

## *From the NADSA Chair:*

Happy Birthday NADSA... Last year marked 25 years since former President Ronald Regan proclaimed the first National Adult Day Care Center Week on September 27, 1983. This year we are celebrating 30 years as an **association** of adult day centers. **Adult Day Services** in the United States are at least 10 years older than that! If your center has been operating 30 years or more, please contact NADSA so we can celebrate this accomplishment together!

I look back and realize that I have been involved in adult day services since 1988. It has been helpful to reflect on all the reasons why we all *started* our programs and why our programs **grew** ...

- Increase in working caregivers, daughters, sons and spouses
- Increase in persons with Alzheimer's disease
- Longer life span of adults
- Persons with developmental disabilities living longer with better medical and social care
- Increase in desire of older adults and persons with disabilities, to remain in their communities
- Decrease in support for facility-based care by lawmakers and policy makers
- Increase in new populations wanting community based services, i.e. persons with traumatic brain injury, wounded soldiers, persons with autism who are aging.

As we celebrate 30 years as an association of day centers, imagine how many participants we have in our centers that have been attending now, more than 10 or 15 years!!!

Let's use Adult Day Services Week, September 20-26, 2009, to celebrate how our programs and services have changed to accommodate our members who **many years ago** became bored with bingo and crafts and 'news and views'!

We now offer opportunities for life-long learning classes, poetry writing, songwriting, master gardening, exercise and wellness clubs, computer classes and "email time", community volunteers, intergenerational programs with not only child day care, but middle school, high school and college age volunteers. We have research on outcomes, creativity, longevity, well-being, affect on caregivers, end of life and early memory loss programs. We have collaborative partnerships with universities, senior centers, AAA's, other national aging organizations, multicultural programs, women's groups, theatre groups, health clubs, senior volunteer groups, clown clubs, and coffee companies!!

Our future will be demanding more of us. We will be much more sophisticated business leaders. We will be involved in continuous quality improvement and monitor our centers with other community-based services. We will track statistics and outcomes as an industry, as well as in our individuals centers. We will become more culturally competent and develop very specific-need centers.

This year's Adult Day Services Week materials will provide the beginning of a year of sharing your creative and innovative programs and service ideas. NADSA will work with you as we provide direction for all of us to grow into the service that will be needed in our communities for the next 30 years!!

Happy Birthday, Adult Day Services!



Sincerely,

Beth Meyer-Arnold, RN, MS, Chair, NADSA  
Director, Adult Day Services, Luther Manor, Wauwatosa, WI