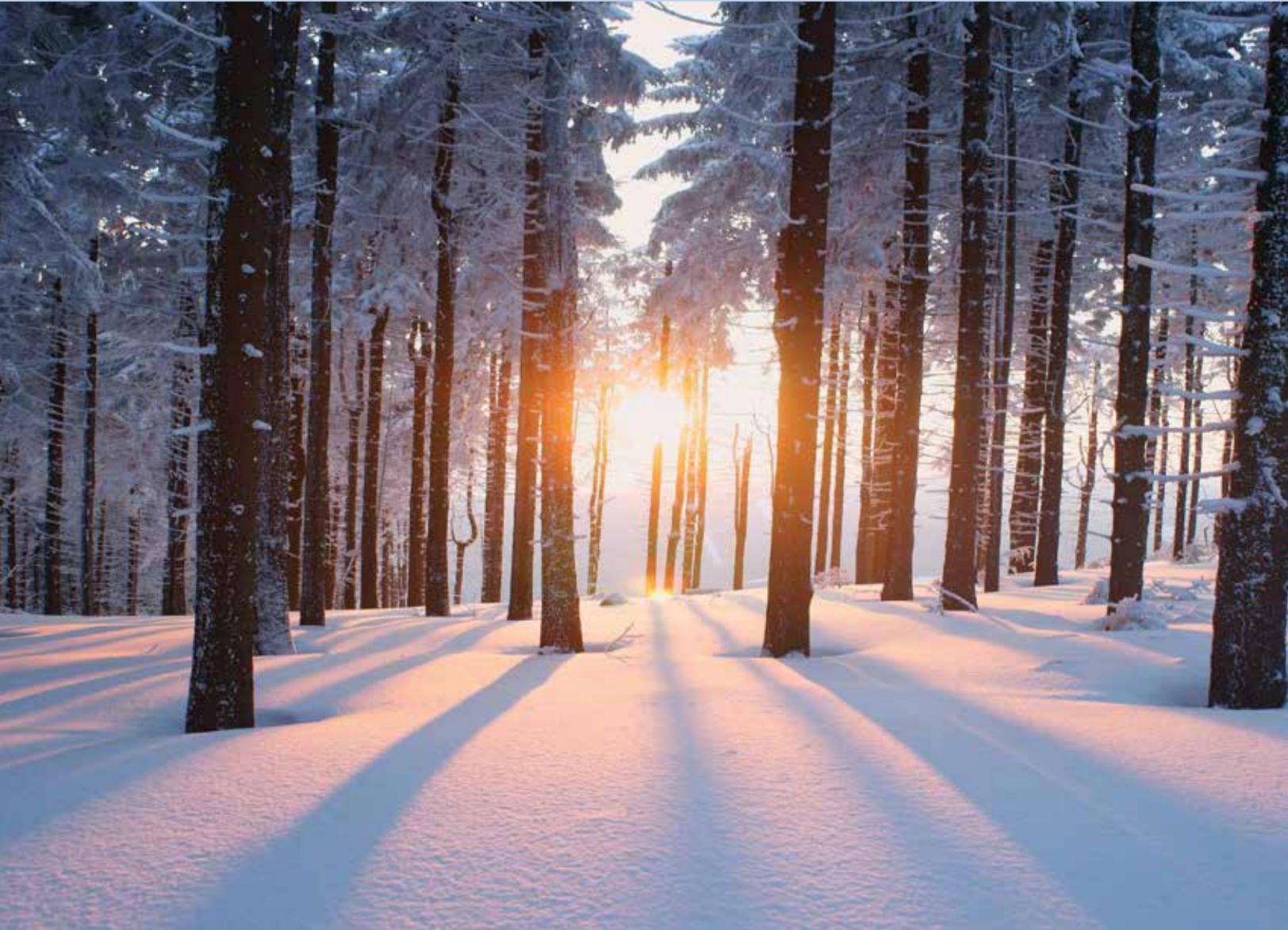


Care Services of Evergreen Quarterly Newsletter Winter 2016/2017



CARE SERVICES
OF EVERGREEN

480 State Street | Holland, MI 49423
Phone (616) 355-5118 | www.evergreencommons.org



Staff

Director..... Jo Ver Beek
 Director of In-Home Services..... Aimee Dekker
 Director of Development..... Melissa Wesolek
 Day Center Program Manager..... Suzzanne Sholes
 Caregiver Support Coordinator... Gloria VanHaitsma
 Day Center Nurse..... Chris Van Beek
 Day Center Activity Coordinator.... Kendra Elgersma
 In Home Scheduler..... Kim Melin
 Medication Management..... Laurel Dokter
 Resource Coordinator..... Lyndsay Wesseldyke
 Care Coordinators: Linda Bos, Emily DeBlecourt,
 Becky Gezon, Lyndsay Wesseldyke, Suzanne Visser



