



# Heritage Today

NEWS FROM THE HERITAGE DAY HEALTH CENTERS

DECEMBER 2009

## Letter from the Executive Director



When I last spoke to you from this column, my parting comment was that the future appeared bright for community based care and the mission of Heritage Day Health Centers. Thanks to the support of so many of you who share our vision, my comments have been made to seem almost prophetic.

On October 1st, Heritage assumed operation of the adult day services program at The John J. Gerlach Center for Senior Health at Riverside Methodist Hospital. Riverside has a long history of commitment to the elderly and has provided adult day care services to Northwest Columbus since 1994. We have long considered Riverside and The Gerlach Center as our partners in championing community based care for the elderly and our partner in delivering high quality, innovative adult day care programming to Central Ohio seniors. Our agreement is that Heritage will continue to provide adult day services to the Northwest community within space at The Gerlach Center at 3724 Olentangy River Road. Comfortable that they have placed their adult day care program in capable hands, The Gerlach Center for Senior Health will be permitted to focus their energies on the broader services they provide to Columbus seniors. We are honored to have been entrusted with the responsibility of carrying forward the adult day care programming that The Gerlach Center has nurtured for so many years.

If our new center on Olentangy Rd. (our name for the center at Gerlach) were not enough, we are also pleased to announce that by late summer of 2010, we will have expanded the reach of our adult day care mission outside of Central Ohio. The very much underserved Southern Ohio community of Ross County will learn of the benefits of adult day services, when, in collaboration with National Church Residences, we open an adult day care program on the campus of Traditions at Chillicothe. We will share space in a new building, constructed to our purposes, with the Home Care services division of our sister agency, InCare, and a dedicated outpatient therapy program. We look forward to offering the frail elderly and disabled of Chillicothe and Ross County the opportunity to age with grace and dignity.

We do, indeed, delight in the benefits that the Olentangy and Chillicothe centers bring to our mission. This good fortune is, however, tempered by an intimate understanding of the difficulties posed by challenging financial times. And though we have grown our capacity to serve the frail elderly and disabled, the need for your support has not diminished. It has, in fact, grown...directly in proportion to our expansion. It is my hope that you will renew your commitment to support our frail elderly citizens by including Heritage Day Health Centers in your holiday giving plans. I urge

you to take this opportunity to share the spirit of the season with those who most need and appreciate your generosity. Please use the enclosed donation envelope to make your contribution to Heritage Day Health Centers today.

I wish you all a happy and prosperous 2010.

*Erica Dewrey*

## Thanks to the Mirolo Charitable Foundation



Our North Center is located in the business strip of E. Dublin-Granville Road. There are many benefits to such a location, including visibility for our center and accessibility for our disabled clients. But it is difficult to argue that brick buildings, pedestal signs, and expansive parking lots provide a sense of tranquility for either our clients or our neighbors. We understood from the outset that the North Center's renovation budget would not allow for all the improvements our clients hoped for in the outdoor gardens and patio space. It is only now, through the generosity of The Mirolo Charitable Foundation, that the gardens at our North Center are complete and our clients and neighbors enjoy an oasis of plant life and color that these gardens bring to a sea of asphalt and concrete...not to mention the physical activity provided our senior athletes by an adapted miniature golf course and basketball court.

A garden is much more than something to fill a space. There is empirical evidence that gardens aid in the healing process of those who have suffered psychological and physical abuse, and cardiology patients who have a "garden view" are proven to require less pain medication and have shorter hospital stays than those patients who are denied such a view. Our observations are anecdotal, but we are convinced nonetheless, that our clients receive a therapeutic benefit from the gardens. We are immensely grateful to The Mirolo Charitable Foundation. Without the foundation's generosity and vision, the serenity and beauty of the North gardens would remain but in our imagination.

### Still Time to Give

A contribution to Heritage Day Health Centers is fully tax deductible. You can make donations at [www.heritagedayhealth.org](http://www.heritagedayhealth.org), or by mailing the enclosed donor envelope.

## Bloomfield Family Honored



Heritage Day Health Centers held its annual celebratory luncheon on September 24th on the patio and in sight of the gardens at our E. Dublin-Granville Road center. The Board of Trustees of Heritage Day Health Centers was honored to present the Bloomfields, one of our community's most admired families, with the 2009 Heritage Award for Caring...an award that is presented annually in recognition of those who embody the spirit of community caring. Professor Nancy

Hardin Rogers, former Attorney General of Ohio and honorary event chair, introduced the Bloomfield family and presented them with the award. Sally Bloomfield graciously accepted the award on behalf of her family in the presence of a large audience of distinguished guests and friends of Heritage Day Health Centers.

