



Adult Day Services
600 N. Daisy Street
Morristown, TN 37814

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ALPS is a nonprofit agency that serves families in Hamblen, Jefferson, Grainger, Greene, Hawkins and Cocke counties.

Tennessee Association of Adult Day Services



A Unified Voice in Tennessee

ALPS Caregiver Golf Classic



Title Partner:



April 11th, 2022



Prize Package Partner: J. Sidney Boyd, D.D.S

Putting Contest Winner:

- 7 Night Resort Stay!!



Hole in One Contest:

- Pebble Beach Vacation or \$10,000 Cash
- Scotty Cameron Special Putter
- Yeti Tundra Hard Cooler
- Apple iPad 128GB



Long Drive Contest:

- VIP Ticket – Men
- VIP Ticket – Women




4 Player Shootout:

- \$100,000 –Hole in one
- Player Closest to pin wins 7 Night Resort Stay!




Raffle: Winning individual gets chance at Hole in One for \$1,000,000 dollars!

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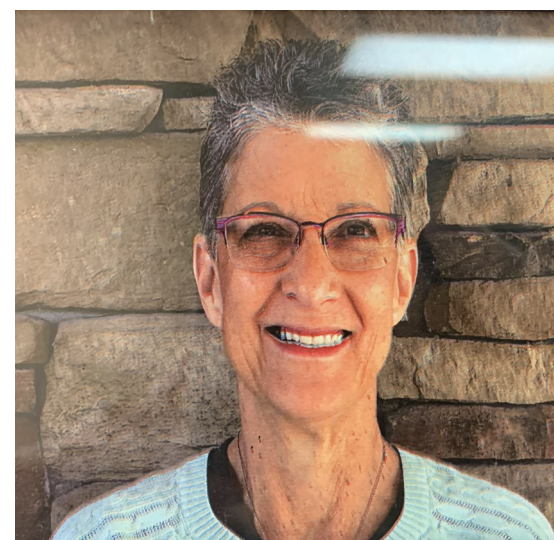
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Employee of The Trimester Award

Tina Bunch, Program Assistant

It is an absolute honor to work at ALPS,
and see such joy in our participants
daily. I've never "worked" a day in my
life here!!

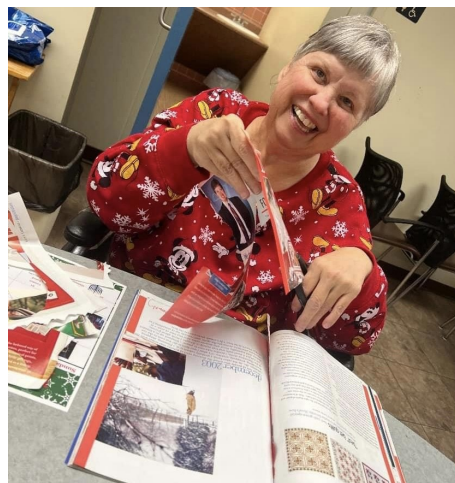


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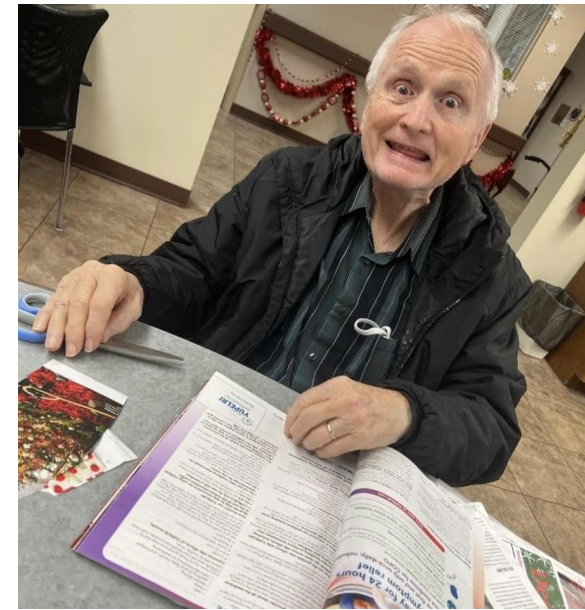