The Day Center of Evergreen
 Monday - Friday; 8:00 am - 4:30 pm
 55 West 16th St. Holland, MI 49423



In Home Care office hours
 Monday - Friday; 9:00 am - 3:30 pm
 480 State St. Holland, MI 49423

*To access services and for more information contact our
 Resource Office at:*

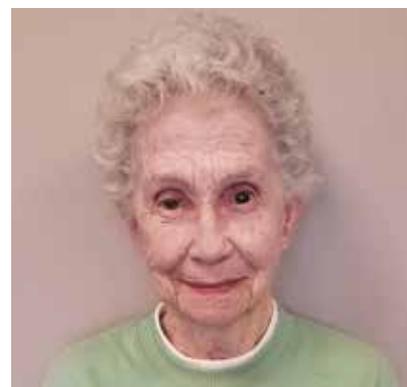
OFFICE HOURS 10am-2pm or by Appointment
 PHONE (616) 355-5118
 TOLL FREE (888)201-9145
 FAX (616) 396-9736
 EMAIL resources@evergreencommons.org
 WEBSITE www.evergreencommons.org
 FACEBOOK facebook.com/careservicesofevergreen

*** Funding assistance may be available for Care Services for those who qualify through: Area Agency on Aging of Western Michigan, Department of Veteran Affairs, Reliance, Medicaid Waiver Assistance Program, or Senior Resources.



Client Stories

Pat's Story



***"The weekend sure felt long, I'm so glad to be back today. Last night, after I had everything set out for the morning, I went to bed and started picturing what everyone would look like today for Halloween! I just couldn't wait to get to the Day Center."
 –October 31, 2016***

After a stay in the hospital for depression and anxiety in January of 2015, Pat began to receive multiple services from Evergreen. She started with care coordination services and five home delivered meals per week. Eventually Pat began to attend the Day Center program on Tuesdays and Thursdays. After about ten months, Care Services staff helped her figure out a way, financially, to attend three days per week. In January of 2016 when Pat sat down with the Day Center nurse to do her annual assessment and depression screen, the screening, had once indicated Pat had severe depression, was completely positive. When questioned, Pat responded: "Evergreen has saved my life." Over the past two years Pat shares that she's found a reason for getting up and moving in the morning. Her feelings of isolation have been relieved as she has met many people at the Day Center, either with whom she enjoys socializing or even assisting with projects and games they can't do on their own. It brings her purpose. Pat shares her gratefulness with staff nonstop. Without the assistance of her care coordinator, the care she feels from the Day Center staff and the activities that keep her busy and stimulated, Pat says; "I don't think I'd be alive."



Are you Noticing Changes in Your Loved Ones?

As we wrap up a busy holiday season, many adult children may have noticed some changes in their parents and loved ones that bring up concerns. Visiting aging parents provides children with the opportunity to assess how things are going for them on a daily basis.

Some specific things to consider:

- Is your family member clean and well dressed?
- Have they experienced any changes in weight, either up or down?
- How is their balance? Are they able to navigate stairs?
- Are there any changes to their hearing, speech or sight?
- How is their short-term memory? Are they able to perform daily tasks such as cooking and laundry? Do they ask the same questions over and over?
- When did they last visit their doctor?
- Is the home neat, clean and well-maintained?
- Are there hazards that need repair, such as loose throw rugs or low lighting?
- Should grab bars be installed in the bathroom?
- Are they paying their bills on time? Is there a stack of unopened mail? Are there a lot of solicitations for money that indicate a lot of giving?
- If the person drives, take a ride with them during the day and at night. Do they respond appropriately to changes in traffic, road hazards and pedestrians?
- If one person is taking care of another family member, are he/she getting respite from caregiving and receiving emotional support?

If these observations lead to concerns, don't wait to create an action plan.

- Find a relaxed time to talk with your loved one. What are their concerns for daily living?
- In a calm manner, share 2-3 (no more) of your major concerns with them. They may resist this or deny any issues. Try not to let the conversation escalate emotionally.
- Brainstorm with them and other family members about possible solutions.
- Plan a follow-up visit to check on them.
- Enlist the help of neighbors, friends or relatives to check on them and keep you informed.
- Consider visiting Care Services of Evergreen's Resource Office. There, you can speak with a caring professional with insight on how your loved one can safely maintain their independence in their home.

