

June, 2010



Letter from the Director...

Families are the backbone of the long-term care system in this country. The cost of hands-on care that families provide can be calculated financially, but the value of personal care for a loved one is incalculable. Assuming the role as primary caregiver for an elder involves a real balancing act between their needs and wants and our abilities to fulfill these expectations.

Elder care-giving responsibilities can be overwhelming. Seeking community resources to help out; looking at our family system for that extra help; considering different living arrangements and grasping the financial implications of care will challenge even the most knowledgeable of the aging network.

Ideally, some options for care have been discussed before a major crisis occurs. In reality, most of us scramble when an elder care-giving situation changes.

In our adult day services setting, Covenant provides needed care; activities; nutrition; medical monitoring; friendship and fellowship that seniors need. We give the primary care-giver a break from their 24/7 responsibilities. We know that the only safety net between some of our participants and their placement in a care facility is their care-giver, and they have no back up. The elder has a very tenuous hold on living in the community and at home.

Transitioning to another level of care is not easy when finances are not available. When there is no backup caregiver to step in to make decisions and the necessary documents are not in place to facilitate these decisions, it can be a struggle.

The loss of the primary care-giver is a scary scenario for us. What if that care-giver does not show up? Or is hospitalized? What do we do with our participant? My husband knows I love my job but he draws the line at bringing a participant home with me!

With this in mind, we will be encouraging our caregivers to create an emergency back-up plan of care for their loved one. Failing to plan for the worst-case scenario can put a frail elder in real jeopardy. We put thought into who will care for our children in case our incapacity or death. A dependent elder in our care needs the same consideration.

Lauren

Covenant Senior Day Program

We specialize in helping seniors with Dementia who need companionship and daytime care.

Covenant Board of Directors

Executive Committee

Paul Kurlowicz, President
Diane Durian, Vice-President
Michele Stachel, Secretary
Dorsey Martin, Treasurer

Members at Large

Lou Coleman
Phillip Green, MD
Robert Kropf
Brian Metcalf
Gloria Mihelich
Ann Peck
Cindy Roman
Mary Wietzke
Verle Wiita

Lauren Fitzmaurice, ex-officio
Paul Naumann, ex-officio

**Next Board Meeting:
Monday, June 14, 2010**

Caregiver Support Group

Facilitated by Lauren Fitzmaurice, MSW

The next meeting is

Monday, July 12, 2010

from 1:00 PM - 2:00 PM

2:00-3:00 Special showing of film

Alzheimer's Project by Maria Shriver

St. Michael Lutheran Church

7211 Oakland Drive

Portage, MI

Come Out for Match Day at Bronson Park!

The Kalamazoo Community Foundation is celebrating its 85th birthday this year and has given Kalamazoo's nonprofit community— and generous donors like you— 85,000 reasons to celebrate with them on Match Day!

Match Day is a very special event designed to help nonprofit organizations like Covenant Senior Day Program build the endowment fund established for our benefit at the Community Foundation. On Match Day, which will take place on June 23 in Bronson Park, the Community Foundation will match each dollar donated to the Covenant Senior Day Program with 50 cents that will be available for us to use immediately. There are 85,000 in match dollars available!

On Match Day, you are invited to come to the park anytime between 11 a.m and 6 p.m and make a donation to Covenant. Donations must be made in person and can be made by cash, check or credit card (Visa, MasterCard, Discover or American Express).

You can come to the park and donate anytime throughout the day, but we encourage you to come early, because while donations will be accepted all day, they will only be matched until the 85,000 is exhausted.

For complete Match Day details, including information about maximum donations, how your gift will be receipted, and Michigan Community Foundation Tax Credit eligibility, please visit the Kalamazoo Commu-

Save the Date!

Saturday, August 28, 2010

Covenant's Annual BBQ & Pie Social

Featuring: Deanna House

To benefit the Andrea Heerdt Scholarship Fund.

(Watch for details in future newsletters)



Check it out!

Please look at our article in Women's Lifestyle Magazine in which Lauren Fitzmaurice discusses caring for seniors in the Spring/Summer season.

