



# ≡ Employment ≡ Express

Courtesy of Senior Employment Center  
A division of Mature Services, Inc.

December 2009

Volume 3, Issue 8



## NEW HORIZONS: Alternatives to Nursing Homes

### NEW HORIZONS ADULT DAY CARE CENTER

Located in

**Summa Western  
Reserve Hospital**

1900 23rd Street  
Cuyahoga Falls,

Ohio 44223

**330-971-7142**

Hours:

6:30 am - 6:30 pm,  
Monday thru Friday

Linda Biermann, Director of New Horizons Adult Day Care Center, would most like members of the public to know that there are alternatives to placing a loved one in a Nursing Home when the person needs assistance. She thinks caregivers should investigate all avenues of care. "Adult day care is the least expensive and least restrictive way to make certain that a loved one is cared for properly," says Biermann.

When she visited a nursing home a number of years ago, Biermann was appalled by the way people were treated. The lack of respect shown to the seniors by staff members was particularly disturbing to her. At New Horizons four elements of care are



Linda Biermann, Director of New Horizons Adult Day Care Center

emphasized: safety, dignity, respect, and choice.

The clients vary cognitively, with many having degrees of Alzheimer's

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### The Senior Employment Center offers:

- **Job Club** provides up-to-date techniques for job search, resumes, and interview skills to individuals who are job ready.
- **Employer-based Training** subsidizes employers who offer you hands-on training.
- **Customer Service/Call Center Training** - a three week course on the basic phone skills needed.
- **Mature Staffing Systems** - a placement agency for mature workers.



## "EVERYONE HAS A STORY. . . ,"

The most enjoyable part of Sarah Smith's job is listening to whatever people want to say. This translates as "everyone has a story and deserves to be heard." She works at the New Horizons Adult Day Care Center as a Program Aide.

Smith came to New Horizons in September

2009 through the Title V program at Mature Services. She thinks Justyn James, Project Director in the Akron office, is really good at fitting a person to work that suits her/him. James suggested that Smith try working in Adult Day Care, and she "loves it."

Smith is from Akron, and she attended Garfield High School. She also attended University of California, Irvine, where she majored in Interpersonal Communications.

Later, Sarah worked for a period of years at the McDonnell Douglas Corporation in South-

See 'A Story', p. 2

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disease. If a client wants to sit all day staring out the window, she/he will be allowed to do that; but a staff person will come to talk with that client. Every effort is made so that clients are not abandoned to stare at the television all day. There are a variety of things to do: Tai Chi, Wii (a video game system), Pool (Billiards), and Bible Study. Both she and Sarah say, "the bowling gets really cut-throat."

Most seniors would like to remain in their own homes and, sometimes, adult day care provides that possibility. A caregiver can take the family member to adult day care on his/her way to work and pick up the person on the way home; or the person needing care can spend a few hours or half a day at New Horizons.

If the senior requires medication, a visit to the beauty parlor, physical therapy or diagnostic testing, such as going to a Lab for blood work or a MRI or CAT Scan, New Horizons' staff members are able to handle these situations. The cost for

adult day care is substantially less than residential care.

Biermann is a registered nurse and has been an Intensive Care Nurse. She has been involved with adult day services for over twenty years.

New Horizons has been at its present location, in Summa Western Reserve Hospital, since June 2001, and it has been a host agency for Mature Services for about seven years. In fact, four or five people have been come to New Horizons through Mature Services and the Title V Program. The most recent is Sarah Smith whose story also appears in this issue.

**IF YOU WOULD LIKE A JOB IN ADULT DAY CARE, YOU NEED:**

- **To Be Aware of the Ways People Project their Feelings**
- **To Have an Eye to Detail**
- **To Enjoy Being with People**
- **To See Value in Others**

If you are a job seeker, 55 or over, who needs to upgrade his/her skills, the Senior Employment Center provides community-based services to assist you. Call us at: (330) 762-8666 or, visit us online at: [www.matureservices.org](http://www.matureservices.org)



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Sara Smith, Program Aide at New Horizons Adult Day Care Center.

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ern California, where she supplied 1200 employees with what they needed to do their jobs. She also did hospital visitations for various employees and their families. The part of this that transfers to her present position is service and meeting people's needs.

Presently, Sarah makes a point of giving a warm greeting to each client, as he/she comes into the Center, and making certain each person has a name badge. She visualizes herself as being in the "Eye of the Hurricane" where there is stillness, and she fairly radiates calm and pleasantness. Sarah believes this "Gets the day off to a good start."