About Us

Evergreen Commons is a community benefit organization offering places, platforms, programs, services, and opportunities for adults age 50+, regardless of income, to live fully while they age in place. We encourage a purposeful, active lifestyle in all its dimensions: social, physical, vocational, environmental, intellectual, emotional and spiritual. Based on historic Judeo/Christian values; we follow God's call to serve, honor, and respect adults in their later years of life. Our organization is a 501(c)3 non-profit with two areas, **The Commons of Evergreen** for healthy, active adults age 50+, and **Care Services of Evergreen** for adults needing care and assistance.



Care Services of Evergreen includes in-home care, respite, home delivered meals, medication set up, The Day Center, caregiver training and support, and a resource office. Funding for these services is available for those who qualify. ***

Caregiver Support



Contact Gloria VanHaitsma, Caregiver Coordinator at 616-355-5153 to register for classes or for any questions regarding support groups/classes. Classes and support groups are **free** of charge.

Savvy Caregiver Class

Mondays 1-3pm, Jan. 9- Feb. 13 at the Day Center

This class is for caregivers of persons with dementia. The six-week series teaches participants a unique perspective on dementia, highlighting the functional aspects of the disease. Participants learn new ways to view the disease and gain tools to make the caregiving journey less cumbersome.

Support Groups

Caregiver Support Groups

January - Topic: Safety in the home

- *Tuesday (Jan 10 & 24); 12:30 pm*
The Day Center of Evergreen
- *Thursday (Jan. 12); 1:00 pm*
Fair Haven Church in Hudsonville
- *Tuesday (Jan. 24); 3:00 pm*
Fellowship Reformed Church

February- Topic: Communication

- *Tuesdays (Feb. 14 & 28); 12:30 pm*
The Day Center of Evergreen
- *Thursday (Feb. 9); 1:00 pm*
Fair Haven Church in Hudsonville
- *Tuesday (Feb. 28); 3:00 pm*
Fellowship Reformed Church

March- Topic: Legal Issues

- *Tuesdays (Mar. 14 & 28); 12:30 pm*
The Day Center of Evergreen
- *Thursday (Mar. 9); 1:00 pm*
Fair Haven Church in Hudsonville
- *Tuesday (Mar. 28); 3:00 pm*
Fellowship Reformed Church

(Respite available at all sessions)

Closings due to severe weather



It is the time of year when we need to review the policy on how Care Services of Evergreen handles closing their programs or services for severe weather. Safety for our participants, clients, staff and volunteers is our number one concern. Cancellations and/or delays will be determined by the Director or the program staff.

The Day Center of Evergreen:

Announcements of the closing of the center may be made by the following methods:

- A personal phone call to the caregiver or participant
- The main Day Center telephone message at (616) 355-5130
- A radio announcement on WHTC 1450 AM
- A television announcement on WOODTV8 or WZZM13

Transportation services may be cancelled or delayed without the Day Center's operations being closed for the day. Each caregiver or participant will be notified of the transportation service being cancelled or delayed. They will also be informed that, if alternate transportation could be arranged, the participant is allowed to attend as scheduled.

Home-Delivered Meals:

• Announcements of the cancellation of Home Delivered Meals is made by AgeWell Services by way of an automated phone call to each meal participant the morning of the cancellation. If you have any questions about meal cancellations, please call AgeWell Services at 1-800-442-6769.

In-Home Care:

Cancellation of services will be determined on an individual basis. A personal phone call will be made to each client if their services are cancelled.

The Health Benefits of Volunteering

We all know volunteering is a great way to give back to your community. Volunteers help create the backbone of many local non-profit organizations. The valuable gift of your time helps organizations fulfill their missions by saving them money and time. But what you might not be aware of is how volunteering creates health benefits for the volunteer, especially as we age.

Volunteering helps to ward off social isolation and depression. By creating that all-important social interaction, volunteering helps to generate meaning and purpose in your life. You will forge bonds and connections with the people you are serving, as well as other volunteers and the staff at the organizations where you volunteer. Volunteering helps to put your skills and talents to good use and find a renewed sense of purpose.

Another health benefit is the increased physical activity you get from volunteering. As we age, keeping active is so important. As they say: use it or lose it. Physical activity helps ward off all sorts of age-related conditions, and it helps you to have fewer physical limitations as you age. Overall, people who volunteer as they age show fewer age-related declines in health.

Getting engaged in your community can also help improve your memory. Volunteers increase their brain function and keep their minds sharp. It helps to keep you thinking and challenge your brain in new ways.

So take a step to improve your health by volunteering. Help support a cause you care about with the gift of your time this winter. Volunteering is a win for your community and your health!

