

# PARK SLOPE GERIATRIC DAY CENTER

## Independent and Growing

**W**e are proud to be sending you this Annual Report and update on Park Slope Geriatric Day Center's developing programs. During the past year we have increased our services by adding a monthly Caregiver Support Group, another day of programming for The Lotus Club, a Memory Technology Center, new partnerships, and a renewed focus on providing evidence-based, comprehensive dementia care to families throughout Brooklyn.

Two years ago PSGDC's board and administrative staff made the decision to shift from a heavy reliance on government funding to a more independent status. The economy and resulting decreases in grants have made the task more difficult, but thanks to all our supporters, PSGDC's dedicated staff continues to provide essential services to individuals with memory loss and families struggling to cope with the devastation of Alzheimer's Disease and other forms of dementia.

Along with growing our program, we have continued to remodel our facility at 14th Street. We have added new lighting to soften the atmosphere and new flooring that is safer and more attractive. By consolidating storage we were able to expand the program room and create a state-of-the-art Memory Technology Center. We have begun to offer one-on-one computer-based cognitive training, which can adjust skill levels based on the user's abilities.

All of us at PSGDC believe there is life after diagnosis, and we see Alzheimer's and other forms of dementia as a treatable condition where we can profoundly improve the quality of life of both the individual and the caregiver. Our staff are all Qualified Dementia Care Professionals through the Dementia Care Professionals of America, a division of the Alzheimer's Foundation of America (AFA). We keep up with trends in the field and are beginning to see a developing focus on minimizing symptoms of the disease while seeking to maintain functional abilities for as long as possible.

In order to continue to develop these important services as an independent agency, the staff and board have been working together closely to monitor PSGDC's finances and set clear goals. We have relied on our cash reserves to help us through this transition. Today a break-even goal is within reach. As a result we need your support more than ever.

Please read through our Annual Report and call me if you have questions or would like to visit the Center. Your interest and ideas are deeply appreciated, and we are grateful for your financial assistance.

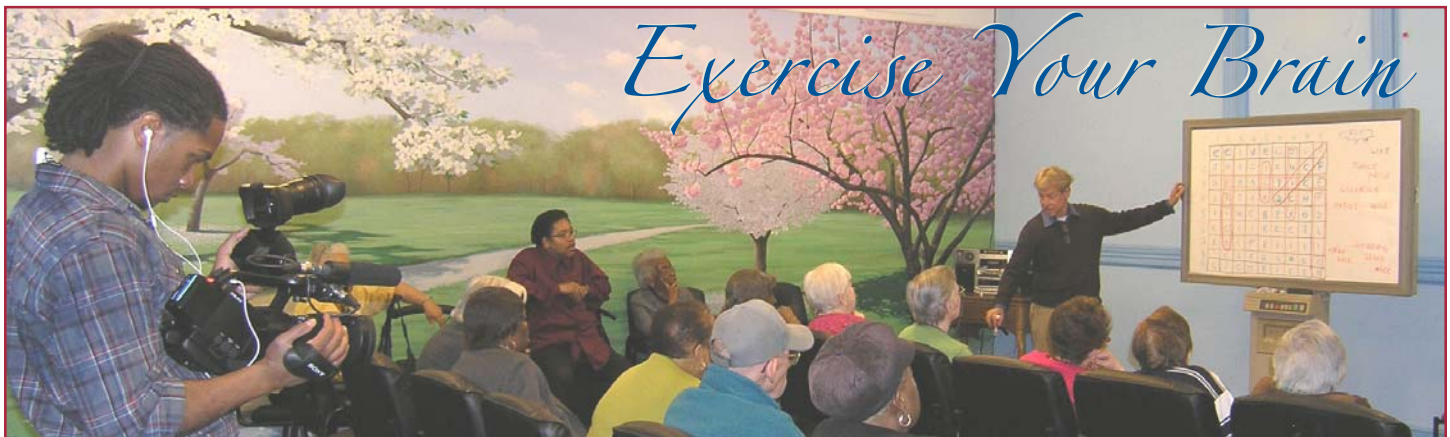
Sincerely,

*Christopher Nadeau*

Executive Director



PSGDC Executive Director Christopher Nadeau interviewed by Channel 75 TV reporter Carol Anne Riddell as cameraman Amaury Rodriguez films.



## Channel 75 Visits Cognitive Training Program

Programming is on the upswing at PSGDC. The Lotus Club, a wellness program for adults of any age with Early Memory Loss, has added another day and is now offered Tuesday through Friday. The Lotus Club is still the only program of its kind in Brooklyn, and we receive referrals from the Alzheimer's Association, social workers, hospitals, neurologists, and health care plans on a regular basis.

