

Fall
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e-News **E.L.I.T.E.**

A Greeting from the Executive Director



Dear Friends, July 2011 ended Adult Care Services fiscal year. Our auditors from Schutte and Hilgendorf worked diligently over the last two months to assess our organization. I can look back and confidently say Adult Care Services has done extremely well. We are thankful to our exceptional care partners, families and donors for all that you have done to help us maintain our success despite a challenging economy.

We have accomplished many of our strategic goals including maintaining our targeted census at The Margaret T. Morris Center and going above our targeted census for The Centers Adult Day Services in both Prescott and Prescott Valley. The My Care Partner In-Home Care Program and The Margaret T. Morris Center Online Education and Training Program continue to build upon their census as well.

The Margaret T. Morris Center continues to be the experts in memory care and our excellence in care was recognized through its' third three year CARF re- accreditation.

This fiscal year brought us new directors at each site including myself to the executive director position for ACS; Karen Brewer to Director of My Care Partner In-Home Care and The Center Adult Day Services, Prescott; Laura Dreibelbis Director of The Center Adult Day Services of Prescott Valley and; Michael Direen, General Manager of The Margaret T. Morris Center. All are long time employees, committed to professionalism, growth and dedication to our nonprofit organization.

Three new key care partners joined our team: Amy Geissler, Director of Community Relations; Stephen Whisenhunt, Director of Fund Development and; Alex Schreivogel, Director of Culinary Services. All three have the same compassion and dedication to making ACS as if they have been with us for years.

We said good-bye to our founding Executive Director Susan J Rheem who passed away unexpectedly and on a beautiful June day celebrated her life in the Bob and Dudie Kieckhefer Strolling Garden at The Margaret T. Morris Center. Her memory lives on especially from the many wonderful donors who have given to her scholarship fund for those needing financial support to participate at our day center programs.

We also said good-bye to the members of Yavapai County Long Term Care who have worked with us for more than 20 years in serving our Arizona Long Term Care System members.

We introduced our new look to the community solidifying all of our programs under ACS, relaying to the community *Peace of Mind* with our new butterfly logo.

Our education and training of our care partners across the company continue to exceed our goal. With monthly Person Centered Care trainings, in-house CEU opportunities, leadership workshops, and participation in local and state conferences, ACS continues to support all care partners, from the front line up through management, for continued best practices of those we serve.

Community Report (cont.)

We have continued to support more family caregivers by partnering with other community organizations to host additional support groups and guest speakers at each of our communities as well as having a presence at local health fairs.

The Board of Director's welcomed another new board member, retired Texas judge, Michael Allan Peters, who in addition, is a regular volunteer at The Margaret T. Morris Center for the activity department.

What a year of growth it has been for ACS! Thank you again for your continued support!

Looking to the New Year we are excited to be celebrating our 30 year anniversary in the community with a gala celebration being held in April of 2012 and at another date a very special fund raising event that no one will want to miss!

We are committed to starting the very long process for the day centers to become CARF accredited and receive the Gold Seal in quality care!

We are optimistic that with generous supporters we will be on the way to the remodel of The Margaret T. Morris Center which will include a smaller enclosed outside garden area. This will help facilitate resident independence in going outside unescorted by care partners.

New and exciting quality programs are being planned across our communities for both indoors and out.

We look forward to continuously working with our contract providers including the Veteran's Administration, Department of Developmental Disabilities, NACOG and welcome our newest contractors Ever-care and Logisticare who are now responsible for the case management of our Arizona Long Term Care System members.

As always, no matter what role we play, board member, staff, family, contractor or donor, we are partners in providing Quality Care, Quality Service and Quality of Life for those who need us most. We look forward to yet another inspiring year and a continued successful partnership!