Our Services

Care Coordination
Medication Set-Up
Resource Office
In-Home Care
Home Delivered Meals
The Day Center
Bathing Program
Caregiver Training & Support

3-Part Alzheimer's Education Series



Monday • March 13, 20 & 27 • 6:30-8:30 pm
The Day Center of Evergreen
55 W.16th St., Holland, MI

Dive into Alzheimer's journey with our 3-Part Alzheimer's Education Series. Week one you'll hear from an area neurologist or psychologist to better understand the pathology of Alzheimer's and other dementias. In the second week, a local elder attorney will discuss legal and financial considerations to aid in the planning process for families facing dementia or memory loss. In the last week, an Alzheimer's Association staff member will walk you through strategies for navigating the dementia journey.

Volunteers Are Needed!

Day Center Activity Assistants

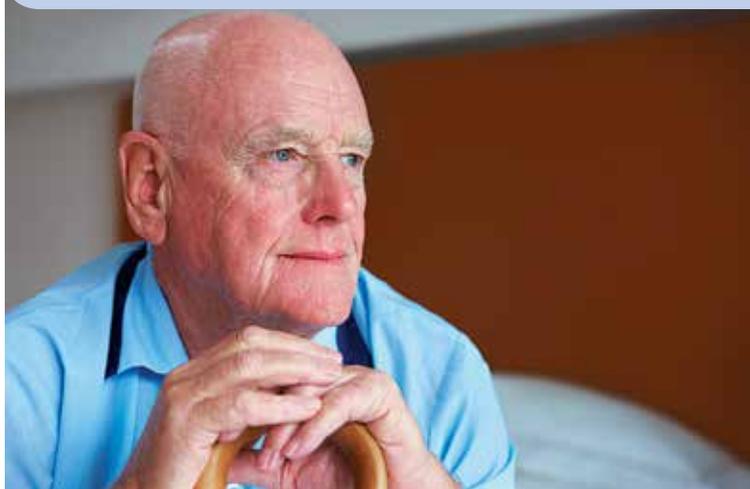
The Day Center is looking for Activity Assistant Volunteers. Flexible openings are available Monday-Friday during the day. Contact Cori for more information, (616) 355-5133.

Home-Delivered Meal Drivers

Evergreen's Home-Delivered Meal Program is in need of volunteer drivers from approximately 10:15 am-1:00 pm 1-3 days each week, Monday-Wednesday-Friday. Contact Kim Melin at (616) 355-5109 for more information.



Advanced Directives & Healthcare Planning



Can you predict when an accident or sudden illness may leave you unable to make personal healthcare decisions?

No one can predict when a sudden illness or accident may occur, leaving a person unable to make personal healthcare decisions. When your wishes for care are known in advance, family members experience significantly less anxiety, stress and depression. Making your healthcare choices known now is a gift to your decision-maker(s) and family.

What is an Advance Directive and why should I have one?

In Michigan, an Advance Directive is a general term referring to a written legal document in which you name the person – a Patient Advocate – you choose to speak for you should you lose the ability to make decisions for yourself. This form of Advance Directive is called a Durable Power of Attorney for Healthcare. Healthcare decisions may have to be made concerning your care at a time you can no longer communicate your wishes. A Durable Power of Attorney for Healthcare helps assure that you get the treatment you wish to receive in the event you cannot speak for yourself.

Who may I appoint as Patient Advocate and what are their duties?

Any person age 18 or older is eligible; you can appoint your spouse, partner, an adult child, a friend, or other individual. You should choose someone you trust, who can handle the responsibility, and who is willing to do it. Your patient Advocate has a duty to take reasonable steps to follow your desires and instructions, oral and written, expressed while you were able to participate. They speak about what they believe your medical healthcare decisions would be.

What must I do to have a valid Durable Power of Attorney for Healthcare?

The declaration must be in writing, signed by you, and witnessed by two adults. There are restrictions on who can be a witness. Witnesses cannot be family members, your doctor, your proposed Patient Advocate, or an employee of a health facility or program where you are a patient or client.

Who determines I am no longer able to participate in my own healthcare decisions?

The doctor responsible for your care and one other doctor or psychologist who examines you will make that determination.

Who should have a copy of my Durable Power of Attorney for Health care?

1. You keep the original in a safe and accessible place.
2. Your Patient Advocate(s)
3. Your primary care physician
4. Any hospital at which you might wish to have it on file for future hospital admissions. Photocopies are as good as the original

Is there a required form for the document?

