

WMU Adult Wellness Programs

January 2024 Newsletter

Program Updates

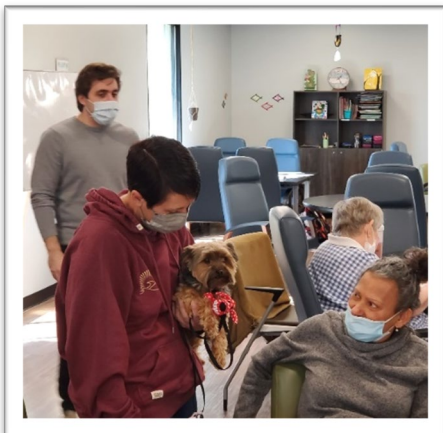
It's official, we are now in 2024. I wonder how many times I will write the wrong year?

2023 was a great year for us! We received partial funding from Kalamazoo County for the yard beautification project and we hope to start using the space more in the Spring. We have asked for additional funding to finish the space and hope to know more soon.

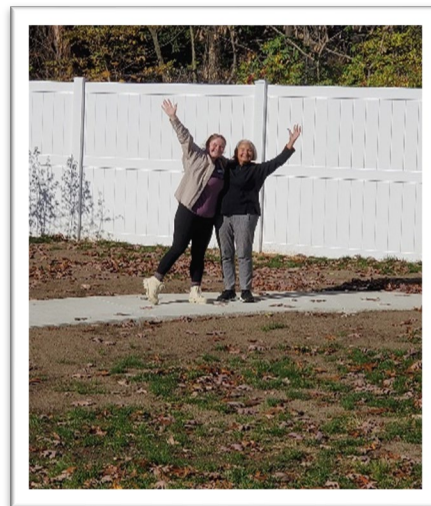
We have had a lot of fun activities this past year - a participant favorite was a visit from "Alex the Science Guy" who did experiments with us on Halloween. In addition, we had a visit from the Air Zoo staff.

Our partnerships with WMU departments continue. We had visits from Speech Language Pathology students provided activities on Fridays. Nursing students presented regularly on health topics while OT students conducted fall assessments.

Jessie and Olive, our therapy dog visitors come visit at least twice a month. We also have a new volunteer who would like to bring puppies from the shelter to visit. Don't worry, we will not send puppies home as Bingo prizes!



Therapy Dogs encourage communication and connection, which decreases feelings of isolation and alienation while increasing socialization and reducing boredom.



Senior Day Services staff and participant enjoy the freshly paved walking path.



The Science Guy demonstrated the Mentos Geyser Experiment



Senior Day Services will incorporate the **Positive Approach to Care** in 2024

One of our former student employees, **Laney Hewitt**, is working on her Doctorate degree and will be partnering with us to enhance care services. She will be attending trainings on the Positive Approach to Care by Teepa Snow. Laney will then start training staff and provide techniques for working with individuals with memory loss. We are hoping that this will help us better identify the various needs of participants and assure their needs are met. Our team is always looking for ways to improve our services for individuals and families.

Look for upcoming family support events

Another focus of ours in 2024 will be on family support. Senior Day Services will be partnering with Centrica™ Care Navigators to offer trainings for families and will be working with Heritage Community to offer other support services. We may reach out to families in the next few months to get some feedback from you on how we can be more of a resource.

Upcoming menu changes

We are happy to report that we will be making changes to lunches based on your feedback. Thank you to those who continue to answer our satisfaction surveys! Lunch was an area that many people identified as needing improvement. Although Senior Day Services is required to meet certain standards for served meals, we have done some research and made contact with a catering company that meets these standards and will start providing lunches two days a week. For the remaining three days, we will continue to serve Meals on Wheels. We will continue to monitor participant satisfaction and make changes when necessary.

Meet our leadership team

Dawn Robarge – Program Coordinator

Jessica Torrey – Senior Supervisor

Bella Leon Flann – Lead Staff

Rachel Stuchly – Activity Coordinator

Margaret Lundborg – Administrative Assistant

