



house of welcome adult day services

specialized programs for persons with memory loss

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newsletter

October 2017

Around the Day Program A recent dance/ movement therapy group focused on Labor Day explored the movement qualities of exertion and recuperation. Participants explored hard working and intense exertion movements, and discussed the hard work they did as engineers, teachers, parents, and business owners. The group then explored recuperative and relaxing movements, and shared what they enjoy doing for relaxation, including reading and listening to music.

During a spirituality group, participants shared their hopes for Rosh Hashanah, the Jewish New Year:

Peace Acceptance

Celebration Happiness

Love Singing and music

Chocolate Wine

Quality time with family and friends



The Hummers & Strummers visited for a musical performance. We enjoyed listening to and singing along with them. They played and sang many wonderful and recognizable tunes, including, "Swinging on a Star" and "Edelweiss."

From Mind Matters—Early Memory Loss Program In celebration of Labor Day, the group had a discussion about their careers. People shared information about their first jobs and their most unusual jobs.

For a focus theme on relaxation, our music therapist led the group in songs that celebrated relationships, especially friendships. The group enjoyed singing "You've Got a Friend," and talking about the support provided by friendships in the group.

Survey Results/Outcomes—Fiscal Year 2017

We regularly evaluate our programs as part of our focus on performance management and continuous improvement. We have a variety of established outcome measures that are reported and reviewed annually. We met or exceeded our goals in most of the categories.

Adult Day Services Questionnaires are sent to participants' family members during their first and fourth months, annually, and at discharge. Following is a summary of the results.

ADULT DAY SERVICES QUESTIONNAIRE				
AVERAGE SCORES				
Time period	1 st month	4 th month	Annual	Discharge
Number sent	14	11	13	14
Number returned	9	11	11	5
Percent returned	64%	100%	85%	35%
Satisfaction— case management Highest score is 5 = strongly agree	4.41	4.45	4.23	4.67
Satisfaction— program Highest score is 5 = strongly agree	4.82	4.75	4.76	4.83
Caregiver stress Scores from 1 (low) to 4 (high)	2.75	2.08	1.89	2.53
Benefit to participant Scores from 1 (low) to 4 (high)	3.38	3.31	3.22	3.53
Benefit to caregiver Scores from 1 (low) to 4 (high)	2.88	3.07	3.22	3.10
Problems using day program Scores from 1 (low) to 4 (high)	1.32	1.59	1.31	1.55

Surveys are also completed by Mind Matters participants and family members and to

support/educational group members. For these surveys, a majority of agree or strongly agree responses were achieved in a majority of categories.

Activity charting is completed daily for individual participants in all activities offered, based on the Observing Quality of Life in Dementia scale (OQOLD) developed and researched by Mather LifeWays Institute on Aging. Individual activity charts include the number and type of activities, level of engagement/well-being during activities, and percent of activities involved in. Aggregate reports are shared with families at each care plan meeting. The ratings range from minus 3 (lowest level of engagement/well-being) to plus 3 (highest level of engagement/well-being.) Staff coded participants in 54,096 activities. The average rating for all participants for all activities offered was +2.28.

Mark Clothing and Belongings! Please mark all items brought to the program (coats, sweaters, hats, books, walkers, glasses, etc.) with your family member's name. To avoid any belongings getting lost or damaged, please don't bring irreplaceable items.



Staff News Program Specialist Stephanie Terrell, MA, R-DMT, and Program Assistant Claudia Guerrero, CNA, are both celebrating their one-year anniversary! Congratulations!

Student Interns We are pleased to welcome Zano Manzano, a second-year dance/movement therapy and counseling graduate student at Columbia College Chicago. Zano is originally from Hawaii and is a ballroom dancer. Zano will be working in the Day Program until May.

Special Lunch Program Our special lunch in honor of autumn will be held on Tuesday, October 17. The menu is penne with meat sauce, garlic bread sticks and dessert.

Alzheimer's Family Support Group We host a monthly support group for family members of people living with memory loss from Alzheimer's disease and other dementias. There is no fee and registration is not required. The next meeting is October 10 from 1:00 to 2:30 p.m. at North Shore Senior Center. Please join us!

Other Programs and Services

- **Bathing, hairdressing, podiatry and massage therapy** are available for HOW day program participants
- **Alzheimer's Family Support Group** for family members of persons with Alzheimer's disease and other dementias
- **Mind Matters Family Support Group** for family members of Mind Matters participants
- **Education Programs** on dementia-related topics
- **North Shore Senior Center's Senior and Family Services Department** offers in-home and community-based supportive services
- **North Shore Senior Center's CareOptions** offers consulting, guidance and support to families and their older adult relatives, on a fee basis, to address immediate and future care needs
- **North Shore Senior Center's Lifelong Learning Department** offers a variety of programs and classes

2017 Schedule

Following are the 2017 late openings and closings. **These dates are subject to change, so please review them each month.** Family members must communicate this information to caregivers, drivers, and others needing to know. Thank you.

- ◆ **Friday, 10-6:** CLOSED for in-service day, supported by **The Edna F. Weber Program for Training and Professional Development**
- ◆ **Friday, 10-27:** Open at 10:30 a.m.
- ◆ **Friday, 11-17:** Open at 10:30 a.m.
- ◆ **Thursday/Friday, 11-23 & 11-24:** CLOSED for holidays
- ◆ **Friday, 12-15:** Open at 10:30 a.m.
- ◆ **Friday/Monday, 12-22 & 12-25:** CLOSED for holidays
- ◆ **Friday/Monday, 12-29 & 1-1-2018:** CLOSED for holidays

The mission of the North Shore Senior Center is to foster the independence and well being of older adults, enhance their dignity and self respect, and promote their participation in and contribution toward all aspects of community life.

