

MADSA *Connections*

*Supporting and promoting Adult Day Services as a viable care option
to meet the needs of seniors and disabled adults*

A Community Newsletter

Spring 2007

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Advocating for Elders at the Nation's Capital

by Laura Philbrook



For the past 3 years, the American Association of Homes and Services for the Aging (AAHSA) and the National Adult Day Services Association (NADSA) have collaborated for national public policy training and state congressional visits in Washington D.C. I have worked with our state AAHSA affiliate Minnesota Health and Housing Association (MHHA) during those years, and was in DC March 18-21 just as the cherry blossoms were beginning to bloom.

During that time, those of us from Minnesota had the opportunity to meet in small groups with all 8 representatives' staff members. They listened to our concerns, asked good questions, and wrote furiously. Much to our delight, all 14 of the Minnesota group met directly with both of our senators, Norm Coleman and Amy Klobuchar. Both listened intently. Of course, I was the lone adult day member. But do not fear. I spoke about adult day services, the bargain we are for the menu of services we provide, and why medical assistance for home and community-based services cannot be reduced.

One person cannot advocate alone. I believe this was a very productive meeting, but it is not nearly enough. Public policy belongs to all of us and we all need to get involved. Every one of our US elected officials has an office in Minnesota. Call, write, and visit them. They really are interested and invested in what is happening at home in our state. The more of us making calls and visits, the better legislators will remember us and bring our message to the table. Be a voice and advocate for those we serve.



The President's Line...

Greetings Fellow Adult Day Providers

Just as spring brings new growth to our earth, MADSA strives to bring new growth to the Adult Day industry and its members.

On April 5th I met with the executive director of the Minnesota Home Care Association. This meeting began exciting discussions on potential statewide collaboration between Home Care and Adult Day programs.

I also met with the discharge planners group from the MN River Area Agency on Aging about the benefits of Adult Day Services. Members include representatives from nursing homes, hospitals, home care agencies, and county agencies in southwestern Minnesota.

I am hoping to schedule a presentation date with the discharge planners at Medi-sota Hospital. The presentation will focus on how using Adult Day Programs improves the quality of life for the client as well as the caregiver.

MADSA continues to share its story about the services our members provide through participation in informational booths at conferences and health fairs.

MADSA brings growth, both professionally and personally, to its members through education programs. Our education/conference committee welcomes your suggestions about topics of interest that would benefit you and your center.

MADSA hopes to keep its members updated on all legislative issues pertaining to Adult Day Services both nationally through our NADSA Board and in the state of Minnesota by our presence in St. Paul.

Another area of growth for MADSA is the addition of the Management Assistance Program (MAP) for Non-profits Legal Hotline. Members will be able to call a MADSA representative to inquire about legal questions. When the Hotline services are ready, members will be given the MADSA representative contact information.



MADSA Board and committees continue to look for and welcome new members. Board meetings are held monthly. At this time, the Board meets in Excelsior, MN. However, we are looking into using conference calls as part of our board meetings. We hope that this will enable more MADSA members to serve on the board by reducing travel time. If conference call meetings are incorporated, we will continue to hold quarterly group meetings in Excelsior.

MADSA committees include:

- Conference/Education
- Governmental Affairs
- Website/Newsletter
- Membership

If serving on either the MADSA Board or a committee interests you, please give me a call for more information.

Here at MADSA we are a team and every team member is important. Together we will be heard as we educate others on how Adult Day Services benefit the citizens of Minnesota.

Thank you for your continued commitment to MADSA and Adult Day Services!!!

-Lynn Buckley

Adult Day Services: Some Facts

- Nearly 78 percent of adult day centers are operated on a nonprofit or public basis and the remaining 22 percent are for profit.
- One quarter of the participants live alone and three-quarters live with a spouse, adult children, or other family and friends.
- Fifty percent of the participants using adult day services centers nationwide have some cognitive impairment and one third require nursing services at least weekly.
- Nearly one out of every four U.S. households (23 percent, or 22.4 million) provides care to a relative or friend aged 50 or older.