Warmly,

Yvonne Napolitano - Executive Director

Excellence in Adult Day Services – Annual Awards

More than 4600 adult day service programs exist across the United States today, serving more than 260,000 adults with varying disabilities, and their caregivers according to a 2010 report from the National Adult Day Services Association (NADSA.) Adult day centers are generally found in larger cities versus rural areas and the Prescott, Prescott Valley and surrounding areas are fortunate to have two very active programs. The week of September 18 was National Adult Day Services week and this year, the Adult Care Services



Darren Rheem and Devon Devlin accept the Lifetime Achievement award on behalf of their mother and ACS' founder: Susan J. Rheem

day center directors, participants and families were able to celebrate.

On Tuesday afternoon September 13 the Arizona Association of Adult Day Services held its' 10th Annual Adult Day Services Celebration of Excellence Awards in Phoenix. ACS' own Executive Director, Yvonne Napolitano, opened the event as the Key Note Speaker acknowledging the impact of adult day services on those as well as lessons learned from the late Susan J. Rheem. Recognized as a pioneer of adult day programs, Susan was then honored with the annual *Lifetime Achievement Award* with her children Devon and Darren accepting the award on her behalf. This award will be known moving forward as *The Susan J Rheem Lifetime Achievement Award*. Following the presentation, 14 adult day service programs honored their own Employee, Participant and Caregiver of the Year. As Yvonne Napolitano said, it was an honor to recognize not only Susan, but all of the esteemed individuals who are truly at the heart and soul of adult day services.

REMINDER... Donate your newspapers in the Prescott Noon Lions Club collection carts located at various places in our community. The money collected from their recycling projects funds the Lion's contributions to our local community including The Center Adult Day Services Scholarship Program.

Our Day Center Honorees...



Laura Dreibelbis (R) recognizes the Prescott Valley Center's award recipients. This year from left to right John Shippen Staff Member of the Year; Barbara McKeever, Caregiver of the Year and; Bill Leneave, Participant of the Year.



Karen Brewer of the Prescott Day Center honors Ted Alward, Participant of the Year as Joan Ryan, Staff Member of the Year and Malia Chase, Caregiver of the Year look on.

A Time for Sharing



Participants at The Centers Adult Day Services deliver handmade wind chimes to recipients of "Meals on Wheels" programs in Prescott and Prescott Valley during National Adult Day Services Week.

National Conference in Milwaukee

On September 22, Karen Brewer, Prescott Center Director, Laura Dreibelbis, Prescott Valley Center Director and Yvonne Napolitano flew off to the National Adult Day Services Association Conference in Milwaukee, WI. More than 400 day center professionals were joined together. The conference was energizing with such topics as person centered care, marketing, benchmarking, activity programming, advocacy and technology. If you are a participant of our day centers, Karen and Laura look forward to implementing some new and exciting programs with you!



Yvonne Napolitano, Karen Brewer and Laura Dreibelbis pose with Dr. Lyn Geboy (center left) and Beth Arnold Meyer (center) at the 2011 NADSA Conference. Dr. Geboy and Ms. Meyer are the authors of Person-Centered Care in Practice: Tools for Transformation which will be used as an ongoing tool for ACS' Person Centered Care program.

REMINDER: Your referrals mean the world to us. If you are an ACS care partner, family member or volunteer; we offer a referral bonus when you recommend new employees or participants who become a part of the ACS family. Contact Denise Robbins in Human Resources to learn more.



Outing to Goldwater Lake



The activities group at The Center Adult Day Services in Prescott hosted an outing to Goldwater lake the first week in August. Three busses and 20 participants from the day center enjoyed an afternoon at the lake with a picnic lunch! Several of the participants from the day center re-connected with their inner child. Pam K. was prepared and brought her own water shoes so that she could wade in the lake. Bob B. saw Pam in the water and took off his socks and shoes, waded out, then posed for us on the rock. Bob A. and our activities director Shelley Field swung on the swings while reminiscing about childhood playgrounds. The culinary services team fixed a delicious picnic lunch which the entire gang enjoyed at scenic tables overlooking the lake. We sincerely appreciate all of those who make donations to our activities fund which help to financially support day trips and outings such as this.

