



CIRCLE CENTERSM
ADULT DAY SERVICES

“Keeping Families Together”

May 2016

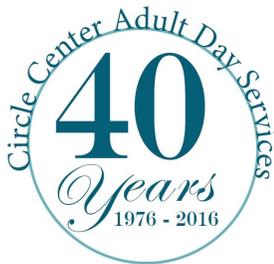
EVERYONE DESERVES A GOOD DAY

A RICHMOND TRADITION IN ADULT DAY SERVICES SINCE 1976—FOR 40 YEARS — MORE THAN YOU IMAGINED!

www.circlecenterads.org

CAREGIVER UPDATE

HAPPY 40TH ANNIVERSARY CIRCLE CENTER!



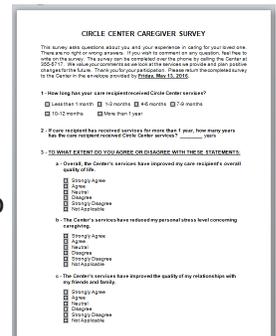
Circle Center first opened its doors in May, 1976. We started with two staff members who served three to six participants per day. Today, we serve 125+ participants and have 40 full- or part-time staff members. We want to say a huge congratulations to **Sheila Selznick, OTR/L** for her 40 years of service at Circle Center as our Care Coordinator!

IMPORTANT DATES IN MAY

- Mon 5/2** Happy 40th Birthday Circle Center!
- Thurs 5/5** Happy Cinco de Mayo!
- Mon 5/9** Wear Stripes Day
- Wed 5/18** Wear Sunglasses Day
- Sat 5/28** CLOSED for Memorial Day
- Mon 5/30** CLOSED for Memorial Day
- Thurs 5/26** Caregiver Support Meeting 4:30pm

PLEASE RETURN 2016 CAREGIVER SURVEY

Did you know that we receive grant funding from several local sources and that funding allows us to support your family member? Most of these funders require data on our success, challenges and progress. Thanks to our family caregiver survey, distributed to family members of anyone served at Circle Center this past year, and the feedback you provide, - we are able to apply for grants which help to underwrite some of the costs at Circle Center. We are asking you, family caregivers, for feedback on our services. Your thoughtful response to the questionnaire will help us make any necessary changes and plan for the future. Another equally important purpose of the survey is to document to our funding sources the perceptions of the families we serve. Your help with this is greatly needed and appreciated. **We are hoping for 100% response. Help us help you and your loved one!**



Please complete the questionnaire and **return it to the Center by Friday, May 13**. As an incentive to receive as many responses as possible, Circle Center is offering *families currently enrolled* who **return the survey by the due date - one free Saturday at the Center (\$75 value)**. In order to receive this benefit, you must give the survey to a staff member, who will present you with your coupon. You may make a reservation for the Saturday you choose and must be currently enrolled at the time of its use.

An online version is now available on our website at www.circlecenterads.org. Click on the Caregivers tab at the top, and then on the Caregiver Survey. Be sure to include the number noted on your return envelope.

Medication Safety Tips for Older Adults

Take Medications as Prescribed:

- As we age, we are likely to take more medications and are, therefore, more likely to experience bothersome side effects. If you have any questions regarding your medications, talk with your pharmacist or doctor.
- It is important to take all of your medications regularly, according to your health care provider's instructions.
- Do not skip doses or stop taking a medication without first talking with your pharmacist or doctor even if you are feeling better or you think the medication is not working.

Keep a Medication List:

- Older adults are more likely to see several health care providers throughout the year. Thus, it is important to keep a current list of your medications with you at all times. You can show this list to each of your health care providers including your primary care physician, dentist, pharmacist, etc.
- It is important that all of your health care providers are aware of each medication you are taking to prevent complications and avoid duplications.
- Consider giving a friend or loved one a copy of your medication list in case of an emergency. Record each medication name, strength, and frequency. Remember to include medications you take that are over-the-counter and/or supplements.
- As a patient of Bremo Pharmacy, you can receive a personalized medication list with monthly medication pick-ups, ask us today.

Review Medication with Your Pharmacist:

- Older adults tend to have multiple providers due to various health conditions. This can lead to confusing medication combinations. While your health and well-being is a priority for your doctor, sometimes questions you may have about your medications can be missed during appointments.
- Schedule at least one annual check-up of your medications with your pharmacist or doctor to confirm medications which are still necessary and which medications you can stop taking (if any). An annual review of your medications can help you avoid drug interactions, unwanted side effects and potentially lessen costs.
- If you are unable to afford a certain medication, ask your health care provider whether there is a cheaper, yet still effective alternative.



CAREGIVER SUPPORT GROUP

Join our social worker, Jay Burkhardt, for our monthly Caregiver Support Meeting. The group meets the last Thursday of each month from 4:30-6:00 p.m. This month's meeting will be held on

Thursday, May 26, 2016.

MISSED CALLS FROM CIRCLE CENTER

If you miss a call from Circle Center, if possible, please check the message first before you call back. That will help us get you to the correct person more quickly. Thank you for your cooperation.

CLOSING TIME

REMINDER: We close at 5:30 p.m. Late fees apply to late pick-ups.

BREAKFAST REMINDER FOR FAMILIES

If you want your loved one to eat breakfast at Circle Center, please drop them off before 8:30 a.m.

LIKE US ON FACEBOOK



We post lots of photos of what your loved ones are doing throughout the day! You don't need an account, just go to:
www.facebook.com/circlecenter