

Life-Times



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Happy New Year

Welcome to 2012! Gayla and Kristy have put their heads together and have planned a full month of activities designed to chase away the winter blahs.

Highlights for January:

- Wednesday Jan 4th we will be making our lunch and will spend the morning cooking spaghetti and garlic bread.
- Friday Jan 6th the Green Thumb Society will care for our potted plants and plan a garden for the spring.
- Tuesday Jan. 10th there will be a traveler's group on Norway.
- Friday the 13th the Culinary group will make a cheese ball to be served at an afternoon Trivia Tea Party (focused on Friday the 13th and superstitions, of course).
- Tuesday the 17th we will reminisce about our favorite characters from the funny papers and celebrate Popeye's birthday (spinach anyone?).
- Wednesday January 18th there is an outing offered to go get pie and coffee at Perkins Restaurant. We can only take 10 people, so if you are interested let Kristy or Gayla know.
- Thursday the 19th we will again make our own lunch and spend the morning cooking homemade chicken noodle soup and fixins.
- Friday the 20th is National Hat day, so wear your favorite hat. If you don't own a hat, no worries, we have a box full!

- On Thursday the 23rd, we will celebrate the Chinese New Year with the children from the FCC Preschool by making dragons.
- Tuesday the 24th, Jane Carlson will be here to lead us in a sing-a-long!
- Tuesday the 31st there will be an opportunity to make your own homemade hand scrub.

Don't forget to look at the calendar. These are just some highlights for the month and the staff is working daily to come up with activities that each person will enjoy. If you have any ideas for activities, speakers, crafts, outings, recipes, etc., don't hesitate to bring them to Gayla or Kristy!



From the Giving Tree . . .

- ❖ AA & AAA batteries
- ❖ Rechargeable docking station for Wii game controllers
- ❖ Rechargeable AA batteries
- ❖ Decaf coffee (large cans)
- ❖ Bingo Prizes



All of the following groups are free and open to the public:

Sterling House of Stillwater: Caregiver Support Group **Wed. Jan 11th**, 11:30-1:00, **Taking Care of the Caregiver**, Joanne Kaplan, lunch provided, rsvp to Shelley Gladden at 624-1616.

Renaissance of Stillwater: Alz. & Dementia Caregiver Support Group, time and date TBA, for details contact Amber Thompson to at 743-4900.

Parkinson's Support Group: Tues. Jan. 10, 6:00 p.m. Honska Center, Stillwater Medical Center, 1323 W. 6th, snacks provided, rsvp to Marty Bullock at 405-564-0749 or Jacqueline Palumberi at 561-267-4110.

Alzheimer's Association- resources, caregiver group listings, education & training: www.alz.org or 800-272-3900.

For more information, referrals, or resources, contact Jacqui Sanders Lutterbie at 377-0978 or lifecenter@brighthok.net.



LIFE Center Board of Directors Meeting

Tuesday, January 17, 12:15 p.m.



Thank you to everyone who brought treats and goodies for the staff. They were much appreciated and went quickly!

Also, thanks to everyone who attended our Christmas Dinner or donated food and supplies. It was a success and the Participants got to show off their performance skills. Congrats to Howard Lewis on the debut of his second Christmas play written for the Center!

Oasis Respite Vouchers

If you are caring for someone at home and they are **not on hospice or receiving other state assistance such as Advantage or State Aging**, then you might qualify for the Oasis Voucher program.

The Respite Voucher program is designed to assist caregivers in paying someone to care for their family member so that they can receive a break. The state of Oklahoma offers this program to anyone who is caring for someone in their home. If the person for whom you are caring is over age 60, there are no income qualifications. The process for application is simple and requires calling toll-free **888-771-4550** to find out if you qualify. They will ask a few questions, and then, if you qualify, will send a one page application. Once the application is received and processed, they will send out a set of vouchers to the caregiver worth \$400. The vouchers can be used to pay someone over 18 to come into your home and provide respite, or it can be used to pay for professional respite services at an Adult Day Center, such as the LIFE Center.

Once the person has provided services, the caregiver fills out the voucher and signs it, then the person who provided the respite signs it and mails it to the state. Once the voucher is verified, then DHS will send a check to the individual who provided the care.

The vouchers are useable for three months from the time they are issued. If you do not use the entire amount, then you just send the remaining vouchers back to the state.

To continue receiving the vouchers, the caregiver must call the toll free number two weeks before the current vouchers expire to receive new vouchers for the next quarter.

If you have not checked into this resource and are caring for someone at home who is **NOT on hospice, Advantage, or State Aging** to pay for adult day services, then please call and see if you qualify. The state of Oklahoma understands the need for caregivers to get a

break and offers this program to help you to continue to care for your family at home.