- No, there are a number of organizations that provide free forms which comply with Michigan state law.
- You may also have documents drawn up by your attorney.
- Care Services of Evergreen has documents available on the second floor at The Commons of Evergreen
- You can download a document from www.makingchoicesmichigan.org
- Making Choices Michigan Advance Directive has been approved as a “common document” by the major West Michigan hospitals



Frauds, Scams and Elder Abuse

On October 27 and November 3, Care Services of Evergreen in collaboration with the Area Agency on Aging of Western Michigan, Legal Aid, and the Kent County Elder Abuse Coalition, held presentations at The Day Center of Evergreen on elder abuse, identity theft, current scams, and how to protect yourself.

Beth Swagman from Estate Planning and Elder Law Services presented Michigan's law on Vulnerable Adult Abuse. Vulnerable is a condition in which an adult 18 and older is unable to protect themselves from abuse, neglect or exploitation because of mental or physical impairment or because of advanced age. Forms of abuse can include physical, sexual, emotional, spiritual, financial, and neglect.

There are an estimated 4 million elderly victims of abuse and neglect yearly, but only 1 in 23 cases are reported. Caregivers account for 90% of abuse, of which 45% are spouses. Beth described the four pillars of successful intervention: **Prevent**- through awareness and education, **Recognize**- spot the warning signs and take action, **Record**- document your findings, and **Report**- tell someone and report to authorities.

Nancy Kropiewnicki from the Kent County Elder Abuse Coalition showed a touching video of a caregiver confessing how she herself fell into a pattern of abusing her own mother. This was a difficult video to watch but made the topic of abuse real to all the attendees.

Trooper Marty Miller from Michigan State Police and Officer Nicole Hamberg from Holland Department of Public Safety talked about current ongoing scams in the area and how to protect yourself. They both stressed to NEVER give out personal information such as your social security number, bank accounts, or credit card numbers to someone you don't know. Also never send anyone money in order to get money (lottery scams). They also recommended shredding any personal information that has more than just your address on it. Don't believe phone calls or emails from the IRS because the IRS does not call people. If someone calls you and demands money or that you pay a bill now or else, those calls are not legitimate. Hang up! There are current phone scams in the area, the caller saying they are Charter cable, Consumers, and Dish Network and wanting people to pay their overdue bill. Again hang up on them. A website they recommended is scamawareness.org, which lists the most common scams and how to avoid them.



Dolores Trese from Legal Aid spoke about financial abuse and how important it is to protect yourself. She said to be careful who you put on your bank accounts, deeds, etc. She also suggested to choose wisely who will be your Medical, Durable, or Financial Power of Attorney, and to make sure they are trust-worthy and do not have any drug or financial problems of their own. She stated the Power of Attorney status is terminated at death, so this should not replace a Will or Trust. She highly recommended seeing an elder law attorney if you have any questions or concerns. Legal Aid does help persons in need free of charge, depending on the nature of the case. Dolores cited a recent case where a parent was coerced into putting a child's name on the deed to her house in order for her daughter to move in and take care of her. After 2 years the daughter decided she no longer wanted to care for her, and told the mom she needed to move out because the house was hers now. Dolores took the case to Circuit Court and was able to get the daughters name off the deed because the daughter had not actually paid anything for the home.

In summary: be very careful who you allow to have access to your personal information, and do your research. If something does not seem quite right, it probably isn't. Thank you to all our guest speakers.

- Important Information - Regarding the 2017 Income Tax Program

TAX RETURNS for 2016 will be processed by
APPOINTMENTS ONLY!
Appointments can only be made by calling 616-
355-5117 between 10:00 am-4:00pm on Mondays
beginning Jan. 9, 2017!



CARE SERVICES
OF EVERGREEN
Assisted Care & Support Services

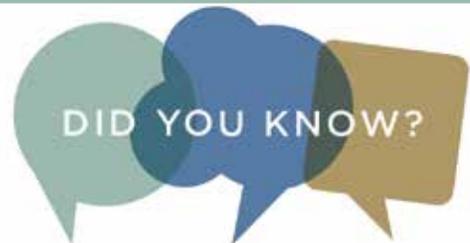
Holland Senior Citizens Center Inc.
480 State Street
Holland MI 49423



Hearing & Hearing Aid Clinic

*Second and fourth Thursday of each month; 1-2:30pm
The Commons Study Hall*

Belton Hearing Centers and Comprehensive Ear & Hearing will be at The Commons to administer hearing screenings, clean and check hearing aids (all makes and models), check ears for wax blockage, and assess general ear health. No charge! No reservations required.



The Commons of Evergreen offers fitness programming for **Parkinson's, Diabetes, Arthritis, Heart Disease, Osteoporosis, Joint Replacement, and Balance/Flexibility**. For more information contact Amy VandePoel: 616-355-5114. Evergreen membership is not required for most programs and classes; to register contact the member/guest desk at 616-355-5120.

