

January - February  
2010

# Elders First Adult Day Services

P.O. Box 332966, Murfreesboro, TN 37133 ☀ 615-542-4371 ☀ [eldersfirst@dtccom.net](mailto:eldersfirst@dtccom.net)

Located at New Vision Baptist Church – 1750 N. Thompson Lane – Murfreesboro, TN 37129

## We invite you to visit ADS!



**Jim Gray experiences the joy that is an essential ingredient of the day program!**

Alzheimer's Association sponsored  
Early Stage Memory Loss  
Support Group  
Meets at NHC Healthcare  
420 N. University Blvd., Murfreesboro. TN  
For persons with memory loss who would  
like to talk & gain support from others  
who are facing similar concerns  
Jan. 21 10:30 – 11:30 am  
Feb. 18 10:30 – 11:30 am

Contact Tina ♥ 615-418-5587♥ for Information

### Holiday Schedule

**Jan. 1 – New Year's Day - CLOSED**  
**Jan 18 Martin L. King, Jr. Day CLOSED**  
**Feb 15 – Presidents' Day – OPEN**

**Mark your calendar! April 22-23**  
**Tennessee Association of Adult**  
**Day Services Annual Conference**  
Location - New Vision Baptist Church

## A Message from the Executive Director

When I learned last September that Elders First had been awarded a grant by the Baptist Healing Trust, I was elated, grateful, and felt that our project had been validated in a significant way. A portion of the goals we set for Elders First are also principles of the Baptist Healing Trust that are shared by many faith traditions and individuals: Caring with a servant's heart, Healing for the mind, body and spirit, Loving with respect and without reservation, Creating a culture of mindfulness, wisdom, justice and peace as described by Eric Chapman, in his book, "Radical Loving Care."

To quote from the Baptist Healing Trust's website: "Eric Chapman, M.T.S., J.D., is founding president and chief executive officer of the Baptist Healing Trust, Nashville, Tennessee (2002 to present). A veteran hospital CEO, he has become recognized as the national leader of the loving care movement in hospitals and charities.

"The goal of the Baptist Healing Trust's grant-making is to increase the access of vulnerable populations to appropriate and affordable healthcare and to support and enhance the success of the non-profit organizations it funds by offering funding and consulting to organizations to promote cultures centered on loving care.

"In his book, *Radical Loving Care*, Eric Chapman created the concept as a full step beyond kindness and a quantum leap beyond customer service. Radical loving care is the compassion of the Good Samaritan who not only stops to help the wounded man fallen by the wayside, but carries him on his animal to an inn and pays for his care.

"All love given unconditionally is radical because unconditional love is so rare. The goal of Radical Loving Care in organizations is to establish a culture that supports a continuous chain of compassion and quality.

"Radical loving care is a concept that challenges America's charities to be who they say they are. And to create, for those they serve, a quality and texture of loving care so worthy it deserves the adjective, radical!"

Of all the psychologists I studied in grad school, Carl Rogers' humanistic concepts of person-centered therapy and unconditional positive regard were most appealing to me. Elders First aspires to provide an adult day care program in which the Board, staff, and volunteers practice unconditional loving care throughout the New Year 2010 and beyond. Please visit and see our program in action!

♥ Tina O'Brien

**Days 1-3 - New Year's Actions**

Source: [www.journalofsacredwork.typepad.com](http://www.journalofsacredwork.typepad.com)  
[www.baptisthealingtrust.org](http://www.baptisthealingtrust.org) by Erie Chapman

We all know that New Year's resolutions don't mean much. It's New Year's *actions* that count.

As I watched Dick Clark countdown the final seconds of 2009, I thought about the Dick Clark I watched on American Bandstand in the 1950s. Today's he's referred to as America's oldest teenager. A stroke has changed his speech but his energy remains bright. Clearly, after his stroke, he resolved to recover and to continue hosting his ritual New Year's eve event (his 37th.)

Whenever I see someone famous like Dick Clark, I always think of the vast legions of America's caregivers who draw so little attention and even less thanks for their great work. Many of us are taking this opportunity to pledge new actions - to do more right things and fewer wrong things.

It takes a change of mind and heart to truly change our lives. It's remarkable how ineffective to-do lists are when it comes to the important things in our lives.

