

ELDER CARE OF WISCONSIN

Partnering for Independence

SUMMER 2004

Partnership Participants Committed to Race for the Cure

They joined the thousands of walkers and runners who came together that hot, sunny day in June to fight breast cancer. The strong determination of six Elder Care ladies to make a difference pushed them to cross the finish line at the annual Susan G. Komen Race for the Cure on the grounds of the Alliant Energy Center in Madison.

The six ladies—Phanh Khamphouy, Alice Bailey, Kay Adams, Barbara Nelson, Roberta Mathis and Anna Nicoloy—are participants in Elder Care Partnership. Elder Care sponsored a team of staff and Partnership participants who trained for weeks to prepare for the one-mile walk.

For many breast cancer survivors, the race was a way to celebrate life and death, as well as rally for a cure. Roberta, who has been cancer-free for one year, says she exercises because it “allows me to stay in control of my body and mind.”

The race is over, but Roberta’s not ready to stop. She continues her weekly walks and remains in the Elder Care Fitness Club, which brings her to Partnership’s onsite rehabilitation clinic three times a week.

When Roberta entered the Partnership program five years ago, she had just relocated from Chicago to be closer to her caregiver daughter and was on the verge of being placed in a nursing home due to declining health. Today, at age 74, her health has steadily improved to the point that she no longer needs to attend the adult day center and lives independently in her own apartment with minimal support.

“A couple of Roberta’s greatest strengths are her grace and sheer determination. These qualities have carried her through many difficult times. Even now, she continues to care for her aged mother and ill brother, while she faces her own health concerns,” says Linda Norton, the nurse practitioner on Roberta’s care team.

“Despite it all, Roberta keeps moving forward,” says Linda. “She really thinks things out, asks good questions and, best of all, she never forgets to give you a smile.”

Angie McConkey, a licensed physical therapy assistant at Elder Care, and Roberta have walked the race for the past several years. This year, Angie knew of several others who wanted to get involved. She put together a team to demonstrate Elder Care’s support of teamwork, physical activity and community involvement. Rather than tackling the 5K walk,



Front row: Barbara Nelson, Phanh Khamphouy, Anna Nicoloy, Roberta Mathis, Alice Bailey and Kay Adams. Back row: Kathy Condit, Angie McConkey, Terri Ohmen, Lynn Cassini and Diane Thumser.

which Angie and Roberta have mastered, it was decided the one-mile walk would be more fitting for a large group of varying levels of fitness.

Anna decided to do the race because it symbolizes her support of many friends who are battling cancer. She walks three miles every day in her neighborhood, so she was physically prepared to do the race. Regular exercise has helped her lose 24 pounds over the last year and provided an opportunity to socialize.

Anna admits to being a couch potato at one time. But with encouragement from her caregiver son and support from Partnership, she’s become very fitness conscious.

Stronger and Healthier

Before training for the race, the ladies underwent a strength screen and functional assessment, which took into consideration health conditions and medications that may limit or restrict physical activities. Elder Care staff then created individualized workout programs and help set personal goals. This ensures safe exercise focused on physical and cognitive well-being, prevention and disease management.

Continued on next page...

Race for the Cure continued...



Roberta Mathis works out at Partnership's rehabilitation clinic.

"As people age, they lose muscle mass and strength, which is linked to decreased mobility, decreased functionality and increased risk of falling," says Angie, who is also a certified health fitness instructor specializing in older adults.

High-intensity work, or strength training, can counteract this loss. Studies show that people over the age of 60 can continue gaining strength and muscle size at a similar rate as younger exercisers.

"We empower participants to help themselves," says Angie. "With Elder Care's health care and support services, they are able to take a proactive role in managing their health."

Rehabilitation services are covered by the Partnership program, just like other necessary health care and support services from physician care to medications to transportation. Physical and occupational therapists assist participants with post-hospital rehabilitation, maintenance, falls prevention, adaptive devices and home safety assessments.

They had to be able to comfortably walk at least 30 minutes. That meant time on the treadmill in the rehabilitation clinic, where participants find a supervised gym-like environment. The clinic has resistive and nonresistive equipment for improving strength, mobility, range of motion, muscle tone, endurance and balance. Pedometers also were made available for tracking mileage at home.



Elder Care's team, led by Roberta Mathis, begins the race.

We All Contribute



From time to time, you hear someone described as a "contributing member of society." Here at Elder Care, I like to think we support our participants in their desire to keep contributing—despite frail conditions and chronic illnesses—to their families, their neighborhoods, their communities, their country.

In this issue, you will read the story of six participants in our Partnership program who formed a team to walk in the recent Susan G. Komen Race for the Cure. Elder Care sponsored the team, and several of our employees joined the effort. These participants chose to give something back to their community.

Other Elder Care participants make their own contributions every day, in ways matching their abilities, means and passions. These vital individuals:

- dedicate hours to volunteer projects in our adult day centers;
- start their own enterprises, using talents in art and writing, through our Community Bridges program;
- provide loving care—and sometimes homes—for their grandchildren;
- get involved in outreach efforts through their places of worship;
- bring their favorite dish, music or laughter to celebrations with family and friends;
- take their citizenship seriously and vote in every election;
- volunteer at community fairs and events;
- join with others in keeping their culture and heritage alive;
- pass down their memories and counsel to the next generation;
- help neighbors in need.

Elder Care supports the natural wish of our participants—in truth, the wish of any of us—to be lifelong contributing members of society. In fact, we feel it is our mission and our honor to do so.

Respectfully,

A handwritten signature in black ink that reads "Karen Musser".