As individuals, the Bloomfields – David, Sally, David Jr., and Paul – are each recognized as leaders within their professions. As a family, their compassionate and caring commitment touches innumerable lives and serves as an inspiration to our community.

Indicative of the family's caring spirit, shortly after David, Sally, Paul and Paul's two young sons, Ross and Hogan, spent an afternoon at our Livingston Center...challenging our clients to a Wii bowling tournament...the family approached us with a request. They were so impressed with how the simplest pleasures make such a difference in the lives of our clients that they asked if they could in some way help to ensure that those who attend our centers are not denied the relatively small blessings that so brighten their days. The proposal made by the family was to finance for five years a fund that would support "special" client activities not ordinarily available within the constraints of our operating budget. With a little arm twisting, we convinced the family that this fund should be named The Bloomfield Family Activities Enrichment Fund. It is our hope that the Bloomfield family's compassion and generosity will inspire others to support this fund through matching donations. Heritage Day Health Centers is fortunate to count the Bloomfield family as our friends.

## HDHC 100+ Club!!

Delaware client Ida Barkeloo turned 100 on April 12. Ida was born in Castleton, Virginia on April 12, 1909.

Livingston client Mary Cook turned 100 on August 9. Mary was born in Georgia on August 9, 1909.

Livingston client Hannah Bottoms turned 101 on July 2. Hannah was born in Osceola, Arkansas on July 2, 1908.

Olentangy client Dr. Paul Pepper turned 100 in May. Dr. Pepper was born in Indiana in May 1909. He has a BA, MA and PhD and is a retired OSU professor and research administrator.

## Giving Back through Civic Engagement

Heritage Day Health Centers teamed up with The Ohio State University College of Social Work for: "Staying Connected: A Civic Engagement Project for Older Adult Day Health Participants" The research project, headed up by OSU's Keith Anderson and Holly Dabelko-Schoeny (Co-Principal Investigators), involved older adults and young adults with disabilities. The objective of the project was to determine if older adults would benefit from involvement in a civic engagement project. Heritage Day Health Centers' adult day care clients collaborated with OSU staff in an 8 week program in which the clients prepared care packages for soldiers in Iraq.



Members of the 37th Infantry Brigade Combat Team – Ohio Unit

The outcomes measured by the researchers determined that this engagement did, in fact, enhance the participants' feelings of self-esteem, usefulness, and overall well-being.

Site Manager Rob Sampson explained that the OSU researchers came to the center and fully described the project to clients. Seventeen adult day care clients agreed to participate. Sampson said that there was a noticeable positive change in the moods of the clients while involved in the project. The clients looked forward to working on the project each week. As a result of their hard work, letters of gratitude and photos from The 37th Infantry Brigade Combat Team – Ohio Unit fighting in Iraq were sent to the clients.

OSU researchers held a party at the end of the project presenting Heritage Day Health Centers' clients with certificates of achievement.



OSU Researcher, Katie Spinks and HDHC client

Inspired by the Broad Street project, six of our programs have initiated civic engagement clubs. Seniors on Purpose (our Broad St. group) has reached out to the residents of several area nursing homes, as well as the humane society. Club members offer their friendship and generosity to those who need support. The civic engagement clubs finance their outreach with fundraisers that they themselves plan and execute.

Contributions to The Bonnie Walson Memorial Fund may be made online at [www.columbusfoundation.org](http://www.columbusfoundation.org) or by contacting the Columbus Foundation at 614-251-4000.

## One Family's Story

In July of this year, Marguerite Haw was enrolled by her daughter Cornelia as a client at our Livingston Center. Marguerite and Cornelia initially thought that the physical therapy that Marguerite was scheduled to receive to help her recover from her recent stroke would be the primary benefit that our center had to offer. Though both mother and daughter are delighted by the results of the physical therapy that Marguerite receives three days a week, Marguerite is overjoyed with the new friends, stimulating activities and socialization that she enjoys in the Meadow program, and Cornelia can now go to work each day blessed with the peace of mind that her mother is in warm and caring hands.

We were touched by the thoughtful note that Cornelia sent us a few weeks back and thought you would be also...

