

WADSA News

*A Quarterly Publication from
The Wisconsin Adult Day Services Association – March 2009*

Letter from the President

Happy New Year!! Though it is already March and many of us are already tackling our new goals at our own centers the WADSA New Year is just getting on its way. We have had our first board meetings of the year and are ready to start planning events around the State of Wisconsin.

Our first event is happening **March 26**. It is a conference training sponsored by NADSA and Adult Day Services Newsletter and funded in each region by WADSA. This again is one of the many benefits we receive through our membership in NADSA. The topic is "**Bridging Adult Day Services and Hospice/Palliative Care: Enhancing End of Life Care through Collaboration**". This training will be hosted at three different center which include; Portage County Adult Day Services (Northern Region), Luther Manor (South Eastern Region) and Lincoln Lutheran (South Eastern Region). In 2009, web trainings will be offered at least once in each region of the state. Go to www.wadsa.org for more information on training hosted in your area.

WADSA Full Board meetings will be traveling again this year. Watch for e-mail alerts on upcoming meetings. **All** members are encouraged to attend Full Board Meetings. It is a great way to hear first hand what is happening in your state organization and a great place to network with other adult day service professionals that understand the business. Our next full board meeting will be **March 27** in Sun Prairie. Kevin Coughlin from the Bureau on Aging will be presenting information about the potential changes to the certification process for Adult Day Programs and the current budgeted rate increase from \$100 to \$127 for recertification. Please plan to attend.

Besides the web trainings and WADSA Full Board Meetings, our Education and Training Committee will also be doing an educational training in your area. If you have a topic you would like to learn more about or would like to host the training please call Dawn Adler our Education Committee Chair to schedule an event.

I encourage each of you to attend at least one of the many educational offerings being provided by WADSA to our members this year. It is a great way to learn more about WADSA and network with other centers. I look forward to meeting you real soon.

Jennifer Nowak, Interim President

Membership Information

Submitted by Karen Beyer, Membership Committee Chair

"WADSA's purpose is to serve the interests of our members with leadership that enhances the quality of Adult Day Services through advocacy, education, mentorship, marketing, technical assistance and networking."

Isn't that a great mission? WADSA is here to help all adult day programs succeed, but the only way we can help is through your membership and support. Our board members want to hear from you. Maybe joining a committee interests you. You do not have to be a board member to sit on a committee. You may not realize that you have something to offer. Maybe you had a program or a marketing idea that worked well and would like to share that success with others. As the saying goes, "Two heads are better than one."

Have you attended a regional meeting?

Do you know who the regional delegates are for your area?

Do you know who to contact to be a part of a committee?

Do you know where to go to get this information?

Let me help...

WADSA has a new website this year. The address is www.wadsa.org. This website has been designed to help you find the resources and information available to you. Below is the contact information for WADSA Board members and Committee Chairs. We welcome you to be part of the success of our association!!

WADSA Executive Board Members

PRESIDENT – Jennifer Nowak

Lutheran Home Day Services, 7500 W North Avenue, Wauwatosa, WI 53213

Phone: 414-258-4192 Email: nowakj@lutheranlivingservices.org

PRESIDENT ELECT – Stephanie Leanes

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WADSA Full Board Members

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NORTHER REGIONAL CO-DELEGATE

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SOUTH EASTERN REGIONAL CO-DELEGATE

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SOUTH EASTERN REGIONAL CO-DELEGATE

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SOUTH CENTRAL REGIONAL CO-DELEGATE

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BAY REGION CO-DELEGATE

Sarah Hammond

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WESTERN REGIONAL CO-DELEGATE

Bethany Jacobson-Flieger

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WADSA Committee Chair Members

MEMBERSHIP COMMITTEE CHAIR

Karen Beyer

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EDUCATION AND TRAINING COMMITTEE CHAIR

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PUBLIC POLICY COMMITTEE CHAIR

OPEN POSITION

MARKETING- PUBLIC RELATIONS COMMITTEE CHAIR

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NADSA/WASHA REPRESENTATIVE

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STATE LONG TERM CARE INITIATIVE LIASON

OPEN POSITION

EDUCATION AND TRAINING INFORMATION

Submitted by Dawn Adler, Education and Training Committee Chair

Regional trainings are beginning to take shape for 2009. A five-hour training is available to all WADSA members in each region of the state every year in addition to the full day and a half state annual WADSA Conference. These five-hour trainings are free of charge to all association members. This is a great opportunity to get continued education, network and meet your WADSA Board Members. Any staff from any center in any region can attend all or any one of these trainings. Non-members are also welcome to attend for a fee of \$35.00.

