

The Future Looks Bright at CentraCare

A new year always feels fresh. Resolutions abound. It's a time for new beginnings and the fulfillment of aspirations. Reflections of the past year serve to catapult us into the next twelve months with a renewed sense of determination and enthusiasm. That's exactly how we feel at CentraCare. We anxiously await the future because it looks very bright.

2017 was a banner year in many ways for CentraCare. Month after month we saw increases in the number of participants we serve as well as exponential additions to our staff to keep up with our growing non-profit organization. We experienced a 39% growth in participants and a 41% growth in employees. That means there are 152 staff members, in various capacities, serving 376 frail elderly individuals who are enjoying the benefits of CentraCare and those numbers are literally growing every single month.

Other highlights of 2017 included developing greater relationships with the healthcare providers in Calhoun and Kalamazoo counties; hosting community events to introduce CentraCare to the public; the establishment of the "Fulfill a Dream" program (an employee led and financed program to fulfill previously unfulfilled dreams of our participants); the addition of a Specialized Dementia Care Space in our Battle Creek center; the opening of an after-hours respite care program that is offered at no-charge to the community; an increase in the number of Western Michigan University Homer Stryker, M.D. School of Medicine students participating in our Longitudinal Clinical Experience program; an increase in the number of health care students from various colleges and universities participating in our internship programs; and being the recipient of \$110,000 in grants from the Calhoun County Senior Millage, the Blue Cross Blue Shield of Michigan Foundation, the Guido A. and Elizabeth H. Binda Foundation, and the Alzheimer's Foundation of America.

While there are many, many exciting things happening at CentraCare, our core focus has always been providing the

best possible care for the frail elderly. Demographically, individuals most often served by CentraCare are 55 years of age or older, live in Calhoun, Kalamazoo or eastern Van Buren counties, meet the nursing home level of care as determined by the standards of a Michigan Medicaid nursing facility, and are able to live safely in the community with the help of the services we provide.

People choose CentraCare because of the outcomes they experience as a result of the quality of care received by participating in the program. In general, a typical participant at CentraCare will experience less visits to the Emergency Department, fewer hospitalizations, and an overall improvement in their quality of life. These improvements for the participant, in turn, create a benefit for their at-home caregiver. When the health and socialization needs of the older adult are managed well, there is less pressure on the caregiver to be the sole person

helping their aging loved one, thereby reducing their level of stress.

We anxiously look forward to 2018 and beyond as our strategic plans take on a variety of forms enabling us to serve more frail elderly individuals. We are constantly exploring ways we can better serve the elderly in our communities as well as those living in geographical areas that are currently underserved. Our long-term goal is to be serving 3,000 individuals by 2026. This coming year will be another outstanding advancement toward that ultimate goal.

CentraCare is a private, non-profit organization serving Calhoun, Kalamazoo and eastern Van Buren Counties. To learn more about the programs we offer, please call Donna at the CentraCare office at (269) 441-9319. We also invite you to visit us online at www.mycentracare.com as well as our Facebook page at www.facebook.com/mycentracare.



CentraCare's experienced staff will lovingly care for your elderly loved one at our Battle Creek Day Center location to give you relief. **At NO CHARGE* to you!**

WE PROVIDE: Transportation, Nutritious Meal & Snack, Socialization, Assistance with Personal Care, and Cognitively Stimulating Activities.



CENTRA CARE
Program of All-Inclusive Care for the Elderly (PACE)

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*Funds for this program are made available through a grant from the Calhoun County Senior Millage and Blue Cross/Blue Shield of Michigan Foundation