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Center for Disability Services News

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7-2016

## Center for Disability Services- July 2016

College of Health and Human Services

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WESTERN MICHIGAN UNIVERSITY  
Center for Disability Services

# Center for Disability Services

College of Health and Human Services

## Newsletter

July 2016

### Occupational therapy faculty member brings sabbatical research to CDS

Berit G. Miller, master faculty specialist-professional specialist of occupational therapy, was granted sabbatical during the fall 2015 academic semester to engage in research regarding the Beckman Oral Motor Intervention techniques.

Since returning this semester, Miller has brought these techniques into her classroom and to the Adults Doing Life Skills teaching clinic at the Center for Disability Services at WMU. Students observe and utilize lessons demonstrated by Miller with consumers at CDS who have difficulty with oral secretions and eating.

The Beckman Oral Motor Interventions focus on individuals gaining strength and range of motion in the oral structures of the lips, cheeks, tongue, and jaw in order to gain ability to chew, manipulate food in the mouth and formulate a swallow.



Miller demonstrating a lesson

Eight students in the occupational therapy program are assigned to CDS each semester at the Adults Doing Life Skills clinic. Each student is assigned multiple consumers to assist during the semester. Student clinicians focus on areas such as range of motion; functional skills such as grooming, eating, leisure activities, cognitive activities, socialization, vocational activities; functional balance in standing and sitting; and strength and endurance. It is important that students learn the Beckman Oral Motor Intervention skills in order to apply them in the future.

### Consumer finds joy in volunteering

Stanley loves his community and all the people in it. When he started attending CDS a little over a year ago, he was excited to be assigned to several volunteer activities in the Community Connections program. Each week, Stanley goes to Hardings on Westnedge to pick up donated baked goods to drop off at the Portage Community Center. He also enjoys delivering meals to community members by volunteering with Meals on Wheels. When asked why he likes to volunteer, he responded, "it just makes me feel good to help and see people."



Stanley (right) and his friend Anthony (left) donate bread to the Portage Community Center.



## Service Highlights

### Center for Disability Services appoints new supervisor of Senior Day Program

Liza Rouse, RN, has been appointed supervisor of programs and activities for Senior Day Services at Western Michigan University's Center for Disability Services.



Liza Rouse, RN

Effective Jan. 11, Rouse transitioned into her new role and was trained by supervisor, Kathy Dziepak, who is retiring after 15 years of service.

WMU's Senior Day Services is a day program that trains university students to serve older adults with cognitive or functional impairments who need special assistance or supervision during

the day. In addition, SDS provides caregivers a temporary break from caregiving with the peace of mind that their loved one is in a safe place. Participants receive increased socialization and cognitive stimulation through a variety of activities during the day as well as nursing and personal care. SDS can help educate and connect caregivers with other resources in the community. By helping to support individuals and their caregivers, SDS hopes to help older adults age in their home while still maintaining a great quality of life.

Previously, Rouse was the director of Side By Side, an adult day program at Hope Network in Grand Rapids. Liza discovered her passion for working with older adults in 2002 working as a certified nurse aid in a long-term care facility. Rouse brings over eight years of nursing experience to SDS working with the elderly population. Her passion for the aging population is evident due to the years of experience working with hospice, long-term care and adult day programming.

Rouse received her LPN degree in 2007 and RN degree in 2010 from Kellogg Community College.

### FOCUSED training begins

Jon Baker, Ph.D., FS I-Clinical Specialist, and Department of Psychology doctoral student Lillith Reuter-Yuill are working with the Center for Disability Services to develop empirically supported staff trainings that can be used by the organization.



Jon Baker

The train-the-trainer model is being developed and adapted for CDS so that staff can sustain the trainings in the future. Baker and Reuter-Yuill have begun training staff in small sections, with the goal that eventually the trainings will be given by supervisory staff.

The first training program being introduced is FOCUSED training. While new staff are typically trained on how to conduct care tasks, provide support for activities of daily living, ensure safety, etc., there is an assumption that staff will know how to interact with different clients. The FOCUSED training is a broad set of general skills that help make staff interactions more effective. Each of the components of FOCUSED work on a different communication skill to help staff and caregivers get the most out of their interactions.

### Nurse brings 41 years of experience to CDS

It's no secret that Jean Minger loves being a registered nurse. With over 41 years of experience in the nursing field, she brings her expertise to the Center for Disability Services and WMU Aging Services in an effort to enhance our quality of care.

Since joining our staff, Minger has been visiting consumer homes, reviewing records, medication sheets and documentation. She will also train new staff on medication administration, among other skills.

Minger spent 31 years at Bronson Hospital in critical care, general and vascular surgery, neurology, and management. For the past ten years, she has been practicing in clinic and office nursing, participating in research studies and is a parish nurse at church.