-from the NADSA website

A Word From Your National Representative

by Lynne Zimmerman

It is a great honor for me to represent MADSA on the National Adult Day Services (NADSA) Board. Board members are appointed from all over the country to represent their state's adult day services for a three-year term. Many of the meetings are teleconferenced. However, it is a special treat to meet face to face. It has been my pleasure to meet with the board at the American Association of Homes and Services for the Aging (AAHSA) Conferences. Last fall, we met in San Francisco and last month we met in Washington DC.

NADSA is the leading voice of the rapidly growing Adult Day Services industry and the national focal point for the adult day services they serve. Currently, there are 3500 adult day services operating in the United States.

The U.S. Department of Health and Human Services issued a report "Adult Day Services: A Key Community Service for Older Adults" in July 2006. The full report is available from the government at <http://aspe.hhs.gov/daltep/reports/2006/keyADS.htm>. When addressing program models, the researchers found that "...a combined program offering both a social and medical model appears to be the most financially viable." We in Minnesota can be pleased that our license with the Department of Human Services is designed to allow centers to do just that. Because we have a nursing component, CMS and NADSA identifies licensed centers in Minnesota as part of the medical model. However, our centers can choose to emphasize their social components and/or more medical services under the same license.

Minnesota is one of five states participating in the NADSA Pilot Project which offers reduced NADSA membership dues, reduced conference fees, improved access to centers nationwide, and regular updates on issues relevant to our industry.

Please contact me at lynnezimm@yahoo.com or 651-552-0288 any time if you have issues related to Adult Day Services in Minnesota that could be helped by our connection with the NADSA Board.

New Adult Day Services Program in West Central Minnesota

by Bunne Frost-Johnston

Augustana Lutheran Homes has opened a new Adult Day Services program in Litchfield, MN, located in Augustana's apartment complex at 200 North Holcombe. The program is open Monday – Friday from 8:00 AM to 5:00 PM. The program is beginning with a licensed capacity of nine, with room for expansion

as the program grows. They opened their doors for the first time on November 27, 2006 with three participants in attendance. Liz Anderson is the program director and Mary Buhr serves as the program coordinator.

The program provides a variety of health, social, and supportive services. Daily activities include a wellness/fitness program, crafts, quilting, current events, and quiet time. Snacks and meals are provided.

The Augustana administration realized the importance of belonging to the Minnesota Adult Day Services Association and became members at the onset when planning for their adult day program. They appreciated the help and support they received from MADSA regarding the start-up process and the establishment of policies that satisfy the Department of Human Services requirements for licensure. They will continue to look to MADSA for on-going support and information, including such items as publicity and marketing.

This is a prime example of MADSA working for us to strengthen adult day services across the state.



MADSA Has A New Address!

Please note that the MADSA address has changed once again. The new address is shown below in the return address box and in the sidebar on the front page. In an attempt to provide ease of contact for our membership, the Board decided to maintain one address for MADSA. Please place the address in your personal files.

Sign Up for NADSA's Daily (News) Clips

As a member of NADSA's Daily Clips listserv, you can receive links to news adult day services from major media worldwide, and links to examples of AAHSA, our state association partners and our members in the news every morning. Send an e-mail to join-clips@lyris2k1.aahsa.org to start receiving this valuable benefit today.

Breath of Life in Brainerd is Expanding – Offering a Small Group Model

Breath of Life Adult Day Service in Brainerd recently received approval to provide daily care to 18 participants. They will expand their care facility by renting another assisted living apartment from the Good Samaritan Society - Woodland. Their focus is to provide an alternative option of care for participants who would thrive in a smaller environment. They are offering a small group environment model in a setting designed for 5 individuals. More individualized care to those with memory loss can be provided. They already have a

waiting list to help them fill the expanded capacity.

Many Brainerd-area contributors and foundation helped them financially to provide an attractive facility. Many thanks go out to the staff at Breath of Life that have helped to provide a high level of care and commitment to the health and welfare of the families that use its services. Breath of Life also wants to thank the Good Samaritan Society - Woodland, whose support of the new services have made it possible to provide them.

*To keep the heart unwrinkled, to be hopeful,
kindly, cheerful, reverent – that is the triumph of
old age.*

-Amos Bronson Alcott

Minnesota Adult Day Services Association

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