

Irvine Adult Day Health Services

Making A Difference



Irvine Adult Day Health Services, in partnership with families and the community, promotes an environment of health, dignity and well being for seniors, disabled adults & caregivers.

Spring
2011

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PRESERVING QUALITY OF LIFE

BY JANELLE ODISHOO



Beverly Waite and her
granddaughter Jessica

Being an only child, I knew that at some point my mother, Beverly, would live with my family and me. I would care for her needs as she aged and keep her at home with us as long as possible. I graduated from USC with a degree in Gerontology and was a nursing home administrator for several years before my husband and I became entrepreneurs and started a family. When Beverly started falling and lived alone, I knew it was time for her to come live with us. I was destined to be in the sandwich generation, caring for a young child and an aging parent.

I was sure that Beverly's lungs would fail her at some point having smoked since she was thirteen. However, after 11 years living with us, she was as healthy as can be but started showing signs of memory loss. She was getting lost driving and experiencing intermittent confusion. Even with my extensive health care knowledge, I simply didn't take the advice that I'd given to so many others. I allowed my mother to watch TV all day in her nightgown, manage her own medications, and didn't push her to get out and be active. I wasn't ready to reverse our roles and be the parent of my parent. It was a battle between her and I that she won.

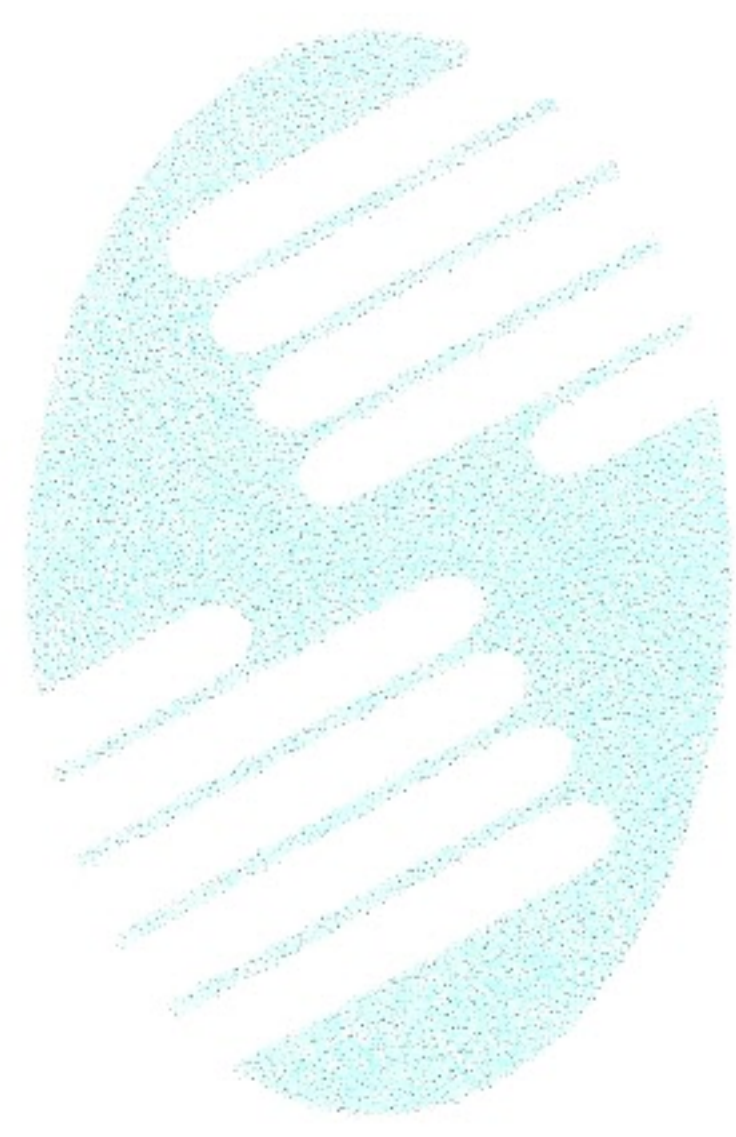
As a result, Beverly became increasingly more combative and depressed. This woman who was a strong, independent, and mentally tough real estate broker was now reclusive, depressed, and struggling every day to maintain her independence as her body and mind declined from lack of exercise.

After strategizing with her doctor and Jill at IADHS, changing her medications, and mustering up the energy to start the program, my mother began attending the "HEALTH CENTER". I was so scared the first day...I cried and cried the same way I did when my daughter went to her first day of school. I was sure she would hate the food, not relate to the people, and be as combative with the staff as she was with me.

I can honestly say that it was the BEST decision we made! My mother absolutely loves the caregivers and the physical therapy she receives 3 days a week. She enjoys the social interaction and participates in the exercise program. They are waking up muscles that she hasn't used in years...and she is sore!

As the saying goes...the proof is in the pudding! She is sleeping better, is more positive, and has more energy than ever. She even got dressed and was out to church with the family on Easter Sunday (her first trip to church in several years!). Her quality of life is better than ever all because of the staff at the Irvine Adult Day Health Services!

I know there is a long road ahead with this progressive disease, but now I have a partner to help me keep my mother at home with the family as long as possible. I have sanity again and can balance work and family life! I feel truly blessed to have found this program and would highly recommend it to all families with an aging parent experiencing memory loss.



Irvine Adult Day Health Services
 20 Lake Road
 Irvine, California 92604
 949.262.1123
 www.irvineadhs.org

Return Service Requested



Services and support for seniors, disabled adults and caregivers

SAVE THE DATE



**TAKE A CHANCE FOR SENIORS
 CASINO NIGHT & DINNER**



Saturday, September 24, 2011
 6:00 to 10:00 pm
 Lakeview Senior Center

DINNER TICKETS \$60

Event Sponsorships Available

- Jackpot Sponsor \$5,000
- Royal Flush Sponsor \$3,000
- Ace Sponsor \$1,500
- King Sponsor \$750
- Queen Sponsor \$500
- Jack Sponsor \$250

**Gaming, music, silent auction
 and opportunity drawings
 will be a part of this festive evening.**

For more information, please contact
 Kimberly Beeson at (949) 262-1123 or
 kbeeson@irvineadhs.org
 or visit www.irvineadhs.org

Gaming Table Sponsorships Available

- Blackjack Tables 7 at \$250
- Craps Tables 2 at \$250
- Let it Ride Table 1 at \$250
- Roulette Table 1 at \$250

IADHS Recognizes Our Spectacular Volunteers



Thank You Volunteers
 for your caring, time,
 and devotion to our
 seniors and program.
 We couldn't do it
 without you!



To become a
 Volunteer,
 please call
 Sharon Moran
 at (949) 262-1123

Other Upcoming Events

Bake Sale Fundraisers:

Each 9:30 to 2:00 pm at the Lakeview Senior Center
 Friday, May 6, 2011 for Mother's Day Luncheon
 Friday, August 19, 2011 for Luau Luncheon
 Wednesday, November 9, 2011 for Veteran's Day

Shop for a Cause:

Cookie Lee Jewelry Fundraiser
 Thursday, December 1, 2011
 at IADHS from 5:30 to 7:30 pm