



# Connections

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

A Community Newsletter

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## Refresh! Supporting Participants & Caregivers MADSA 2007 Educational Conference

by Lynn Buckley

The theme of MADSA's annual educational conference is **Refresh! Supporting Participants & Caregivers**. The event will be held at the Embassy Suites — Airport in Bloomington MN on Saturday January 27, 2007. Registration begins at 7:30 am.

This year's keynote speaker is Wayne Caron, PhD., L.M.F.T. Dr. Caron currently directs the University of Minnesota Family Caregiving Center. His work as a clinician, researcher and author has spanned more than two decades. His opening message to us will use a systems model to integrate what we know about the challenges faced by our clients, their caregivers and families along with day center staff. Concrete strategies will be discussed on how to create close working relationships, engage in shared problem solving and construct empowering partnerships. Dr. Caron will also lead afternoon sessions focusing on Collaborative Learning Communities and Facilitating Family Support Services in Adult Day Centers. This is a new and unique therapeutic approach to support groups.

Also, Merle Griff, PhD, author, researcher, and founder of SARAHCare and chairperson of the National Adult Day Services Association (NADSA) will speak to conference attendees about issues being addressed at the national level.

Other featured topics to be covered will include: *The Only Constant Change is Change: Understanding the changing roles of counties and health plans* and *Dealing with Difficult Behaviors and Therapeutic Activities*.

This year's conference promises to have sessions of interest to Center directors, Center staff as well as other community-based service providers.

Watch for your brochure for more information on conference and hotel registration. MADSA Members who register 4 or more staff will receive a \$10 per person reduction on their registration fee if registration is completed before deadline.

Mark your calendars!! Join us for an refreshing, enjoyable and educational day!

## The President's Line...

### Introducing Lynn Buckley

Lynn Buckley is the newly elected president of MADSA for the 2007-2008 term. Lynne has served as a board member for MADSA since 2000 and currently is the co-chairman for the 2007 MADSA conference committee.

Lynne is the Director of Caring Connection, the Redwood Area Hospital Adult Day Services Program, Redwood Falls. Lynn serves as a vital resource in her community for promoting services for seniors. Lynn has worked with seniors for 30 years in both Long Term Care and HCBS settings. She serves on the Redwood County Faith in Action Board, partnering with other committee members to coordinate care for seniors in her area. She works diligently with her Area Agency on Aging, to continue to find ways to promote services that will support seniors to continue to live as independently as they desire.

Lynn believes strongly in Adult Day Service Programs and the assistance that they provide to adults to maintain an independent life style, prevent premature institutionalization, and give assistance to caregivers and families. Lynn believes that we need to "keep telling our story" and, that by working together, we can be heard.

MADSA looks forward to Lynn's ability to lead with confidence and a strong knowledge of reimbursement and payor issues. Her experience in partnering with other organizations to strengthen her program will bring interesting opportunities for MADSA as an organization.

### Thank you, Laura Philbrook

Laura Philbrook served as the President of MADSA for the last two years with the energy and tenacity that was unending! Her leadership reflected her desire to improve communication with membership to keep members informed of legislative policies, funding changes, opportunities for centers and a host of other issues. Laura networked statewide talking about adult day which helped to defeat the old adage that "adult day is the best kept secret." Thanks to her diligence, the secret it out and MADSA is stronger because of her leadership.

On behalf of the membership of MADSA, we want to thank Laura for providing her dynamic leadership to this professional association.

## Lynne Zimmerman Joins NADSA Board of Directors

by Joyce McIntosh

It is with great pride and excitement that MADSA announces that our own Lynne Zimmerman has been elected as a board member of the National Adult Day Service Association (NADSA). Lynne is the President of Common Sense Services which she founded in 1990. She is a past president of MADSA and is constantly working as an advocate for the elderly and senior populations. She was awarded the Dakota County Public Health Achievement Award by the county's Board of Commissioners in April 2005, and has received many other awards for her work in the community.

Lynne is the first NADSA board member from Minnesota. Historically, NADSA's representation generally has come from the East and West coasts. Currently however, there are three representatives from the Midwest. Lynne knows adult day and senior services here in Minnesota and will represent our membership at the national level. MADSA will also have up-to-date information to keep our members current with what is happening nationally in the areas of legislation, innovative practices throughout the country, knowledge of current trends for adult day services, education opportunities and much more.

Lynne will attend NADSA board meetings about three times a year in Washington, D.C. At least monthly she will participate in NADSA board meetings via conference calls. She is waiting to hear which committees that she will be working with at the national level. Thankfully, she will also continue on as a MADSA board member.