Staff at PSGDC monitors research and trends in the field of dementia care closely. Our philosophy has always been that there is life after diagnosis, and our adult day program is based on seeing Alzheimer's and other forms of dementia as treatable conditions where services like ours can profoundly improve the quality of life of both the individual and the caregiver.

Research today is showing that cognitive training—exercising the brain—can be effective for delaying the progression of the disease or improving functioning in the early-stages. We are enhancing our programming accordingly. Adults in the earliest stages of Alzheimer's have difficulties with short-term memory, particularly remembering recently learned events, and language, experiencing a diminishing vocabulary and fluency with words. Through an integrated cognitive training program, which includes both group activities and individual computer-based training, PSGDC implements exercises to strengthen these areas.

The unique programming at PSGDC came to the attention of television science reporters at Channel 75, and a team visited the Center and interviewed

staff and clients in May. They filmed word games, current events discussion, music, and socializing—fun activities that also pay off in helping participants remain engaged in the world around them for longer periods of time. Physical exercise, including yoga and ball games, is geared to each person's ability. Everyone is included and cheered for their participation.

The newest aspect of our cognitive training is our computer center and a “Brain Train” program that works both hemispheres of the brain. In one-on-one sessions of about 20 minutes each, the programs guide individuals through exercises set to the individual's ability level. In the fall we hope to expand use of the Memory Technology Center to members of the community with mild cognitive impairment.



## Caregiver Support

PSGDC's weekday wellness programs allow individuals with memory loss to remain at home and avoid early institutionalization. Staff and families see the benefits that recent research is confirming: cognitive training helps people adjust to their illness, build self esteem, lower depression levels, provide meaningful stimulation, improve social interaction, and provide for learning. But we know that the challenges for caregivers are great. During the last year PSGDC renewed our monthly caregiver support group where people can share problems and discuss ideas that make the caring easier. Our website is expanding to include more information and links for caregivers, and we will continue to offer occasional educational programs geared to caregiver needs.

# „Partners Enhance Center Activities”



Children from PS 124 brought dessert and entertainment to PSGDC's Thanksgiving celebration. *Photo by Ruth Benn.*

## Program Support

Forming relationships with schools, organizations, and professionals makes a big difference in everything we do. PSGDC is lucky to be located next to PS 124, and our connection with the teachers leads to intergenerational fun. Elementary classes come to the center for holidays and special programs. The children come prepared to entertain, and PSGDC members love to chat with them and share stories. Young adults from Good Shepherd Services join us four days a week as program volunteers. They help us, while the internship experiences help them learn skills and consider career options.

For many years PSGDC has had a relationship with Columbia University's Occupational Therapy program. Interns interested in working in geriatrics spend a semester

with PSGDC. Each student brings fresh enthusiasm and their own special interests and skills, which keeps our program lively. On any one day we might have as many as 10 volunteers helping with our program, and the age range includes adults over 55 too. PSDGC partners with AARP's senior employment program, again offering training to job-seekers in this older age group while we benefit from their ideas and assistance.

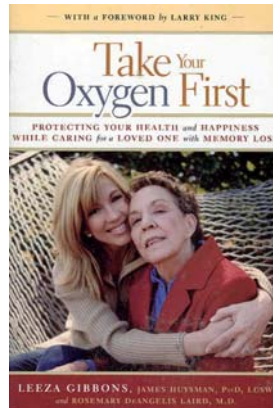
## A Package of Services

A different kind of partnership developed in 2009 between Park Slope Geriatric Day Center and Senior Helpers, a home health care agency. Together we offer a “Peace of Mind” package for families that combines days at PSDGC with in-home care during other hours. The different packages vary the number of day-care days and home care hours to best meet a family's needs, and the package plans come at a set rate so that families can more easily budget based on their finances.

**Peace of Mind Program**  
Comprehensive Memory Care

Like the authorizations...  
The Peace of Mind program offered by Park Slope Geriatric Day Center and Senior Helpers...  
Weekly Schedule...  
Services Available...

