



# The Wave

LifeCircles Newsletter, Winter 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

## ***Highlights***

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560 Seminole Road  
Muskegon, MI

## **Word from the Executive Director**

The winter months are here. I am still thinking summer. We did have a great fall, but now have to think about keeping warm and staying healthy. I want to encourage all of the participants to dress warmly when they are going outside and let LifeCircles staff know if there are problems with the heat at home. This is a time of year we have to be careful in a lot of ways. It is also the time for catching colds. It is important if you are not feeling well to let the staff know. and We can get you into the clinic to see the doctor. We also want to encourage all of the caregivers to please call if you have question or are in need of something. We feel very committed to meeting your needs. But if we don't know what they are, we can't respond. There is no wrong question so please don't hesitate to call us.

The green house is under construction and we are hoping to have it done before the bad weather starts. We are hoping to start using the greenhouse in March. It is not heated so we will not be using it this winter. We were able to raise the funds for the greenhouse through generous donations from foundations, and individuals in the community. With our limited outdoor space, whis will give the participants another option for activities. We haven't even started winter and I am thinking spring.

Another change that I am sure most participants are not aware of is we have a new program for medical records. The new system will help us provide better services to you and your families. It is a good thing to always be (cont on page three)

## Have You Seen the Greenhouse?



“I just love everyone here!”



“There is always some one to play a game of cards with in the afternoon”

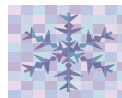
A few months ago construction began on the LifeCircles Greenhouse. We are very excited to spend time working in the greenhouse when the three warmer seasons of the year arrive, spring, summer and autumn. The winter months will be too cold to use it. But when Spring arrives, look for activity to begin.



Here are some pictures that show you how the greenhouse changed from the beginning to the end. First they poured the concrete forms. Next came the installing of the wall beams. As the glass was installed you could really see what it all coming together. From top to bottom, it is a beautiful addition to our facilities here at LifeCircles. The next step is adding the metal on the sides and the roof. Last but not least, in the spring we will get to fill it with plants that we can all help care for.



## Preparing For Old Man Winter



If you've been outside at all you know that Old Man Winter is about to pay us his annual visit! The arrival of winter, snow and ice brings interesting challenges to all of us at LifeCircles.

In the case of inclement weather, LifeCircles administration will check out the road conditions. Our #1 priority is the safety of participants and staff. Based on this, administration will determine if the day center will be closed or not.

If the center is closed this will be announced on the closings list of Channel 13 (WZZM-TV) and Channel 8 (Wood-TV). The decision will be made very early in the morning. In addition, we will call each participant.

We will call and discuss your needs for that day – home care, meals, medications and the like. We will determine the availability of home care staff to provide your continued needs.

If the buses do not run, but the center is open, we will be open to you but you and/or your families will need to provide your own transportation.

If you decide that you cannot make it in for any reason, please call the center and notify them as soon as possible so that we may cancel your bus.

### **BE PREPARED:**

YOU are responsible for clearing your driveway and walkway. The buses will not be able to pick you up if this is not done. If you do not know of anyone to assist you with this, we can provide you with some names.

For your safety and that of others, keep your walkways salted.

Make plans to leave your home if the heat goes off.

If you are ever without food or medications or have difficulty in staying warm, please call our office immediately at 231-733-8686.



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“There is always a fun activity to get involved with if you choose to”



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“Whatever we need LifeCircles tries to make available to us”

Visit us online

[www.lifecircles-pace.org](http://www.lifecircles-pace.org)



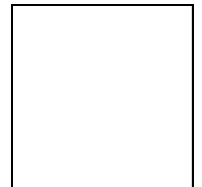
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## **Your Life Circles Team Members**



Aaron Rop was one of our CNA's at LifeCircles. He joined the navy and has been gone for several months. He was missed by many participants. He was diagnosed and has been fighting cancer since joining the navy. He has had some good progress with his chemo treatments. He came home on leave for the Thanksgiving holidays and the staff had a potluck in his honor. He had a chance to visit with many of the participants when he was here. We were all happy to see him!



Company Name

Address 1

Address 2

(cont from page one)

improving how we work with you.

That brings up the last item I wanted to mention. Please let us know if there is something that the staff can do differently that would help you and help us serve you better.

It is important to hear from you if you have concerns, suggestions, or complaints so that we can improve our services to you.

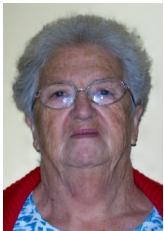
**Our goal this Holiday Season at LifeCircles is to keep you safe and warm at all times. Happy Holidays to you and your families from the staff at LifeCircles.**

## **Upcoming events at LifeCircles**



**Music with Lou Z.  
Christmas Party with Mona Shores Band  
Weekly "Word" with Gil  
Gerry's Garage Sale  
Music with Elvis**

## **Participant Corner**



Norma LaValley joined us here at LifeCircles in September of 2011. Norma was born in Ann Arbor, Michigan. She lived there for several years. Then she lived with her sister Mary and they lived in several places. The list includes Mt Morris, Klyle, Sage Lake, Flint. Norma worked for Good Will for 20 years and also worked in senior homes. Norma never married, but spent a lot of time helping others. She was in Florida with her sister when they moved here in July of this year. Norma has a niece and nephew living in the Muskegon area.

Norma has several hobbies and enjoys embroidery, hooking rugs, word puzzles and making yarn wrapped hangers. While here at LifeCircles she also enjoys a good card game with her new friends.

# Participant Advisory Report



The Participant Council held their bimonthly meeting on December 15, 2011. At each meeting, the Council is asked to give their thoughts about one specific area of LifeCircles. This month, the focus was on the Day Room. Examples of some of the questions asked were:

Do you feel welcome when you come to the Day Center?

Do you get the help you need to hang up your coat, find a seat, and use the facilities?

How well are we using our resources of tables, chairs, and staff?

What Activities/Entertainment do you enjoy?

What suggestions do you have to improve our Day Room?

Overall, the response from the Participant Council was very positive. They felt that our new tables have made moving through the Day Room much easier. They also were positive about the help they receive from staff. They gave positive feedback to a variety of possible activities that may be able to be incorporated into the monthly schedule.

Of course there is always room for improvement. We are still working through the best way to set up the tables. It may change again to provide room for a variety of activities in the Day Room. There was also concern voiced about the recliners being available for only a few participants during the day. We talked about the possibility of having more recliners and having some time guidelines for them so that more participants are able to use them.

As a staff, we highly value the input we receive from a representative group of 11 participants on the Participant Council. Thank you to each of you for your willingness to give of your time and energy. If you have any questions about the Participant Council, or any further response to the questions listed above, please see Lisa Dunbar.