



Dallas Menges loves reading in the sunroom and likes to discuss history

Day Center Gives Caregivers a Reprieve While Benefiting Clients

It's Tuesday at Willow Brook by Day, an adult day program at Willow Brook Christian Village, and the clients are bowling, knocking down plastic pins with gusto and cheering each other on.

Even Dallas Menges, 88, who loves to read for hours in the sunroom, has put down his history book to join in the fun. Rock and roll music from the 1950s plays in the background, and some of the bowlers take a break to dance. There's Jeep Tausel, 75, taking a spin with David Miller, 65, breezy in his Hawaiian shirt.

"We have a lot of fun," says Tausel.

Busy. Happy. Cared for. That's what people at the center experience. The program gives older adults who are experiencing memory, mobility or other medical concerns the daytime attention, socialization,

stimulation and support they need, allowing them to return home for the evening, according to Sally Gallant, director.

"Some people are shy when they first come here, but they blossom as they make friends and join in activities," Gallant says. "A day at the center gives people an opportunity to be active and have a renewed sense of accomplishment and purpose."

Clients are not the only ones who benefit. Research shows adult day programs reduce caregivers' stress and improve their well-being. That's been the experience of Jan Hoover, whose husband, Dale, attends the program. Dale, 78, has dementia.

"It's wonderful because Dale has things to do all day, and I can use that time to go



Above: David Miller and Jeep Tausel dancing to the music;

Top Right: Dale Hoover concentrating on bowling a strike;

Bottom Right: Wendell Banks and Emma Norgrove enjoying their day.

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to the store or volunteer," Jan says. "I don't know what I'd do without the center."

Caregiver Leslie Menges says the program makes it possible to keep her husband, Dallas, at home.

"He lived in an assisted living facility in Columbus for nine months, but it wasn't the best situation," says Leslie, who felt she could give him better, more affordable care at home. Thanks to the day center, she does just that.

"The Willow Brook staff are wonderful," Leslie says. "I'm a nurse myself, so I know what to look for. They treat everyone like an individual."

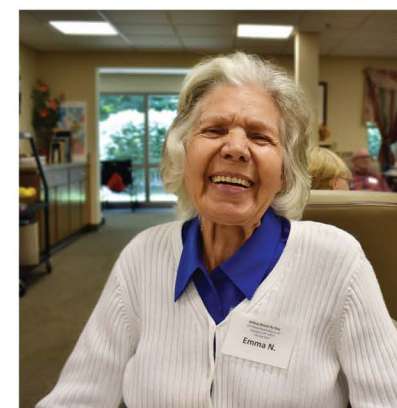
The staff consists of nurses, a social worker, activity leaders and aides.

Debbie Hsu credits the

center with giving her mother, Jeep, her life back.

"My Mom has had dementia for 10 years, but last fall, she started declining. She's normally very outgoing, but she withdrew into herself. My sister and I convinced my dad, who is her caregiver, to give the center a try. And almost overnight, things changed for the better. My mom is very happy because she can socialize there, and she has her own life to talk about at home."

The center is open from 7:30 am to 5 pm Monday through Friday. Call 740-369-5447 for information. Transportation can be arranged through the public DATA bus.



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