## Community Partners



Authors Dr. Rosemary Laird and Dr. James Huysman joined PSGDC and Bay Ridge Center for Older Adults for a community program and educational evening for caregivers. “Dessert with the Authors” was held at Bay Ridge Center and included presentations by each of the co-authors of *Take Your Oxygen*

*First: Protecting Your Health and Happiness While Caring for a Loved One with Memory Loss.*

State Senator Martin Golden helped advertise the evening and introduced the program by talking about the care he and his siblings are sharing for their elderly mother. Audience members had plenty of time to ask questions of the authors and to speak with them personally. Other agencies displayed materials about their services so that the caregivers attending the evening found many

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## Grants Help Keep Us Going

- State Senator Eric Adams \$10,000
- Assemblyman James Brennan \$4,000
- Max and Victoria Dreyfus Foundation \$10,000
- Faith Home Foundation \$10,000
- James N. Jarvie Commonwealth Service \$15,000
- Borough President Marty Markowitz \$38,500
- Assemblywoman Joan Millman \$4,000
- Assemblyman Felix Ortiz \$7,000
- Donald & Barbara Zucker Family Found. \$1,000

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resources together in one place. Thanks to everyone who made the evening a success. We look forward to working together soon.

State Senator Martin Golden, Dr. Rosemary Laird (author), Joanne Mason (Bay Ridge Center Program Director), Dr. James Huysman (author), and Christopher Nadeau (PSGDC Executive Director) created a winning partnership for our April 29 "Dessert with the Authors" educational forum. Drs. Laird and Huysman co-authored the book *Take Your Oxygen First*, which tells about Leeza Gibbons and her family as they cared for her mother with Alzheimer's Disease. Both authors responded to difficult caregiving questions from the audience and reminded caregivers to take care of themselves in order to be able to care for someone else: "Take Your Oxygen First."



## Thank You!

Ann M. Akers  
Anonymous  
Ted and Gloria Bajo  
Donald Bendernagel and Sally Brazil  
John and Lenora Brennan  
Mary Brennan and Lance Cassak  
Catherine Stein Design  
Nancy & Sal Cesarani *in memory of Joseph T. Staluppi*  
Henry I. and Constance Christensen  
Rita and Julian Clark  
Emily Dameron  
A. Gil De Montes  
Joseph A. and Ilona DeLeo  
Lenore Devlin *in memory of Pauline Prato*  
Anthony J. Distinti  
Mary Louise Donarski *in memory of Josephine Krieger*  
Paul and Clauvide Dove  
James and Suleika Drinane  
Joseph G. Duffy Funeral Home  
Mary Dugan  
Andrew O. Feuerstein  
Martin L. Fisher *in memory of Josephine Krieger*  
Adelino Franquinha  
Rosalie and Alan Friend  
Elizabeth A. Geary *in memory of Mother Genevieve Marie, S.U.*  
Jeremiah and Laurie Gelles  
Claudia A. Gilchrist  
Alan and Arden Ginsberg  
Judith Grimaldi  
Lauree and Gregory Hickok  
Lyn Hill  
Helene Ince  
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Mark Levine  
Stanley Lindenfeld  
John Touhey & Patricia Lowry

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Marguerite L. Marra *in memory of Laura Marra*  
Gerard McFeely  
Sister Mary Mercedes *in memory of Michael and Rosemarie Somma*  
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Joan Minov  
Velda Murad  
Irwin Nesoff  
Dominic and Mary Ellen Nicolosi  
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Jules Peemoeller  
Polonia Democratic Club  
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Retirees Assoc/DC 37/AFL-CIO  
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Bernard and Madge Rothzeid  
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Ruth and Wilson Valcin  
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Dino J. Veronese  
Margaret Walsh  
Barry Weinbrom  
Clara A. Williams *in memory of Mr. Granville Williams*  
Anne E. Wilson  
Soo Sung Wong-Merli and Robert Merli  
Marcia Yearwood  
David Zatz-Blacksmith  
Boris Zlatich

**STAFF**  
Executive Director: Christopher Nadeau, MS, QDCP  
Program Director: Josephine Brown, QDCP  
Operations Manager: Reed Craig, QDCP  
Transportation Coordinator: Carol Preston, QDCP  
Program Assistant/Driver: Margarita Diaz, QDCP  
Program Assistant/Driver: Josephine Morales, QDCP

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## FINANCIAL REPORT

*Audited Report for the Year Ended June 30, 2009*

Public Support and Revenue	
Grants, Govt/Other .....	\$99,737
Contributions .. .. .	\$170,787
Fundraising Events .....	\$8,820
<b>Total Revenue</b>	<b>\$279,344</b>
Expenses	
Program Services	
Total Program.. .. .	\$372,820
Supporting Services	
General and Administrative .....	\$9,464
Fundraising .....	\$7,145
<b>Total Expenses</b>	<b>\$389,429</b>
<b>Increase(Decrease)</b> .....	<b>(\$110,085)</b>
Net Assets June 30, 2008 .....	\$304,733
Net Assets June 30, 2009 .....	\$194,648

*Audited Financial Statements for the year ended June 30, 2009, 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 and photos by Ruth Benn*