Caregiver Reminder: Ask for help! We encourage you to fully utilize the following supportive services available at Covenant:

Please do not hesitate to schedule podiatry, hair care, transportation and personal showers. It has come to our attention that not all of our families are aware that we can provide private, comfortable and affordable showers which our Registered Nurse offers on a weekly basis. The charge is only \$14.00 per shower. In addition, we have a variety of family services offered free of charge. These include home visits; safety and care plan facilitation; one-on-one counseling; drop in support, and scheduled consultations with the Executive Director.

Register for **Creating Confident Caregivers Training** at Covenant every Thursday is August the 5th, 12, 19, 26. The training is a program provided by Area Agency on Aging and the VA Medical Center. This is a special program caring for a loved one with Dementia. All sessions are free, respite provided on site. Contact Covenant to register.

Remember...



The Covenant newsletter, activity and meal calendar is usually posted on our website, www.covenantsdp.org by the first of the month. If by chance you do not receive yours in the mail, please visit our website for the latest news.



May Hair Salon Services



Jeannie Scott, owner of "Arba Charles, Offering Hair Care in Your Home" is a monthly hair salon service to our participants. Says Jeannie, "I look forward to helping your loved ones look and feel better, by offering the option of hair cuts, (male & female), shampoos or perms. We all know when your hair looks good, you feel better!"

We had very lovely ladies and handsome gentlemen after Jeannie's visit in May!

Jeannie will be here on Wednesday and Friday, June 16 & 25th

Prices:	Haircut (male/female)	\$ 10.00
	Beard Trim	\$ 5.00
	Shampoo Only	\$ 5.00
	Shampoo/set/style	\$ 12.00
	Shampoo/set/style/cut	\$ 20.00
	Perm	\$ 35.00

Payment may be made directly to Jeannie at the time of service, or it can be included on your monthly invoice. Please call the Covenant office with any questions. You may call the Covenant office, or let the program staff know you would like to schedule time with Jeannie.

New Training Offered By Covenant

National Dementia Trainer Lauren Fitzmaurice will be providing training for Certified Nursing Assistants through Goodwill on June 16. This eight-hour training and comprehensive curriculum educates enrollees in issues such as difficult behaviors, prognosis treatment and intimacy. This program entitles any participant to become Certified as a Dementia Practioner through the National Council of Certified Dementia Practioners. If you or your organization are interested in receiving this training, please contact Covenant to schedule.



Caregiver Comments

"Your program & staff are wonderful, keep up the wonderful job you all do. Your parties are wonderful..."

"The group setting and group activities are really very nice."

"Thank you so much for everything."

June Calendar Highlights

June 4– School's Out Picnic

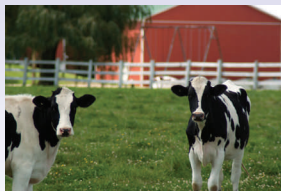
June 7– Trip to Farmer's Market

June 9– Farm Day

June 11– Expressive Arts

June 25– Visit Africa Cultural Discussion

June 29– Make a Windmill Craft



Program Room Wish List

Our thanks and appreciation to all who contribute

Jars of Fruit	Rye Grass Seed
Garden Gloves	Kleenex
Paper Towels	Juice
Lemonade	Soil
Birthday Plates/Napkins	Herbs

Foot Care Clinic

w/ Kathleen Barnum of *Footworks*



Foot care will be Friday, July 9th.

Clinic cost is \$25.00.

Please contact the Covenant staff for an appointment.

... thank you... thank you... **volunteers**... thank you ... thank you...

Bruce Huston * Jan Brennan * Bill Burns * Joan Eaton * Joyce Rechkemer *
Annette Smith * Jon & Sue Dixon * Carol Batten * Pat Kline * Jessie Evans
* WMU Music Therapy Students * Paul Naumann * Kathy Gorski *

Covenant Senior Day Program
7211 Oakland Drive
Portage, MI 49024

Phone: 269-324-3250
Fax: 269-321-0202
Email: portage@covenantsdp.org
Website: covenantsdp.org

A blue oval logo with a black border containing the text "Covenant Senior Day Program" in yellow.

Covenant Senior
Day Program

June 2010 Newsletter

Covenant Senior Day Program
7211 Oakland Drive
Portage, MI 49024