

# PARK SLOPE GERIATRIC DAY CENTER

## PSGDC's Innovative Tradition Continues

In the Spring of 2008, planning began in earnest for a program shift for Park Slope Geriatric Day Center. Our red vans continued traveling the streets of Brooklyn, providing door-to-door service for our Adult Day Service members while we gradually consolidated our program into the remodeled Fourteenth Street location. In June 2008 our center on Prospect Park West was closed when the lease ended. We helped members of our physically frail day center find new programs, and we began to focus on what we've been recognized for nationally—serving people with Alzheimer's Disease and other forms of dementia.

PSGDC is still leading the way, with the only program in Brooklyn exclusively for adults of any age with Early Memory Loss. The Lotus Club has expanded from two days a week to three and has a lively regular attendance. After starting at three days a week, Memory Life Services for persons with middle and later stages of dementia is now available five days a week. Inside you can read more about these programs from the perspectives of a member and a caregiver. We hope that you will help spread the word about PSGDC services. The best advertisement is word of mouth!

By now many of you have noticed our new look. We are grateful to PSGDC Board Member Suzanne Isa for the new style, logos, and brochure. In these tough economic times we've been lucky to have continued support from some of our elected officials, including a special grant for transportation services from Borough President Marty Markowitz, and one



Carmen Mendieta (right) from the staff of the Brookdale National Group Respite Program visited PSGDC's day program in November 2008. The Lotus Club was written up in the Spring 2008 issue of the "Respite Reporter," a national newsletter of Brookdale's Technical Assistance Office based in California, and Carmen returned to prepare another feature on PSGDC's Early Memory Loss initiative. She is pictured with Lotus Club members and a program intern. *Photo by Josephine Brown.*

from State Assemblyman James Brennan for the remodeling of the 14th Street location.

Thanks so much for your support during these months of change and renewal. We hear from so many families about how important adult day services are to helping them cope and to maintaining a meaningful life for persons at all stages of dementia.

Be assured that PSGDC will continue its innovative programming. Your donations make it possible.

Thank you,

*Christopher Nadeau*  
Executive Director

**PARK SLOPE  
GERIATRIC DAY CENTER**

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*Partially funded through grants from  
the New York State Office for the Aging  
and the New York City Department for  
the Aging*



...meets outdoors when the weather allows. Memory Life Services members start the day with coffee and social time, and experience varied activities through the week, including memory exercises, crafts, live music sing-a-long, performances from guests, outdoor barbecues, holiday and birthday celebrations, dancing, and more.

Program Director Josephine Brown has been with PSGDC for nine years. She has worked in all facets of our day services programs and keeps well-informed through attendance at local, regional, and national trainings for professionals in dementia care. In November 2008 she and former Executive Director Marianne Nicolosi gave a presentation about the Lotus Club at the Brookdale Foundation's National Conference in Denver.

"They've saved my life!" says caregiver Lorraine Maddalo. After moving her 87-year-old mother from Boston into her Brooklyn home, Lorraine made call after call trying to get help with benefits and services. Finally someone referred her to PSGDC. She and her mother were invited to visit, and both have found just what they needed at PSGDC.

"My mother loves the people, and the staff has helped with everything, from filling out forms to referring us to a hairdresser." Lorraine has found that many activities of daily living are easier when she can remind her mother, "You're going to the Center tomorrow," and her mother now attends three days a week after starting with two.

"Be sure to write 'they are like heaven,'" says Lorraine, "because they are."



**The Memory Life Services** adult day care program is

a haven for those battling Alzheimer's disease and a needed daily respite for those charged with their care. Supervised exercise and therapeutic activities are suitable for those with middle to later-stage Alzheimer's disease and other forms of dementia.

The Memory Life Services program began in July of

2008 as a three-day per week program. By early 2009

programming expanded to five days a week. A nutritious and hot noon meal is part of the daily program. Staff is professional and caring and provides a homey and fun atmosphere for all who join the program.



PSGDC's Lotus Club, a day program for adults of any age with Early Memory Loss, began in the fall of 2007. It meets Tuesday through Thursday each week from 10 a.m. to 3 p.m. The Lotus Club is the only program of its kind in Brooklyn and serves as a national model. Lotus Club members, some as young as in their 50s, participate in a variety of programs, offered in a club-like setting. The goals are to cultivate lasting friendships, engage in personal growth, and avoid the social isolation that all too often accompanies an early diagnosis. Peer support is an important part of each day. Discussions cover topics like having to quit driving or adjusting to needing more help. Members participate in the program planning, so the program stays lively and fresh.

