including Tribute Gifts for Mother's and Father's Day or in celebration of the Center's 38th anniversary of service to the community on May 1. Gifts of all sizes are welcomed. Your gift before June 30 will help us with the \$19,000 needed to reach our goal. Add your name to the Honor Roll of donors in the Center's Annual Report available this fall. On-line giving is available at www.circlecenterads.org. Look for the link on the Center's home page, the *Ways to Help* webpage, or use the enclosed envelope. The Center's profile on www.giverichmond.org also provides useful information about programs at Circle Center Adult Day Services.

GREAT BIG INSIDE YARD SALE



A beautiful day, lots of items, tons of shoppers and extraordinary work by the volunteers and staff led to the Great Big Inside Yard Sale on Saturday, February 22, 2014. A first for Circle Center, it was so successful we have scheduled our next yard sale, the Great Big OUTSIDE Yard Sale, on **Saturday, May 10, 2014, 7:00 am to 2:00 pm**. Donations and volunteers are welcome now; call before dropping off. Please tell your friends and join us!

OPEN HOUSE

Thursday, May 1, 2014 10 am–4 pm
Circle Center Adult Day Services

Our spring Open House provides a great opportunity to see the Center in action and meet our dedicated and skilled staff. Many families are unaware of adult day services as an affordable option for long term care and caregiver relief and respite. Please let them know about this “sneak peak” day. Or you might know someone who wants to volunteer in our vibrant community? Everyone is welcome! Tell your clergy, healthcare providers, work colleagues, family members and friends to drop by. Thanks for spreading the word about our program and services. Light refreshments will be served all day. Call for information 804-355-5717.

BOARD UPDATE

Beth Ludden, Vice President Long Term Care Insurance at Genworth, has been elected to serve on the CCADS Board of Directors. Beth serves on the Leadership Committee for regional AgeWave Planning and chairs the Age-Friendly Business Work Group.

TWO RECENT STUDIES SUPPORT ADULT DAY SERVICES

Two recent adult day studies point to significant benefits to participants and caregivers. Earlier research reported a decrease in caregivers’ stress hormones when relatives are in adult day. Now, that same study reports an increase in the beneficial hormone DHEA which helps build the body’s immune system. In a separate study, a dose-response indicating “more is better” was found in adult day users. The more days a person attended adult day, the longer they stayed out of nursing home. Use of other services such as home support, respite or case management were found not to contribute to the delay in placement. See our website www.circlecenterads.org for research methodologies and results.

COLLEGIATE VOLUNTEERS

Volunteers come in all ages! Margaret Mead said, “We have to get older people back close to growing children if we are to restore a sense of community, a knowledge of the past, and a sense of the future.” Each spring and fall, Circle Center Adult Day Services hosts eighth and ninth grade volunteers from Collegiate School, a local co-ed private school as deeply committed to community involvement and service learning as we are.



One of the students reflected, “I learned that even when life is bad and dementia hits, there is always something to be happy about. I could tell without him ever saying anything to me that he was enjoying his life at that point to the fullest. Even though I came to Circle Center to help him and others, I found new sources and levels of happiness.”



More than You Imagined!
4900 West Marshall Street
Richmond, Virginia 23230
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 Spring 2014

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Only a limited number of future newsletters will be printed on paper. You may request to be on the paper copy mailing list by calling the Center (804) 355-5717. Subscribe to our emailing list (email subscribe@circlecenterads.org) or read the electronic copy on our website, www.circlecenterads.org.

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

2013 - 2014 Board of Directors

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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