Minger's diverse nursing background, positive attitude and leadership will help us to continue to provide exceptional patient-focused care.

### Senior Spotlight - Harmon

Attending an adult day program was not ideal for 85-year-old Harmon when he was first introduced to the idea by the director of his adult foster care home. As a veteran, benefits allow seniors to attend day programs without paying out of pocket. Harmon agreed to start attending Senior Day Services three days per week and four

months later, he is thankful that he did. Harmon loves participating in all the activities, especially walking club, social and recreational activities and exercising his mind by working on 1000 piece puzzles. He's happy to have made some new friends and have the ability to socialize when he attends the program. He enjoys talking about being a veteran and his experiences in Korea.



## Coming soon: evidence informed practices

Being part of a research university has helped us strive to offer better services because of the rich resources we have here at WMU. It has also provided us with many collaboration opportunities to partner with other departments at the university.

The Center for Disability Services and the WMU Department of Psychology have recently joined forces with another major research university and are in the process of purchasing materials to implement an evidence informed program in an effort to keep the mind active and healthy. The program will be put into practice at WMU Senior Day Services and in the Community Living Services homes run by CDS.

Evidence informed practice is used to design health promoting programs and activities using information about what works. This means using evidence to identify the potential benefits, harms and costs of any intervention and also acknowledging that what works in one context may not be appropriate or feasible in another.

## Funding initiatives

Because the Center for Disability Services is an auxiliary enterprise of Western Michigan University, funding must come from services, fees and donations. Below are two initiatives we are seeking donations for:

### Accessible vans

A big part in helping our consumers find success as a community member is through volunteer opportunities in Kalamazoo County. In order for CDS to provide these services, we must have reliable transportation. Most of our accessible vans are getting old and in need of constant repair. One of our major initiatives over the next several years is to raise funds to purchase new vans. Please consider making a gift to the Center for Disability Services.

### Sponsor a senior

Due to the rising costs of healthcare, we are increasingly seeing the inability of seniors to pay for their care. Unfortunately, not all seniors have access to funds to pay for adult day services. Our Senior Day Services is an adult day program designed to serve individuals with Alzheimer's and other dementias, or functional impairments that need special assistance or supervision during the day. By becoming a sponsor, you can make it possible for an elderly person with Alzheimer's, Parkinson's or other conditions to have a safe place to stay active and engaged throughout the day.



## Student Intern Spotlight HANNAH

**Major:**  
Interdisciplinary  
Health Services

**Minor:** Holistic  
Health

**What knowledge  
or skills are you  
learning at your  
internship?**

"I am learning a lot about a population that I have never had the chance to work with. My major is on the track for occupational therapy, so I have been able to work with the occupational therapy students which has given me knowledge about what they do with the consumers. I have been able to work with my supervisor with reviews, annuals, assessments, and even had the opportunity to attend meetings that have the goal to help benefit consumers. It is amazing that the staff is helpful and willing to answer any questions I have."



## CDS is going GREEN

Please visit  
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to sign up for our e-newsletter.  
If you prefer a paper  
copy, indicate by  
clicking "yes" on the web  
form or call (269) 387-7175.



## MAKE A GIFT



Please consider making a gift to the Center for Disability Services. We are dedicated to helping people who because of age, illness or disability need assistance to live life fully. Through our community living, care coordination, skill building and aging services, our goal is to support a person's intellectual and physical functioning and independence by minimizing the negative impact of age or disability on their life, and assisting them to remain living at home and participating in their community.

Visit [MyWMU.com/cds](http://MyWMU.com/cds) to make a gift.



## Center for Disability Services

WESTERN MICHIGAN UNIVERSITY

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Kalamazoo, MI 49008-5321  
[wmich.edu/disabilitycenter](http://wmich.edu/disabilitycenter)

### Contact Information

Aging Services  
(269) 459-8465

Community Living Services  
(269) 387-7403

Community Connections  
(269) 387-7414

Supports Coordination  
(269) 459-8466

Senior Day Services  
(269) 553-3370

#### Our Mission

Our mission is to help people who because of age, illness or disability need assistance to live life fully. Through our community living, care coordination, skill building and aging services, our goal is to support a person's intellectual and physical functioning and independence by minimizing the negative impact of age or disability on their life, and assisting them to remain living at home and participating in their community.

#### Our Vision

Our vision is to provide high quality supports and services and to help all people be active members of their community and achieve the highest quality of life possible.

#### Accreditation

The international accrediting body, CARF, has accredited the Center for Disability Services for its Community Services: Community Integration, Community Services Coordination, and Supported Living programs as well as Adult Day Service programs.