Karen Musser
Chief Executive Officer

Partnership Care Team Helps Mary Remain at Home –

Mary is 85 years old and has 15 complex medical diagnoses. When she entered the Elder Care Partnership program, she was in jeopardy of losing her independence. Frequent falls and little or no community interaction were making it impossible for her to safely live alone at home.

With her physician, Mary's care team—health and social services professionals—created an individualized care plan that included home care, adult day center services and physical and occupational therapies. She received a Lifeline and a combination of other services—medication management, vision and dental care, and a walker.

Within 10 months, Mary was able to stand and walk with minimal assistance, administer her own medications, improve her speech and decrease use of adult day center services.

Today, Mary remains at home in the community. She is one of 92 percent of Partnership participants who are able to avoid entering a nursing home too early—thanks to the care team's focus on putting the right services in place at the right time.

Quality Improvement

Elder Care recently took part in a Wisconsin Department of Health and Family Services study of 181 Partnership participants across the four Wisconsin Partnership Program sites.

A major finding: the number of days spent in a nursing home per month decreased 25 percent for participants after being in the program for 12 months.

The care team's focus on early intervention, prevention and disease management can be linked to decreased nursing home placement and hospitalization. Candace Moody, performance improvement manager at Elder Care, points out the end results are significant.

“The health conditions and unique needs of frail elderly can often be overlooked. In Partnership, we place the individual at the center of the care planning process, which ensures individual needs are being met.

“The biggest outcome is improved health and quality of life. The care team approach to managed care also drives reduced health care costs,” says Candace.

Quality improvement creates a gateway for monitoring and measuring quality of services, quality of care and continuity of care. That's why Elder Care conducts an annual participant satisfaction survey and studies on relevant aging issues such as end of life, home safety and chronic pain management.

“Through ongoing data collection, research and analysis, Elder Care Partnership is able to identify innovative and cost-effective ways to support the health conditions and unique needs of frail elderly,” adds Candace.

Senior Olympics Create Friendly Competition

Much like the Olympic Games in Athens, there was lots to celebrate at the first annual Elder Care Senior Olympics. Elder Care's two adult day centers came together for some friendly competition at the Madison Senior Center on June 11. Games were adapted for the special cognitive and physical abilities of participants. “Each adapted game provides a safe, fail-free environment where participants benefit from range of motion exercise, hand-eye coordination and team camaraderie,” says Cricket Hesselberg, lead therapeutic recreation specialist. Five teams competed in balloon volleyball, soccer and box hockey. Individual events included beanbag toss, golf and basketball. The day ended with an awards ceremony and ice cream social with family, friends and volunteers.



Memorial Golf Tournament Benefits Elder Care

The Green Onions Memorial Tournament was held on Aug. 14 at the Glen Erin Golf Club in Janesville. Linda and Mark, along with their father Rudy, planned the fundraiser in honor of their mother Gigi Waltz. An estimated \$3,000 was donated to Elder Care, where Gigi was a participant in the Partnership program.

More than 100 family and friends came to play golf, have fun and give tribute to Gigi. A raffle, door prizes, a silent auction and dinner completed the tournament, which was named after Gigi's favorite dance song, "Green Onions." Partnership provided health care management and support services for Gigi, who died last November. As Gigi's disease progressed, her care team worked with her family to respect her wish to remain at home through the end of her life.



April Showers Bring May Baskets



Madison Area Builders Association (MABA) Women's Council members Lori Heinrichs and Christa Sweeney present a May basket to East Adult Day Center participant Grace Labruzzo. MABA made over 30 baskets featuring toiletries and trinkets and wrapped in brightly colored cellophane and ribbon. The baskets will be used as bingo prizes in the months ahead.

Board Appointments for 2004–2005

During annual meetings in May, new appointments and elections were made for 2004–2005 Elder Care boards.

Attorney Emily Osborn of Houser & Osborn Law was elected as vice chair and Attorney James Jaeger of Hill, Glowacki, Jaeger & Hughes, LLP was re-elected as chair of the Elder

Care of Wisconsin, Inc. Board of Directors. New board members include: Rebecca Marnocha, director of the Pharmaceutical Research Center at UW Hospital and Clinics, and Thomas Klingele, director, McGladrey & Pullen. Special recognition was given to Marilyn Slautterback, who ended her board term covering 1998 to 2004.

The Elder Care Foundation, Inc. Board of Directors elected new officers: President Pam Josheff, president, The Josheff Company, and Vice President Joseph Meagher, president, Forbes-Meagher Music. Attorney Robert Stroud of Stroud, Willink & Howard, LLC was re-elected as treasurer and Attorney Pat O'Gara, publisher, O'Gara Publishing, was re-elected as secretary. Special recognition was given to Nick Topitzes, president, Topitzes & Associates—PC/Nametag, who ended his board term covering 2003 to 2004.



Judith Frye, associate administrator for long-term support with the Wisconsin Department of Health and Family Services, briefs the Elder Care Board of Directors on the future of long-term care in the State. CEO Karen Musser and CFO Mark Joyce look on.

Special Thanks to Our Donors Jan. 1–June 30, 2004

Memorials and Honorariums

Heartfelt and ever-present tributes to loved ones

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MATC Students Teach Class

Students in Madison Area Technical College's Occupational Therapy Assistant program got hands-on experience at the East Adult Day Center in Madison. They led participants in sensory activities including frosting cookies and decorating flowerpots. Elder Care has many collaborative partnerships in the community to promote learning and volunteerism. Edgewood High School students volunteer as part of a required community project. Ninth graders from the Urban League and volunteers from RSVP (the Retired and Senior Volunteer Program) help with a variety of projects at the adult day centers. For information about donation and volunteer opportunities, contact Laura Stoffel, fund development manager, at 245-3037.



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To provide
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maintain quality of
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