## *“Being Around Others Is Good”*

**GEORGE L. LOPEZ** was one of the first members of the Lotus Club at PSGDC, which is still the only day program for people with Early Memory Loss in Brooklyn. He comes to the center on the Access-A-Ride van, not the most timely form of transportation, but it gets him to the 14th Street center from his home in the Gerritsen Beach neighborhood. While other members ride PSGDC's red vans, George likes to be a bit more independent.

Haydee Lopez, George's wife, sought out resources soon after her husband's diagnosis of early onset Alzheimer's Disease. They attended educational workshops offered by the Alzheimer's Association and walked in the Association's annual Memory Walk. Through these connections they learned about PSGDC's programs and scheduled a visit to see what the Lotus Club had to offer. At first George felt he didn't really need the program. He's very active and physically fit. He has a 4th degree Black Belt in karate, runs, and works out regularly. On display in his home are several trophies he's won in karate tournaments and road races. He has a passion for hunting and still travels with his family to upstate New York for deer season.

“I don't think this place is for me,” he told his wife, but she encouraged him to try it for a while. That was more than a year ago, and George has regularly attended the Lotus Club ever since. “It's something to do rather than staying home alone. Being around others is good.” He enjoys meeting people, talking, kidding around, and getting support from others who have similar memory problems.

George is known as the jokester of the group, and he keeps things lively. He also finds that he can help others in the program who need assistance with the games and other activities. Since he's so active himself, he helped to outline an exercise routine for the whole group and leads it with staff supervision.

Early onset Alzheimer's can have a genetic connection, and George had an uncle with Alzheimer's. More recently his sister Alice was also diagnosed. While it's sometimes hard to think of what the future might hold, George says, “I hope that the medicine coming behind us will do better.”

Meanwhile, you can find George making everyone laugh at the Lotus Club at PSGDC. You might also see him sprinting ahead of his age group in Dan's 5K Fun Run each August in Gerritsen Beach.



George with his wife Haydee (center) and sister Alice at the NYC Alzheimer's Association Early Stages conference in May 2009. Photo by Ruth Benn.

We are grateful to all the individuals, foundations, organizations, and corporations who made financial contributions and grants to PSGDC during the last year.

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## FINANCIAL REPORT

*Audited Report for the Year Ended June 30, 2008*

### Public Support and Revenue

Grants, Govt/Other .....	\$864,878
Contributions .. .. .	\$222,000
Fundraising Events .....	\$324,651

**Total Revenue** **\$1,411,529**

### Expenses

#### Program Services

Total Program.. .. .	\$1,192,669
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#### Supporting Services

General and Administrative .....	\$115,215
Fundraising .....	\$104,887

**Total Expenses** **\$1,412,771**

**Increase(Decrease)** **(\$1,242)**

Net Assets June 30, 2007 .....

Net Assets June 30, 2008.....

*Audited Financial Statements for the year ended June 30, 2008, are filed with the NY Department of State. To receive a copy, write to: NYS Department of State, Office of Charities Registration, 120 Broadway, New York, NY 10271*

*Annual report written and designed by Ruth Benn*

## Grants

State Senator Eric Adams	\$4,000
Alzheimer's Foundation of America	\$5,000
The Bodman Foundation	\$4,000
Assemblyman James Brennan	\$50,000
Brookdale Foundation	\$5,000
Brooklyn Woman's Club	\$1,500
Constance Culver Foundation	\$2,000
Faith Home Foundation	\$10,000
James N. Jarvie Commonweal Service	\$10,000
Borough President Marty Markowitz	\$50,000
Assemblywoman Joan Millman	\$4,000
Assemblyman Felix Ortiz	\$4,000
Pfizer	\$10,000
Victoria Dreyfus Foundation	\$10,000
Vogler Foundation	\$3,000
Donald & Barbara Zucker Family Found.	\$2,500

**OUR MISSION** is to help older people in our community who have physical, mental or emotional limitations to maintain and/or improve their level of functioning so they can enjoy their later years. We believe that human beings, regardless of age or degree of impairment, can benefit from continuing to participate in the life of a community where they are accepted and have opportunities to experience a sense of purpose and success. Our members are not pressured to be anyone they are not, and they are encouraged to be everything they can.