This year, each of us are certain to experience significant changes. You work near people who will come to you with critical needs. You are likely to experience critical needs of your own.

I never get tired of being reminded that it's not what happens to us in life that counts but how we react to life's events - whether good or disastrous. What single thing could we choose to do this year that would make the biggest difference in the lives of the people who come to us in need?

The heart language that always matters most amounts to aligning all our actions with Love's energy. Each of us, as caregivers, decides each day what that means in our lives.

Happy New Year. -Erie Chapman



**New Vision Baptist Church**

We continue to give thanks for the wonderful pastors, staff, and members at NVBC! Their friendship and providing a location for Elders First is much appreciated by the Board, our staff, and the entire community.



Rosalina, Patricia, and Alicia are enthusiastic partners from the community who provide valuable assistance to staff and participants

**Elders First is a Nonprofit Program**

Open Monday through Friday

8:00 AM to 5:00 PM

615-542-4371 [eldersfirst@dtccom.net](mailto:eldersfirst@dtccom.net)

[www.eldersfirst-ads.org](http://www.eldersfirst-ads.org)

Located at New Vision Baptist Church

1750 N. Thompson Lane

Murfreesboro, Tennessee 37129

**Inclement Weather**

When **Murfreesboro City Schools** are closed due to **snow & ice**, Elders First Adult Day Services will also be closed.

**Costs**

Full Day (up to 9 hours) \$ 30.00

Half Day (up to 4 hours) \$ 20.00

**Transportation** - Families provide transportation, Mid-Cumberland Human Resource Agency Public Transportation at **615-890-2677**.

## Good Times are Our Specialty!



**Participants and staff enjoy many games and other activities each week to keep minds alert!**

### KROGER CARES CLUB

If you are a frequent Kroger shopper, please ask Tina O'Brien about joining this fundraising effort. Your use of a special gift card will allow 4% of your grocery bill to be donated to Elders First! This card can be recharged week after week, and the funding from Kroger can be significant for us!

### VOLUNTEERS

A special thanks to our very wonderful 2009 volunteers, NCOA partners, and Families First partners! You all make a positive difference in our community and we appreciate you. We could not provide our quality program without you! Aliyah Zachery, Gabriel Zachery, Joel Zachery, Betty Hill, Rosie Fitzgerald, Deborah Shahan, State Farm Vols, MTSU student Vols, Laura Hooks, Pat & Gordon Adams, Patricia Chatman, Rosalina, Joy Baxter, Jerome Drake, Bill, Sarah, & Katie Zapotocky, Alicia Carmona, Liz & Carolyn Sodergren, Ben and Syd Panak, Amber Warren, Kim Miers, Dean Wolfe, Denelle, Sarah, & Caleb Bratcher, Anne Ingram, NVBC Preschool, Homeschool, and Girl Scouts.

### WISH LIST

We appreciate all who donated items from our wish list in 2009, your help is gratefully received! Items we are always in need of:  
Napkins, paper towels, cookies, popcorn, Folgers decaffeinated coffee, fruit juice, volunteers, funding for scholarships.

## Reminiscence and Caregiving

by Kristine Dwyer, Staff Writer [www.Caregiver.com](http://www.Caregiver.com)

For many family caregivers, life may shift, causing communication and relationships to change. Caregivers of older adults often feel isolated and even overwhelmed with establishing new or different connections with their loved one.

Encouraging reminiscence can offer a number of benefits. It provides companionship and helps to overcome the problem of boredom. It improves self-esteem and helps a person to feel recognized as an individual. Since people often remain alone with their memories unless they are tapped, this is an opportune time for caregivers to use reminiscing as a tool to promote communication, encourage self-expression and recollect valuable memories. Ultimately, reminiscing can be a very pleasurable experience for both the caregiver and the person receiving care.