Please keep the following information handy so you can plan ahead for the coming months.

NORTHERN REGION TRAINING

Thursday, June 18 in Barron or Rice Lake (yet to be determined)
Hosted by Gloria Vaughn

WESTERN REGION TRAINING

Friday, July 17 in Sparta or Tomah (yet to be determined)
Hosted by Ryan Tichenor of Gateway Adult Day Center

BAY REGION TRAINING

Friday, August 14 in the Fox Cities, Appleton or Green Bay (yet to be determined)

SOUTH CENTRAL REGION TRAINING

September in Sun Prairie (date yet to be determined)
Hosted by Melody Riedel of the Colonial Club Adult Day Center

We have received many suggestions for trainings including:

How to Create a Person Centered Care Activity Program
Time Slips
Autism
How to Transform Your Arts and Crafts Program into an Art Gallery
Staff and Volunteer Boundaries
Technology to Enhance Your Day Center
Simple Creative Team Building
Early Memory Loss Programming

We are always open to more suggestions. If you have any questions regarding these trainings please call or email Dawn Adler at 414-464-3880 extension 314 or dadler@luthermanor.org.

Here are a few quick memory fitness ideas for your group...

1. Read out loud every third word from a short story (or fourth word, etc.)
2. Design a menu for a new restaurant you are opening
 - a. Name your restaurant
 - b. Create your signature drink
 - c. Appetizer
 - d. Salad
 - e. Soup de jour
 - f. Main course
 - g. Dessert

Be creative in your titles and detailed in your descriptions.

3. Create a story from 20 unrelated words.

MARKETING-PUBLIC RELATIONS INFORMATION

Submitted by Jennifer McAlister, Marketing-Public Relations Committee Chair

The WADSA News is a quarterly publication designed to inform association members of current topics of interest to adult day service providers, update members on happening from across the state and share success stories among each other. Members are welcomed to submit articles. Articles need to be submitted to jmcalister@curative.org. There will be three more newsletters in 2009. Remember "*Together We Learn, Together We Grow*". I look forward to reading your news!!

ADULT DAY CENTER HAPPENINGS

Article submitted by Christine Henze, Golden Options Adult Day Care

Several participants of Golden Options Adult Day Care located in the city of Jefferson, on St. Coletta's Campus, were treated to a program in Brooklyn, WI on January 24, 2009 to celebrated "Pioneer Days", a district tradition of 20 years. The Brooklyn district presented a historical reenactment of life in this rural community of Wisconsin.

The teachers and students dressed in Pioneer costumes. Prairie hats and long skirts were worn by the young ladies. Straw hats and knickers with suspenders were worn by the young men. Our clients clapped along to the music of "Dark of the Moon Contra Band" while teachers taught their students the dancing reels and promenades of the era. Our participants enjoyed the energy and contagious enthusiasm of the youth dancing to the music.

Not only did we enjoy musical entertainment and dancing; Mother Nature also gave us an entertaining visual performance as we drove through central Wisconsin. Upon a bright blanket of snow, flocks and flocks of huge turkeys were visible across acres and acres of open farm and ranch land. Several of our participants avid hunters in their day, expressed a desire to stop, get out and catch a couple of these huge birds.

Winter is always a difficult time to plan a community based outing. The intimidating weather, below freezing temperatures and abundance of snow are usually a deterrent for most of the population we serve. However, this outing proved to be a physically active and socially stimulating activity in many ways. The staff at Golden Options received a Thank You box of chocolates from one of our participants who usually does not like to leave the building once she gets in.

The kudos of being in the adult day care field are the connections we make with our own participants, as well as the social connections we make in our communities to expand their world and ours in a positive way.