Dear Heritage Staff (Therapy, Activity, Transportation),

You all have been and are a blessing to my Mother and our family!

My mother has progressed so much with her therapy since coming to Heritage Day Health Centers! She has been using the walker at home with my son's or my assistance, but it makes transferring her so much easier than before!

And last Wednesday, 10/28/09, as soon as she came through our front door she talked nonstop about the trip to the pizza restaurant!!! She was lit up like a jack-o-lantern....her face was all aglow!!!

This is a side of my mother I had not witnessed. She is blossoming socially. I am so thankful to God that we chose Heritage and thankful to all of you wonderful and caring people!

PS And Friday she showed me all of her "trick or treat" goodies!

Sincerely,

Cornelia Haw  
Daughter/Caregiver  
Marguerite Haw  
11/02/09

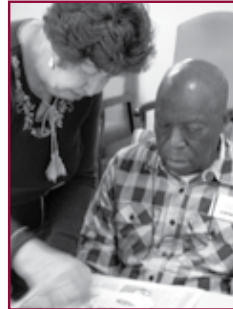
## Votes of Confidence!

Arguably, the most important dollar to a non-profit is the dollar that supports the daily operation of its mission. These are the dollars that make it possible to buy the gas to fuel our vans, purchase the food that feeds our clients, meet our staff payroll, and pay the light and gas bills. Unrestricted dollars, as they are known in the non-profit community, are highly prized not only for their importance but also for their scarcity. It is the common and understandable practice of charitable foundations to financially support a non-profit's work through restricted donations. By restricting a donation to a specific purpose or program, the foundation is ensured that their investment is spent appropriately and in accordance with the foundation's giving philosophy. It requires trust in both the mission and the organization to compel a foundation to make an unrestricted donation to a non-profit. We were privileged in the past several months to receive such votes of confidence from two highly esteemed charitable foundations. The Harry C. Moores Foundation and The Reinberger Foundation both made significant unrestricted grants of financial support to Heritage Day Health Centers during the 2009 calendar year. Their generosity made it possible to defray a significant portion of the shortfall in our

operating budget and blunt the financial impact of starting up our adult day programs at the Olentangy Center.

We are indebted to The Harry C. Moores Foundation and The Reinberger Foundation for not only their generosity, but the credibility their confidence adds to our mission.

## Intergenerational Therapy Offered at Heritage in Franklin County!



Art Therapist Ruth Keels  
with HDHC client



Music therapist Mary Kerr with  
FCOA Head-start participants

Through a generous grant from the Franklin County Office on Aging, Heritage Day Health Centers is able to offer a variety of intergenerational therapy programs in 4 of our centers! Program Director Jaimie Randall stated, "Intergenerational programming has proven to be beneficial to both older adults and the children by promoting positive developmental moments for everyone involved as they become connected through shared experiences." We are excited to offer specialized therapies to our clients and children from pre-K -12. HDHC has contracted with instructors to offer Tai Chi, Music Therapy, Arts/Crafts, Rhythm and Dance. We are proud to offer HDHC clients a variety of quality programming each day.

## Transportation Collaboration

Heritage Day Health Centers joined forces with LifeCare Alliance in a collaboration to provide transportation for home-bound individuals. Participants are provided round trip transportation by Heritage to LifeCare's Carrie's Cafe where they enjoy lunch with friends in a congenial setting away from home.

Heritage Day Health Centers has a fleet of 23 vans that provide daily transportation. The first 9 months of 2009 Heritage Vans provided more than 34,000 trips for clients participating in adult day programs. Currently on a weekly basis the vans will provide an average of 313 clients' transportation to our 5 central Ohio adult day care centers. Anyone traveling the central Ohio area will recognize the large white passenger vans with the heart shaped Heritage logo. Transportation is an essential part of providing quality adult day care.

A one time pledge or a gift over time will directly benefit the lives of clients at HDHC.

For giving information, contact  
Frances Krumholtz at 236-0586.



# HERITAGE

## Day Health Centers

3341 East Livingston Avenue  
Columbus, OH 43227

Visit our new web site at  
[HeritageDayHealth.org](http://HeritageDayHealth.org)

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## Caring for Those Who Cared for You

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DECEMBER 2009

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*Heritage Day Health Centers provide comprehensive day care services to physically and/or mentally impaired adults regardless of their ability to pay. It is the mission of Heritage Day Health Centers to enable participants to continue living as independently as possible in the community while providing support and relief to their caregivers.*