

May - June
2010

Elders First Adult Day Services

P.O. Box 332966, Murfreesboro, TN 37133 ☀ 615-542-4371 ☀ eldersfirst@dtccom.net

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

We invite you to visit ADS!



Joan Gowan and Cheryle Smith
experience the joy that is an essential
ingredient of the day program!

Early Stage Memory Loss Support Group

Sponsored by the
Alzheimer's Association Mid State Chapter
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
May 20 10:30 – 11:30 am
June 17 10:30 – 11:30 am

Contact Tina ♥ 615-418-5587 ♥ for Information

Mark your calendar! Annual Fundraiser

An Evening On Broadway

Featuring Broadway Show Tunes
by Pianist Extraordinaire

Denis Pessar

Saturday, June 12, 2010
7:00-10:00 pm

3038 St. Johns Drive, M'Boro
Performance at 8:00 pm

Donations gratefully accepted at the door

A Message from the Executive Director

As many of you know, a nonprofit effort such as ours requires a continual search for funding so that the “show can go on.” Elders First charges a very modest fee of just \$30 per day for a participant to attend from 8:00 am to 5:00 pm. The grants, generous donations by many individuals, and business sponsorships comprise a major component of our budget resources.

An Evening on Broadway With Denis Pessar, our fundraiser, features a concert by pianist and singer, Denis Pessar.

Denis spent most of his life as a musical director, as well as a cabaret singer/pianist in New York City. Six years ago he moved to Murfreesboro, walked up the steps at the Center for the Arts and has been there ever since. At CFTA Denis was the musical director for *“I Shall not be Moved”*, *“Big River”*, *“Christmas Carol, The Musical”*, and, most recently, *“Oliver!”*. Denis also created the Gallery Cabaret Series at the Center. Come prepared with your requests!

Janet and David Belsky invite you to their home
3038 St. Johns Drive, Murfreesboro

Saturday, June 12, 2010 7:00-10:00 pm

Performance at 8:00 pm

Silent Auction – Hors d’oeuvres – Casual Attire

Donations gratefully accepted at the door

RSVP by June 5th eldersfirst@dtccom.net

We have been very fortunate to have steadfast supporters as well as many new donors. With program insurance costs at \$4,500 annually, payroll expenses, and all other costs of running our program, you know we appreciate these donations! We are seeking business sponsorships for the program, and ask that you email eldersfirst@dtccom.net if you would like additional information.

Elders First is making every effort to supply relief for families who are providing home care for a loved one with Alzheimer’s disease or other frailty of age. We are very grateful to New Vision Baptist Church for providing donated space for the day program to operate.

Our board and staff are training in the principles of *“Radical Loving Care”* as described by Erie Chapman: 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 & peace.”

♥ Tina O’Brien

Reflections On The Issue Of Competence ©GRISWOLD

By Diane Walker, RN, MS, John Dystel Nursing Fellow of the National MS Society

One of the most difficult things a person may have to do is decide whether loved ones or friends continue to be capable of making important decisions for themselves. The question of competence frequently comes up when you spend time with aging loved ones over the holidays and have more time to observe behaviors and abilities day-to-day.

Competence is a determination that addresses societal interest in restricting a person's right to make decisions because of incapacity; *capacity* addresses the integrity of mental functions.¹ Because our society strongly encourages autonomy and independence, we naturally want to respect the rights of our loved ones to make their own decisions. On the other hand, individuals who are not able to make informed decisions are vulnerable and may need support, even protection.

Determining whether an individual can continue to make independent decisions is complicated by the fact that decision making requires a cluster of abilities and falls along a continuum: individuals may be able to make good decisions for themselves about some things but not others (dinner but not finances), and their abilities may vary from day to day (use of medications, illness). Even the courts, which have the legal responsibility to determine competence, and physicians who determine capacity, don't have clear guidelines. Justices typically infer competence/capacity from overall ability to function in life, appearance, and the seriousness of the consequences of decisions being made.²

So, how does a lay-person determine whether someone is or is not capable of making decisions and may be vulnerable or at risk? In general, there are four important things to consider:

1. Can the person communicate in some way (speaking, writing, computer)
2. Does s/he grasp what is happening around her/him (does s/he know the date, people and places);
3. Can s/he do simple math, timely pay bills, and pay attention and participate in conversations
4. Does s/he make a decision based on his/her own values, can s/he explain the reasons for decisions made, and
5. Can s/he foresee the possible results of decisions and choices made?³

On the next page is a simple, easy to use tool that you can use as a guide to help you begin to determine if an adult can make important decisions and function safely. Place a check in the column under the number that most closely matches the adult's ability to complete the item.

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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.



Participants experience the joy that comes from being part of mutually caring group of friends.

Elders First is a Nonprofit Program

Open Monday through Friday
8:00 AM to 5:00 PM

615-542-4371 eldersfirst@dtccom.net
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, floods, or tornadoes!** Elders First 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**.

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If several items are scored either three or four, it **may** indicate there is some reason for concern. ***If you would like to have a more formal evaluation, seek an appointment with a neurologist, preferably one that specializes in gerontology.***

While this is not an easy task for anyone, especially when it concerns someone you care about, it may provide them with the support they need to remain safe and unharmed. Your goal in completing the review can still be to help the individual remain as independent as possible.