“Forget Me Nots” represent Adult Care Services in 2011 Memory Walk



Adult Care Services participated in the 2011 Walk to End Alzheimer’s Disease raising approximately \$1000 in dona-

tions for our local Alzheimer’s Association. Thank you to all who participated and contributed.

REMINDER: Donate your old car for charity and have the proceeds from the sale help Adult Care Services. You can make a donation through “Cars 4 Charities” and designate the funds from the sale to go to ACS. Log onto www.cars4charities.org for more information.

ACS Care Partners of the Quarter



Michael Taylor joined the ACS family in September of 2010 as a caregiver, and currently works days at MTM. Even though he’s only been with us about a year, he’s been a caregiver for the past 12 years. In addition to being a certified caregiver, Michael’s also had training in physical therapy, EMT, and phlebotomy. When he finishes his current schooling he hopes to be a flight medic as well as physical sports therapist.

Joan Ryan has been the Social Worker at The Center Prescott for the last 9 ½ years, and in that time she has enriched the lives of hundreds of people by doing all she can to make sure our participants can attend The Center. She is there with the families and the participants from the initial tour of The Center and continues on with them to coordinate medical assessments, funding if necessary, and participating in care conferences and support groups. Joan says that each participant is “unique and special... It’s a joy to learn about each one’s history and personality- I’ve learned something from each individual”.



Kathy Christianson joined The Center, Prescott Valley family in 2009. Kathy’s care and compassion for our participants, and the news that both of her parents had been diagnosed with dementia, led her to complete the Gerontology Certification Program at Yavapai College.

Those courses helped her to understand the aging process and to obtain a deeper understanding of how the activities we do at the center affect our participants. She brings that knowledge to each activity she participates in. Kathy took the lead and started our Caregiver Support Group at The Center, and says “I have truly enjoyed facilitating the Caregiver Support Group,” Kathy recalled a conversation with a co-worker who said that our founder, Susan Rheem, said to try and make a difference in one person’s life a day. Kathy took that to heart, and that is what (she) strives for every day.

Eagle Scout Donates Greenhouse to Prescott Valley Day Center !



The Prescott Valley Center Adult Day Services was selected as the site of a greenhouse! Jacob Johnson made this happen as his Eagle Scout project. Jacob was responsible for obtaining funds, materials, volunteers, and all the construction. This is a smaller replica of one he and his father successfully built at their home. This greenhouse will be a great addition to The Center's Green Thumbs Program which meets on Thursday afternoons.

Horticultural Therapy (HT) is a time-proven practice. The therapeutic benefits of peaceful garden environments have been understood since ancient times. In the 19th century, Dr. Benjamin Rush, a signer of the Declaration of Independence and considered to be the "Father of American Psychiatry," reported that garden settings held curative effects for people with mental illness. Rehabilitative care of hospitalized war veterans in the 1940's and 1950's greatly expanded the practice of HT. Today, HT is recognized as a practical and viable treatment with wide-ranging benefits for people in therapeutic, vocational, and wellness programs.

Horticultural Therapy (HT) is defined by the American Horticultural Therapy Association "AHTA" as the engagement of a person in gardening activities, facilitated by a trained therapist, to achieve specific therapeutic treatment goals. AHTA believes that horticultural therapy is an active process which occurs in the context of an established treatment plan. HT is an effective and beneficial treatment for people of all ages, backgrounds, and abilities. We thank Jacob for selecting ACS to be the recipient of his work.

REMINDER: Donate your gently used clothing and other household items to Stepping Stones Thrift Store on Goodwin Street in Prescott. Stepping Stones provides a blend of therapeutic & advocacy responses to women and their children seeking help from many forms of abuse, victimization and homelessness. If you mention Adult Care Services at the time of your donation, Stepping Stones will donate 8 cents per pound of your donation back to Adult Care Services.

