



Circles of Caring Adult Day Services

www.circlesofcaring.org

info@circlesofcaring.org

Volume 6

Fall 2018

Thanks to *All of You* . . . From *All of Us* at Circles of Caring!

As we move into the fall and the end of the year, we want to make sure that all of you—our loyal donors and sponsors of **Circles of Caring**—know how much all of us—participants, home caregivers, volunteers, and staff—benefit from your generous support. To do that, we thought we'd ask some of our participants and their family caregivers to speak to you directly about what **Circles** means to them. Here are just a few of their thoughts of how they feel better about themselves and how *you* have helped make that happen!

We hear here from a long-time Circles participant, **Lorna Hanrahan**, about the value of building friendships and self-confidence:

"I'm Lorna Hanrahan and I'm 59 years old. I've been coming to Adult Day Health since about 2006. I started coming to ADH because my case manager thought it would be good for me and my mom to have a little break from each other It was also a way for me to connect with other people. I felt kind of alone. I was coming two days a week. I now come four days a week because I need to get out and be with people who've known me a long time. I need a place to go with people who will keep me on track. I've made friends here.

ADH saved me when my mom died. It was a support network with staff who helped me get re-established. ADH is a safe place where I can say what I'm feeling. I make new friends regularly. When I've had setbacks in my mobility, ADH helps me get back on my feet. They have given me encouragement to get up and walk which has helped me stay out of a wheelchair. I've learned that my voice, my thoughts and feelings are valid. I try to be sensitive to others too. Being here at ADH has given me the courage to look at some of my issues and get help with them. I'm learning to be me."

A relative newcomer to **Circles**, **Marlene Bennett**, also points to the joys of making new friends and finding some new strength within herself:

"My name is Marlene Bennett and I've been attending Adult Day Health since February 2018. I began attending **Circles of Caring** in order to meet new people both with and without disabilities. While here I have met many new people who have become my friends and others who feel I'm able to help with various things, such as beading and crafts, and for whom I can be an advocate. I've also had the opportunity to advocate for myself, which is important to me. I feel good about being held accountable for my diet and making good choices with the foods I eat, which is something that happens at **Circles**. I enjoy the crafts and various games offered and also I've been exercising on the days I attend. I started out with 1lb. weights and now am up to .



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.. 5lb. weights, which makes me feel good about myself. Overall I like how everyone at **Circles** helps each other and that we share ideas with others about things we are interested in.”

Debbie Dillard, another long-time participant at **Circles**, finds socializing and working with others the highlights of her time at **Circles**, but she also gratefully points to elements of individualized care that **Circles** staff members perform regularly for participants like her:

I’ve been coming to **Circles of Caring** since 2011 after I had a stroke. **Circles** provides me a place to socialize and talk to others. I live alone and so don’t get an opportunity to socialize when I’m not at Adult Day Health. I enjoy doing projects in a group. I can do some crafts at home, but I enjoy completing them much more when others are doing the same thing. I also make puzzles here because I don’t have room at home and I also don’t have people at home to make the puzzles with me.

Staff are friendly and supportive and make me laugh. Jessica’s been a big help. She helped me find an affordable apartment after my brother died and helped me find a new caregiver which allowed me to stay independent in my new apartment; helped my dog go to animal “boot camp” and then found him a good home when he could no longer stay with me; and helped me find affordable services for repair and replacement of appliances. Recently when I was sick and unable to attend **Circles** I became depressed staying in my apartment alone. Now that I’m back with my friends my depression has decreased and I’m feeling good about life again.

From the gratitude and strength of our participants’ voices, we now turn to hear from home caregivers, people who have entrusted their loved ones to **Circles’** care and find abundant peace of mind and confidence that, with your support, they are doing the very best they can for their whole families’ well being.

Annette Veneziano graciously covers all the bases for her family—all the wonderful, amazingly careful services their daughter enthusiastically receives and takes part in at **Circles**:

Circles of Caring provides a valuable and much needed service to our daughter. She attends 5 days/week and truly benefits from the socialization, stimulation, and positive interactions with both the staff and other participants. The environment is uplifting, fun, and lighthearted. She loves it! Staff report she laughs, smiles, and becomes truly animated while playing musical instruments, knocking over blocks, or tossing balls. She loves how the staff interacts with her, and we love the concern the staff has for her wellbeing. The program provides socialization, activities, and nutritional care in a warm compassionate

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Service Hours
Monday—Friday, 8am-4pm
Early arrival time by request



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environment. We feel that she is in safe hands!! Our sincere gratitude and appreciation for the affection, care and patience that is shown every day. It is truly a home away from home!!!

And in a very interesting and friendly chat with us at **Circles**, we learned from Enam Khan that he and his mother, Khodeza Khanom, have come to think of **Circles** as something of a saving place, a place that has released his mother from a “pseudo prison” of being alone to one of warmth and friendliness and healthy wellbeing here in Pullman. After coming to Pullman from Bangladesh in 2003 to study for and earn a PhD in Physics from WSU, Enam became increasingly concerned that his mother, who had been living alone for some years at the time, was facing deteriorating health and depression and decided to bring her to the United States to live with him and his family. Though that was certainly a positive move, his work and his wife’s, which focused primarily on establishing a new restaurant serving Bangladeshi cuisine in Moscow, still meant long hours for Khodeza at home alone. But then in 2017, after five years of residency in the U. S., Khodeza became eligible for Medicare, and Marie Fowler at the Whitman County DSHS helped her enroll at **Circles**, where she began to experience the turn-around in her life that Enam was looking and hoping for.

Khodeza started coming to Circles for just two days a week, but the increased physical activity and social stimulation from staff and fellow participants led not only to better health, but also to a strong desire to be a part of the **Circles** scene more actively and more often. Now attending five days a week, and despite a lack of working knowledge of English, Khodeza loves taking part in all activities, but especially in the Bingo game, where she has become an avid competitor. She may not know all the words surrounding her at **Circles**, but she certainly knows all the numbers! Her notably improved health and frame of mind has helped Enam see a wonderful “evolution of my life,” from the happy cared for to the happy caregiver. And your generous support for **Circles** and for all of us here have gratefully made that happen.



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What You Can Do to Help Us in the Year Ahead

Please join our **Circles of Caring** again this year and help us continue our mission of serving those in need on a daily basis. Can you help us in some fundamental, but necessary ways, and help us meet our operating expenses and staff salaries of **\$1,170 a day**?

A gift of **\$175** will pay **1 staff member salary** for **1 full day**; a gift of **\$88** will do the same for **1 half day**.

A gift of **\$195** will pay **1 staff member salary, plus all other expenses for one participant** (meals, groceries, supplies, utilities) for **1 full day**; a gift of **\$98** will do the same for **1 half day**.

An easy giving plan of **\$100 monthly** will cover **all our expenses** (all staff salaries, plus meals, groceries, supplies, utilities) for **1 full day**; a similar monthly gift of **\$175** will pay for **all our expenses beyond salaries**—meals, groceries, supplies, utilities for **1 full month**.

We invite you to give in any way that makes sense to you, and if you like, you can do so “in honor of” or “in memory of” a loved one or friend. Or if you have friends who already have “everything,” a gift to **Circles of Caring** in their names is always appreciated.

Thank you sincerely for your past contributions and please keep us in mind for the year to come. Make it easy and rewarding by logging into circlesofcaring.org or by writing us at 588 SE Bishop Blvd., Suite D, Edison Center, Pullman, WA 99163. Because you have joined our **Circles of Caring** so generously in the past, we gratefully look forward to your continuing support!