



2014 ANNUAL REPORT

4656 N. MERIDIAN RD., WILLIAMSTON, MI 48895
517-349-3101 WWW.FORSTERWOODS.ORG FORSTERWOODS@TDS.NET

PROGRAM DIRECTOR REPORT

A wise man told me that 2014 would be Forster Woods' year, and I think he was right! We currently have seven participants, supporting 15 caregivers. Some of our participants attend the program full time five days a week while others attend a few days a week for half days. Since Forster Woods opened in 2012 we have had 20 participants and supported 40 caregivers.

While we have welcomed new participants we have also said goodbye to others. Some have transitioned out of the center while others have passed away. Their presence at the center is truly missed and will not be forgotten. We will always remember Suzanne's smile and will never forget our beloved Sharon.

We are always touched by how our caregivers feel about Forster Woods and its staff. I would like to share the following excerpt from a recent feedback survey we received,

"I am so glad I brought my wife here. The staff makes caregivers and loved ones feel special and welcome. My only wish is that I had started bringing my wife here much earlier. Program content, staff, facilities and serene location are excellent."

And another on our Facebook page,

Forster Woods has been a blessing to our family. Everyone takes such good care of my mother-in-law and is very understanding of the struggles a family has with watching dementia deteriorate a loved one. Bless you all!

We were also very touched by a recent participant's feedback about their time at the center. The Wednesday before Thanksgiving we had an Intergenerational Day. A few children from the community joined us for a day that included the Turkey Trot and Thanksgiving Price is Right. It was seniors vs. kids in the Price is Right and the seniors won by a landslide. Upon returning from the Thanksgiving break one of the participants pulled me aside to tell me that that day was the happiest he had been in a year. It is amazing to be a part of something that makes such a difference in people's lives.

We would not be able to do this without the amazing support of St. Katherine's, Forster Woods Board of Directors, the staff and volunteers. If you have spent any time at the center you will know that the staff and volunteers at Forster Woods are incredible, caring, and devoted. I am in awe of their dedication and commitment to the center, participants, and caregivers. I thank all of you that have supported Forster Woods.

In 2014 we were blessed by the generous contributions from the VanValkenburg and Featherly Families. The addition of Grace Room and Fern's Garden were welcomed and has been enjoyed by our participants. We thank the VanValkenburg Family and Featherly

Family for their generous contribution. Also, a special thank you to Chuck Featherly, Bill Selanders, Debby Harris and her team of gardeners for their hard work in completing these two beautiful spaces. We have enjoyed spending time in Grace Room and look forward to Fern's Garden blooming in the Spring.

While we continue to see growth in the program, doubling our program income from 2013 to 2014, we still face some struggles and challenges. We run a very tight budget and through funding from Tri-County Office on Aging are able to offer scholarships to those participants and families that otherwise could not afford the program. Additional funds for scholarships are always needed. Recently we have found that transportation is an issue for some of our participants and could potentially inhibit our growth. Although many of our participants are brought in by their caregivers some rely on CATA's Spectran services. This transportation option works very well for some but has been found to be restrictive for others. With county boundaries and coordination the effort has proved to be very challenging and impossible to overcome. Our hope is that we will be able to provide our own transportation for these participants with the purchase of a vehicle. Not only would it allow us to offer transportation to our participants but it will also permit us to take our participants on outings. In July, we were able to borrow Canterbury MSU's bus and attend the Ingham County Fair. It was an amazing day filled with smiles and laughter and brought back some warm memories for our participants. We would like to be able to take the participants on an outing once a month and having our own transportation would make that possible.

In 2014 we looked to ways to further support caregivers. We reached out to the Alzheimer's Association for ways to partner with them. In the fall Forster Woods staff and members of St. Katherine's joined in the Alzheimer's Walk to End Alzheimer's. We provided a team of 15 walkers and raised almost \$1,000. We look forward to joining them again this year. In October, Elaine Antcliff, our Certified Nursing Assistant and I attended a training class for Caregiver Support Group Facilitators and are now certified to facilitate a support group. We hold a monthly support group at Forster Woods on the 3rd Tuesday of every month and provide respite to loved ones while their caregivers attend the support group. In a couple of weeks we will be hosting the Early Stage Alzheimer's Group for a day of fun activities. This group consists of about 20-25 caregivers and their loved one in early stage Alzheimer's. This group meets once a month and explores where they are in the disease, their current needs, and explores their future needs. We are very excited for this opportunity.

In November, we joined together with the Meridian Senior Center and other area health and wellness providers to offer free health services. Forster Woods provided Caregiver Stress and Need Assessments. We also attended the Tri-County Office on Aging Dinner and Auction event. It was an excellent opportunity to support and show our appreciation for all they have done to support our program.

In December, Forster Wood's staff and volunteers celebrated the holiday with our caregivers, participants, Forster Woods Board, and St. Katherine's Vestry at a Holiday Dinner. We enjoyed a delicious meal prepared by Forster Wood's staff. It was a wonderful evening spent together sharing a meal, appreciation, and closing with caroling.

In the fall we also began a new program at Forster Woods called a Drop In Day. This allows people from the community an opportunity to come and see what a day at an adult day center is like. We offer activities and lunch and allow caregivers and their loved ones time to spend at the center. This event has been very successful and we will be having another one on Wednesday, January 28th. Feel free to join us on one of our drop in days to experience our program. Also, like us on Facebook where we share our upcoming events and daily activities.

Finally I would like to share a brief video of our year at Forster Woods. Thank you all for your support of this amazing program and allowing us to share in the care.



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