



The Wave

LifeCircles Newsletter, Summer 2011

Our Mission

To provide comprehensive, compassionate, and team-based care to the frail elderly in partnership with their families and caregivers in order to maximize independence and their quality of life.

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Message From the Executive Director

Hard to believe that summer is coming to an end and fall is just around the corner. Construction on the Green House should be starting in the next few weeks. It will provide some additional space for gardening activities for those participants who like working in the soil. We will also have a new outdoor space on the north side of the Day Center that will provide a nice shaded area for participants who want to enjoy some time outdoors.

We also started a new check-in and check-out procedure last month. When coming to the day center you will first go through the French doors into the day center to be greeted by Ellen and get your name tag. We hope to stop some of the congestion at the front door.

I want to encourage any participants that are interested in attending the Participant Council meeting to talk with Lisa Dunbar, our Center Nurse. Lisa now facilitates the meetings. Attending these meetings is a great way to get input to the staff on what you like and what things you would like to change. We would also love to have more caregivers involved with these meetings. We want to support the participants and the caregivers.

Upcoming events

- Fishing Outing
- Music w/ Elvis
- Arm Chair Travels w/ Helen & Marv—New Zealand
- Crafts
- Scenic Drive Outing
- Cooking
- Ice Cream Social
- Bingo

Have You Met Lisa Dunbar?



“This is the love club here because they all love each other and me too”



“I am having fun here!”



Joining the LifeCircles staff earlier this summer as the Day Room R.N., one of my questions was how can we serve a large group of participants and yet keep giving individualized care? What I found was that LifeCircles has a unique staff. They are dedicated to getting to know each participant as an individual and to giving quality care to each of them. We work to listen and to respond to our participant’s needs. We also enjoy participating in the activities you enjoy! Right now, several of us have stopped for breaks to hear the music entertainment and to see your enjoyment of the group.

One of our most important goals is to assist you in staying as independent as you are able to be. One of the most important factors in being able to remain in your home or community setting is to stay active. The old saying “If you don’t use it, you lose it” is true! We see this especially in muscle strength and ability to balance. These are important factors in maintaining your safety from falls.

Our Day Room Staff is always here to assist. Occasionally we need to remind ourselves and our participants that our best help may be to encourage you to do what you can do for yourselves. That may be getting up to get a cup of coffee, taking an extra walk around the day room, participating in group exercises , or standing up every hour, as inconvenient as that may seem at times.

Change is not always easy! Those of you who have participated from the beginning of the program have seen many changes in staffing and programming. As the program continues to grow, planning teams continue to anticipate future needs. We also look for ways we can address issues of space, efficiency, safety and comfort.

We continue to be committed to meeting the needs of our participants. We are always looking for creative ways to do so. We appreciate your help in welcoming new participants and helping them feel more at home.

Participant Advisory Committee

Our committee met earlier this summer and again we heard how much our participants appreciate the staff and programming at Life Circles. We discussed some of the changes dietary will be instituting this summer in response to your opinion of our sack lunches. The Dietitian will be working with Recreational Therapy to make some schedule changes that will reduce the need for frequent sack lunches. They will also be trying some different sandwich options and side dishes. Please continue to give us your feedback.

We also shared that there has been a purchase of a new rectangular table and new chairs to meet with continuing growth in our Day Room program. The new table shape seems to take up less room.

The Participant Council will be focusing on a different aspect of LifeCircles each time we meet. We will be looking at the questions:

- 1-What do we do well?
- 2-What do you especially enjoy?
- 3-What do we need to improve?
- 4- Any suggestions for ways to improve our services?

We meet the fourth Thursday every two months. Our next meeting will be on August 25 at 11 a.m. Let us know if you are interested in attending.

Staff Updates

The staff at LifeCircles is a very caring and involved group of people.

This month four of our CNA's, Tony, Danielle, Nate and Nitcy went on a work project to New Orleans, MS to help with continued efforts in the rebuilding that has been ongoing since Hurricane Katrina in 2005. They will be giving up their own vacation time to help in this effort. They have had several fund raisers to help with their cost. They have organized car washes, candy sales and shirt sales to name a few. We look forward to hearing about their adventures when they return.



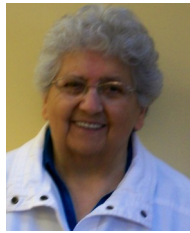
“We have some of the gall dang best help around and God bless them all!”



“LifeCircles is the best thing that happened for my wife”

Participant's Corner

Visit us online
www.lifecircles.org



Alta "Marlene" VanderSloot joined us at LifeCircles in May of 2011.

Marlene was born and raised in Muskegon. She went to school at Saint Jean's. She worked at Brenaman's a factory here in town. She helped make window shades there. That is also where Marlene met her husband Frank.

She and Frank were married for 45 years. They had 3 children, now 8 grandkids and "almost" 9 great grand children. Her family all live in the Muskegon area.

Marlene enjoys playing cards at LifeCircles and doing some embroidery at home. She said "I love it here and am so thankful to be coming, I tell everyone about LifeCircles."



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