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Center for Disability Services- November 2015

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

November 2015

Welcome home

It was an easy decision for Wilson and Sharon Hunt to purchase a multi-family home in Kalamazoo County for Todd, their son who has a disability. In addition to housing their son, three other individuals have moved in to the duplex who also have special needs. The home is staffed 24 hours a day, 7 days a week by employees from the Community Living Services division of the Center for Disability Services.

Sharon has been on the Center for Disability Services Advisory Board of Directors for many years and serves as a parent liaison.

As they grew older, the Hunts often wondered who would care for Todd and where he would live in the future when they were no longer around. Todd has been living in apartments staffed by CDS for over 10 years which has been great. The major downfall to apartment living was that the Hunt's found themselves moving Todd every couple of years due to safety concerns, funding and roommate changes.

After attending a CDS board meeting, Sharon got the idea to purchase a duplex that would not only provide a safe and stable home for their son, but also provide housing for other individuals with disabilities. Sharon and Wilson discussed purchasing a duplex and thus their search began.

Wilson and Sharon spotted the property this summer and went on a tour of the for-sale-by-owner home.

The property features two separate units - both with two bedrooms, one bathroom and separate basements. From a supervision standpoint, the home is perfect due to interior access to both sides through doors in the front and back of the home. This safe and private home has a spacious yard where the tenants can enjoy the outdoors.

Wilson and Sharon hosted a housewarming party earlier this month to celebrate the new property with all the tenants and their families. Everyone is so happy that they each have a place they can now call home!



Home purchased by the Hunt family



Community Living Services staff Jessica, Chris, Dawn and Emily



Wilson, Todd and Sharon Hunt



Service Highlights

CDS adopts new EMR

After nearly two years of planning, development and testing, we launched our new Electronic Medical Record called Streamline SmartCare. We are pleased to join many other mental health providers throughout the state who have adopted the Streamline product. We are also proud to have developed several customizations specialized for day program and residential services. Benefits to an EMR include improved data integrity, better access to records and improved accountability, not to mention saving a few trees. This is an exciting venture for CDS and we thank all the staff effort that has made this project possible

Jenny chosen for United Way campaign

Because of her success with CDS's United Way funded Healthy Lifestyles program, Jenny was chosen to be a face of the 2015 United Way Campaign.

Jenny was born with Down syndrome. It's been hard for her but now she is happily living on her own. When she moved out of her parent's home, she had a hard time eating right and exercising. She gained weight and was not healthy.

Then she joined the Healthy Lifestyles class at CDS. Her life changed! She learned how to plan and make healthy meals. She keeps pictures of fruits and vegetables in her kitchen. If she goes out to eat, she will stop before she gets too full and ask for a box to go. She has lost 27 pounds in a year, and she wants to lose more!



Jenny, Healthy Lifestyles participant

Ulster University visits CDS

Occupational Therapy (OT) students and faculty from Ulster University (UU) in Northern Ireland recently visited WMU and toured the Center for Disability Services. This is the second year the UU group have visited CDS. WMU OT Associate Professor Maureen Mickus has been leading a WMU study abroad group to Ireland and Northern Ireland

for the past 9 years working on a partnership developing joint coursework. All of the UU students that visited WMU are studying occupational therapy and as such, will be working with various populations with disabilities. CDS was chosen for a visit in part because there is not a similar clinic at UU at which students could gain fieldwork experience. The UU students and faculty were very impressed by the services and innovation they observed at CDS.

Alzheimer's walk

WMU Aging Services participated in the 2015 Walk to End Alzheimer's in September at the Mayor's Riverfront Park in Kalamazoo. The team raised \$1,670 for the Alzheimer's Association.



CDS staff partner with Department of Psychology

Psychology Faculty Specialist, Jon Baker, and doctoral candidate, Chris Walmsley (pictured below) have recently partnered with the Center for Disability Services (CDS). Since September, the duo have been working with CDS consumers by using the science of applied behavior analysis to help with age related changes that adults with intellectual and/or neurocognitive disorders experience. They focus on the role that the person's environment can play in behavior changes. Typically they provide supports for individuals who are displaying verbal or physical agitation, as well as supports for individuals who are declining in functioning. They conduct cognitive screens, conduct preference assessments, develop data-based approaches, and train staff/caregivers on those approaches.



Senior Spotlight

Caring comes full circle

James is an 88 year-old participant of Senior Day Services who has been attending for the past year. Originally

from Alabama, James came to Kalamazoo after the military where he served in Germany for more than 3 years. After retiring as a maintenance foreman for Eaton Corporation, James opened a certified adult foster care home in Kalamazoo. He

served many adults for 15 years, including a past participant from Senior Day Services. James was dedicated to helping individuals with disabilities and is thankful that his daughter has moved to Michigan from Texas to care for him in his home as he ages.

Funding initiatives

Since the Center for Disability Services is an auxiliary enterprise of the College of Health and Human Services, funding comes from partnering agencies in Kalamazoo. Below are two initiatives:

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 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 or 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 or a senior with Alzheimer's, Parkinson's or other conditions to have a safe place to stay active and engaged throughout the day.

Buttons

This fall, Community Connections was approached by the United Way to create buttons as a volunteer project for a local ad agency, VML. Consumers completed the 100 button project quickly. VML was responsible for paying for supplies while the button making was free. Community Connections are currently looking for more button projects. If you or someone you know needs buttons made, contact Jill at (269) 387-7412.

Campus Classic

The Healthy Lifestyles program competed in the WMU Homecoming Campus Classic in October. There were 10 participants and 10 volunteers that walked/ran the 3.1 mile campus route. Each participant received a t-shirt and medal. A brunch was hosted after the race at the Kalamazoo Second Reformed Church. Participating in

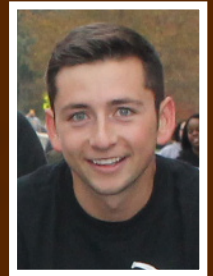


in events on campus and around Kalamazoo supports the mission of CDS of empowering individuals with disabilities to live a healthy lifestyle.

Student Spotlight - Seth

Major:
Interdisciplinary
Health Services

Minor: Psychology
and Speech and
Hearing Processes



Seth has worked at CDS since May of 2014 in the community connections division assisting consumers during on-campus day programming. He was recently promoted to be an instructor for the Healthy Lifestyles grant program.

Some of Seth's responsibilities include designing curriculum that enables adults with disabilities to live a healthier life, both physically and mentally. He also teaches lessons in class about topics including health and wellness (healthy relationships, stress management etc), diet, nutrition and physical activity.

After graduation, Seth plans to attend graduate school to obtain a Master's Degree in Occupational Therapy.

When asked how this experience will help him with his career goals, Seth said, "This experience will allow me to gain knowledge and understanding about how to live a healthy life along with providing adaptive technology necessary for individuals in the class to live a healthy life."

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 to make a gift.



Center for Disability Services

WESTERN MICHIGAN UNIVERSITY

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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.