¹ Stanford University. Retrieved January 2, 2008 from <http://www.stanford.edu/group/psyllawseminar/Competency.htm>

² Appelbaum, P.S. (2007) Assessment of Patients Competence To Consent to Treatment. *The New England Journal of Medicine*. 357, 18: 1834-1840.

³ Wiggins, S.A. (2005) Decisional Capacity. Retrieved January 2, 2008 from http://www.fairview.org/healthlibrary/content/print_sha_deciscap.htm.

Capability Review Form*

This form is intended to help you assess an older person's ability to make important decisions, and function independently and safely at home. The items are focused on a person's mental capabilities rather than a person's physical ability to complete activities. ^{1 2}

1 – Needs No Help 2 – Needs Some Help 3 - Needs More Help 4 – Can Not do

Can the individual:

	1	2	3	4
1. State the correct date				
2. State his/her current phone number				
3. State his/her current address correctly				
4. State what s/he had for breakfast yesterday				
5. Name objects correctly (pen, chair, paper)				
6. Follow directions/instructions correctly				
7. Read a sentence from the newspaper				
8. Prepare and clean up from a meal				
9. Write a sentence correctly				
10. Review a bill and pay it				
11. Go to a distant location (store, post office) and return home				
12. Identify 3 important upcoming events/dates/holidays/tasks				
13. Draw the face of a clock correctly				
14. Participate in playing a game (Scrabble, chess, checkers, cards)				
15. Contribute to a group discussion involving 2-3 people				
16. Explain a decision s/he made recently				
17. Explain charges on his/her own credit card bill				
18. Dress neatly in clean, coordinated clothes				
19. Follow simple directions correctly				
20. Check the batteries in the smoke detector				
21. Explain a recently viewed TV program				
22. Name current doctor, lawyer, clergy if any				
23. Name and take prescribed medications correctly				
24. Describe what to do if s/he smells smoke				
25. Secure the house at night				

(This is not an all-inclusive examination of competency. It is intended to identify changes and potential areas of concern for individuals as they age as well as for their families and significant others to use when concerns arise.)

Items 1-7 are drawn from the Mini Mental State Examination, Hartford Institute for Geriatric Nursing, Division of Nursing, New York University. ² Prigatano, G.P. et al. (1986)

Neuropsychological Rehabilitation After Brain Injury. Baltimore: Johns Hopkins University Press

Care Corner - Take Time to Chuckle!

Puns!

1. I wondered why the baseball was getting bigger. Then it hit me.
2. Police were called to a daycare where a three-year-old was resisting a rest
3. To write with a broken pencil is pointless.
4. When fish are in schools they sometimes take debate.
5. The short fortuneteller who escaped from prison was a small medium at large.

From the Home Care Directory - What is Respite?

Article has been revised from original 1/18/10 online source: http://www.thehomecaresdirectory.com/home_health_care/related_articles/what_is_respites/155/ I am not the author.

Almost all caregivers have questions about "respite." Respite is defined as "temporary relief, as from work or pain." The need for respite for a caregiver is vital to their well being. Many of us took respite for granted before we were caregivers to our elderly loved ones: as mothers of young children we took respite. But now, we feel guilty even considering taking time for ourselves from our elder caregiving responsibilities.

Too often when a caregiver takes respite s/he doesn't benefit from it as s/he should. Honestly, there are different ways to get some much-needed respite and there are rules to follow to get the most from your respite. The cardinal rule of caregiving is "Take care of the caregiver." So no matter how you define it or when you take it – just make sure that you have regular respite breaks to recharge your battery and nurture your personal interests.

Here are some of my "Respite Rules:"

- Respite has several forms: daily, weekly and vacation
- Respite involves things YOU are interested in and enjoy
- Respite is to be undisturbed by your caregiving role
- Respite gives you time to explore and discover yourself, your interests and your talents
- Respite is only for the person taking it and does not change anything else
- Respite can take many forms and it does not always involve taking a trip far away (though that is what many caregivers will dream of).

We as caregivers need to take respite on a daily basis, as well as for a few days or longer. Respite is something that will take your mind off your role of caregiving and allow you time to do something that you enjoy for yourself.

Daily respite periods are vital and an important part of the mental health of the caregiver. Many times when we think of daily respite periods we often think of long hot baths, taking naps or hiding in a corner with a book. These things are valid parts of respite but daily respite can be more than that. As caregivers we have often put

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Elders First ADS is important to us!



The Art of Being Together: The Best Friends Approach to Dementia Care

Tonya Cox (in pink), presenter at the April 22nd TN Assoc. of Adult Day Services Conference at New Vision Baptist Church, pictured with Elders First staffers Angelina Baxter, Cheryle Smith and Tina O'Brien

(Continued) off the life we had and devote much of our time to the care of our loved ones. The things we did before are either impossible for us to do or no longer have the value they once did have. Nevertheless, all of us have interests and desires that we have always had but never really had the time to explore.

Remember that respite is supposed to take you away from caregiving and give you time for YOU only. While out for a respite period you need to avoid talking about your role as caregiver and your loved one. A caregiver does need to discuss their loved one, what they are going through and tips on how to overcome difficult situations/behaviors, but find a special support group and do not count that time as "respite."

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".

Tina 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 immediate past 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.