ACS to Host Caregiver Discussion

Please join us on October 20th at The Centers Adult Day Services in Prescott Valley, located at 3407 N. Windsong Drive where Adult Care Services will host a discussion group for Seniors and Caregivers. The theme of this discussion "Navigating the Journey: Embracing Hope, Loss and Grief Throughout Our Life Cycle" will be presented by Mr. Adam Bissel from 2:00-4:00 pm. Reservations **MUST** be made in advance by calling (928) 775-3563. For more information, please contact NACOG - Area Agency on Aging at (877) 521-3500. For Special Needs, contact Jan Skaggs at (877) 521-3500

Compliments to the Chef !



Residents, care partners and visitors at The Margaret T. Morris Center enjoy the delicious meals prepared by Chef Alex Schreivogel and the Culinary Services Department.

Chef Alex says he likes preparing meals that residents enjoy and that great food is an important part of quality of life. He is particularly fond of preparing new dishes to offer residents greater variety. Some recent favorites have included garden burgers for lunch, fried risotto as an afternoon snack and multiple varieties of cookies for visitors at the front desk. He is constantly in the process of updating his menus in response to residents' preferences to ensure that meal times are a delightful experience. Chef Alex prepares all of the daily meals for residents, care partners and visitors at The Margaret T. Morris Center as well as both day centers and caters community involvement events for all of ACS. While he certainly has a lot on his plate, Chef Alex is always eager to help.

Happy Holidays from ACS

Fall is the season for a large number of holidays. From Halloween, Thanksgiving and Veterans Day to the Christmas and Hannukkah Holidays all of the Care Partners here at Adult Care Services wish the very best of



health and happiness to our friends, family and all of our community supporters. As the year comes to a close we ask that everyone remember our Year End Appeal. Please be on the lookout for letters which will start to go out during the last week in November. It is through the support and contributions of grants, gifts and donations that ACS has been able to serve the community offering Quality Care, Quality Service and Quality of Life to those we care for, their families and caregivers. We strive to continue to provide the same high quality standard as were originally established by our founder Susan J Rheem.

ACS—Albertsons Community Cards

Adult Care Services has been accepted into the “Community” program with Albertsons which allows us to earn cash donations whenever shopping. Please ask us for an ACS Community Card. Each time you shop at Albertsons, simply scan your card and Adult Care Services will earn a 5% donation for every dollar spent, up to \$500 per quarter. Please contact Stephen@adultcareservices.org to request a card. Now every time you shop at Albertson’s, you can help contribute to Adult Care Services.

In addition, ACS has the opportunity to EARN a Challenge Grant from Albertsons simply by having our supporters vote for our project up to five times per day between October 1st and October 15th. To Vote and help us earn a grant, please visit AlbertsonsCPChallenge.com Adult Care Services’ four digit code is **0419**. Please vote often and help ACS win one of these Challenge Grants.

Ways to Get Involved at ACS

Volunteer: Throughout the year Adult Care Services relies on volunteers for a number of needs from groundskeeping, and gardening, to entertainment, activities, clerical help and more. Volunteers play an extremely important role in our organization providing much needed assistance to our professional staff.

Sponsor a participant: The Susan J. Rheem Scholarship Fund supports enrolled individuals whose lives are enriched each day they attend. Donations to the scholarship fund help to support those who might not otherwise be able to participate.

Sponsor a Field Trip: Donations to our activities fund will help sponsor picnics, concerts and other activities at The Centers Adult Day Services.

Planned Giving: Each year a number of dedicated supporters make the decision to include a gift to ACS in their estate plans. Including ACS in your legacy supports our continued efforts to provide quality care, quality service and enhance the quality of life for our clients and their families.

Board Members: We are always looking for active members from our community who are interested in holding a position on our Board of Directors

To find out more about how you can participate, please come for a tour of our communities and speak with one of our directors.

Our Board of Directors:

Yvonne Napolitano	Executive Director
Bob Beyea	President
Elizabeth Harris	Treasurer
Michael Geboy	Secretary
Patricia Bessey	Member
Lynn Harris	Member
Michael Allen Peters	Member

Adult Care Services is a 501 (c) (3) non-profit organization.

Make your tax-deductible donations on our website at

www.AdultCareServices.org