Although no formal qualifications are required to do reminiscence work, the following skills are beneficial, especially with people with dementia:

- \* Ask open-ended questions that will elicit the sharing of personal stories and experiences
- \* Listen attentively and show an interest in the past memories that are shared
- \* Retain what you have heard and make reflective comments
- \* Empathize and relate in a sensitive way, especially when painful emotions are expressed
- \* Stimulate the senses and respond positively to both verbal and non-verbal attempts to communicate

When health changes affect the care receiver and limit or prevent verbal communication from occurring, there is an alternative way to connect, as in this poignant recollection:

"My mother had a stroke, was bedridden and could no longer speak. I mourned the relationship with her. Then one day I got in bed with her, held her and told her stories and meaningful memories of our life together. Mother cried, smiled, caressed my hand and responded positively to me without a single word. A powerful connection was made between us and I will treasure that day forever." Shirley, a caregiver from Chicago

There is a tendency to think of dementia as a "disaster," a hopeless decline in a person's memory and a loss of functioning about which nothing can be done. Yet, people with dementia often have a keen ability to recall long-term, personal memories when the details of the present may escape them. Imagine the storehouse of one's memories as a locked box; its contents accessible only with a key, and that key is hidden in the entanglement of dementia. Perhaps through asking questions, one can make a duplicate key that allows the flow of silent experiences to come forward once again.

Reminiscence increases confidence and builds on people's remaining skills. It concentrates on early memories that remain vivid when recent events fade. It also allows a person to return to a time in their life when they were active, healthy and productive. As a result, the listener can learn more about the life of the person with dementia, which can aid in understanding current behaviors and enhance supportive feelings.

Copyright © caregiver.com, Inc. 1995 - 2009.

## Care Corner - Take Time to Chuckle!

These statements require some brainpower!

### 30 Ways to Write More Better

1. Verbs HAS to agree with their subjects
2. Prepositions are not words to end sentences with.
3. And don't start a sentence with a conjunction.
4. It is wrong to ever split an infinitive.
5. Avoid clichés like the plague. (They're old hat)
6. Also, always avoid annoying alliteration.
7. Be more or less specific.
8. Parenthetical remarks (however relevant) are (usually) unnecessary.
9. Also too, never, ever use repetitive redundancies.
10. No sentence fragments.
11. Contractions aren't necessary and shouldn't be used.
12. Foreign words and phrases are not apropos.
13. Do not be redundant; do not use more words than necessary; it's highly superfluous.
14. One should NEVER generalize.
15. Comparisons are as bad as clichés.
16. Don't use no double negatives.
17. Eschew ampersands & abbreviations, etc.
18. One-word sentences? Eliminate.
19. Analogies in writing are like feathers on a snake.
20. The passive voice is to be ignored.
21. Eliminate commas, that are, not necessary. Parenthetical words however should be enclosed in commas.
22. Never use a big word when a diminutive one would suffice.
23. Kill all exclamation points!!!
24. Use words correctly, irregardless of how others use them.
25. Understatement is always the absolute best way to put forth earth-shaking ideas.
26. Use the apostrophe in it's proper place and omit it when its not needed.
27. Eliminate quotations. As Ralph Waldo Emerson said, "I hate quotations. Tell me what you know."
28. If you've heard it once, you've heard it a thousand times: Resist hyperbole; not one writer in a million can use it correctly.
29. Puns are for children, not groan readers
30. Who needs rhetorical questions?

## Elders First ADS is important to us!



Staff Members of Elders First Adult Day Services  
Cheryle Zachery Smith, Program Director  
Tina O'Brien, Executive Director  
Angelina Baxter, Activities Assistant

The staff is ready to answer your questions and listen to your suggestions.  
We love our work!

ABOUT ELDERS FIRST ADS EXECUTIVE DIR.  
Tina O'Brien, M.A., LPE

Tina O'Brien, a Duke University graduate, earned a Master's Degree in Clinical Psychology at MTSU in 2001. The American Public Health Association awarded an Honorable Mention in 2002 to her thesis study, "The Effects of the Wellness Group Methodology in an Adult Day Care Setting".

It has been Tina's life goal to help elders remain at home and have a high quality of life. She led the start-up of a senior center adult day services program in 1999 and was director of that program for seven years prior to initiating Elders First in 2005. The program has offered services since November 2007.

Tina previously served for twenty years as a geriatric counselor for groups and individuals in nursing homes with The Guidance Center in Murfreesboro and also directed the adult day care program there. She is the President of the Tennessee Association of Adult Day Services (TAADS). She is a Licensed Psychological Examiner and facilitates a local support group for persons with memory loss as an Alzheimer's Association volunteer.

Tina has witnessed so many families experience the benefits of adult day care. Caregivers have much-needed time off, or continue in their employment, while their loved one develops new friendships and feels that his/her own life has renewed meaning.