It is exciting that Minnesota will be represented at the national level of leadership. Lynne's passion for adult day and her ability to take problems and turn them into opportunities will be an asset to NADSA as we have experienced with MADSA. Minnesota's adult day centers will benefit richly by being represented at the national level.

## Breath of Life Receives Community Award

**Brainerd area ADS receives Touchstone Energy® Commitment to Community Award**

Breath of Life and its Executive Director, Bob Schricker, received the Touchstone Energy® Cooperatives Commitment to Community Award from Crow Wing Power. This award recognizes individuals, businesses, non-profit and community groups that have shown a strong commitment to communities throughout the Touchstone Energy® Cooperatives service area. Crow Wing Power granted this award based on several nominations submitted by local community members that explained numerous benefits that the community of Brainerd has realized as the result of Breath of Life's work in providing a care center for senior dependent adults.



"We are very proud that the accomplishments of Bob and his staff are continuing to provide exceptional value to our community" stated Marsha Kalkofen, Chairman of the Board for Breath of Life. "As a result of Bob's dedication, we now have a place in our community where our senior dependent loved ones have a place to belong; providing them the dignity that is often lost as the body and mind age."

Breath of Life receives a token award of \$250 and a plaque recognizing its commitment to the community. Additionally, they are now entered into the competition for the statewide award, to be selected from approximately twenty local award winners throughout Minnesota in early 2007.

Breath of Life Adult Day Service was established in 2001 as a non profit organization, providing an encouraging, caring, Christian atmosphere for senior dependent adults. It gives them a place to socialize with peers in a stimulating environment, helping the caregiver to maintain their own physical and emotional well being.

MADSA congratulates all the staff of Breath of Life and wishes them well in the next level of competition.

## Musings on Our Conference, Families, and String Theory

by Lynne Zimmerman

Back in March of 1950, Francis A. Johnson started wrapping the world's largest ball of string in Darwin MN. Today, all over the world, scientists are studying string theory to answer questions about who we are and where we live in the universe.

Four hours a day, every day Francis wrapped string for 39 years until the ball weighed 17,400 pounds. String theory is still under development, but if string theory is correct, the entire world is made up of strings.

Mr. Johnson's strings and the strings of the universe described by scientists are both elegantly simple – and each in its own way, enormous. Universal strings are described as tiny loops of energy. They move differently and are perceived differently depending on your point of view. Similarly, family traditions are strings that simply and effectively bind unique families together over many generations, and link the vast family of man over millenniums.

Marcus Aurelius, A.D. 121–180 said it very well: "...the series of those things which follow are always aptly fitted to those which have gone before; for this series is not like a mere enumeration of disjointed things, which has only a necessary sequence, but is a rational connection; and as all existing things are arranged together harmoniously, so the things which come into existence exhibit no mere succession, but a certain wonderful relationship"



As we celebrate, honor and enjoy our "certain wonderful relationships" this year, those things which follow will help us sustain happiness and awe for life in our "wonderfully complex universe."

# Notes & News

## MADSA Director Pre-Conference Reception

A MADSA Director pre-conference reception will be held Friday evening, January 26, 2007, at the Embassy Suites. This is a special time for directors to network with their peers and exchange experiences, ideas and challenges. Dr. Wayne Caron and Merle Griff Ph.D. will be present to share their experiences as well as MADSA Board Members. If you are a new director, this is a fantastic time for you to learn what is happening on national, state and local level.



## Meet Jocelyn Showalter, MADSA's Newest Board Member

Jocelyn Showalter was elected to the MADSA Board of Directors this fall. She brings a wealth of experience as the current director at Amherst H. Wilder Foundation's adult day health services and the assisted living programs. Her combined knowledge of adult day along with the housing component will assist with broadening the board's decision-making ability. She has worked in senior services for over 30 years in a variety of capacities.

When asked why she joined the MADSA board, her response was, "... things are changing so fast in services for the elderly and disabled it is hard to track changes and the impact when you are just

an individual working in the community. Involvement is the key, which was my motivation in joining the Board. I have hopes that Adult Day Services will be seen as the first service option to keep people living in their homes and community. This can only happen if DHS, state legislators, referral sources, communities and families understand what a valuable resource Adult Day Care is for people who need some assistance to stay in their homes."

We welcome Jocelyn to this leadership role and look forward to having her share her gifts to the benefit of senior services throughout the state of Minnesota.