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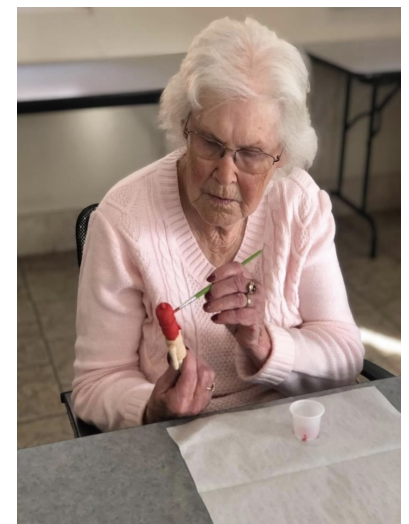
Our Story:
We believe in things that last: buildings, relationships, and reputations. So, we don't believe in shortcuts or excuses. Innovation matters, but we're old-fashioned about qualities like work ethic, keeping clients happy and doing what's right. That's the secret behind our hard-won relationships with clients and colleagues. These are the products of craftsmanship, hard work, and living up to commitments, year after year and job after job. The reward of jobs well done.



Established in 2001, we were founded on several principles: Transparency, Quality at all times, Adaptability, Collaborative Spirit, Commitment to Customer needs, and a relentless Drive to be better.



FUN TIMES!



SYKES®



ALPS Adult Day Services is a non-profit 501(c) (3) organization. We began operation in 1986. Adult day service programs are *the* most cost-effective means of serving our aging population.

What Kind of Services Are Provided?

Medication Management
 Vital Sign Monitoring and Health Checks
 Breakfast, Lunch, Snacks, and Hydration
 Personal Care and Hygiene Assistance
 Adaptive Exercises
 Memory and Language Therapies
 Expressive Arts and Crafts
 Music Therapy, Pet Therapy
 Validation Therapy
 Hair care, manicures, hand, and arm massages
 Current and Historic Event Discussions
 We have a caring and compassionate staff, including 2 nurses. All programs are designed to ensure the safety and well-being of each participant.

Support Groups for Family Caregivers

ALPS Adult Day Services provides a monthly support group for family caregivers. It meets on the first Tuesday of each month at the Alpha Baptist Church or Heritage Park (depending on weather) from 10 am to 12 pm.

There is **no cost** to participate in the group meetings. Attendees have rated the support group as 'highly beneficial'.

All are Welcome.

Let ALPS Speak at your next group function.

We can help cover the following topics:

- Adult Day Services!
- Veteran's Administration Benefits for veterans and their surviving spouses.
- Health Care funding through several options:
 - Veterans Administration
 - TennCare Choices
 - Family Caregiver
 - Long Term Care Insurance
 - Life Care Funding
 - Scholarship (ALPS specific)
- Grief and Caregiver stress support groups.

As well as many other topics we can arrange, host and invite other great speakers from the healthcare industry to educate your groups.

What are your Days and Hours of Operation? How Do I Get There?

Monday through Friday 7:30 am to 5:30 pm

Participants can attend any number of days per week and any number of hours per day. There is no contract. We recommend a minimum of 2 days per week. Many attend 5 days per week because their family member(s) are working and/or because they enjoy the opportunity to socialize and be with other people. Families most often bring their loved ones to ALPS. ETHRA will pick up individuals, assisted living communities deliver people, and other public transportation is available.

Who Do You Serve?

We serve adults from 18 to 100 who suffer from either cognitive and/or physical disabilities and who should not be left alone during the daytime. Included are individuals with Alzheimer's, Dementia, Stroke, Parkinson's, Down's syndrome, COPD, and other diseases. We serve people from Hamblen, Jefferson, Grainger, Cocke, Hawkins and Greene Counties. Some attendees come from assisted living communities.

What Does It Cost to Attend? ALPS Adult Day Services?

While our cost of service is \$140 per day, our daily rates are based on a sliding scale from \$40 to \$80. There are several funding options that may pay your entire fee, such as:

- 1) Veterans Administration
- 2) Long-term Care Insurance usually covers Adult Day Services
- 3) TennCare – Choices program (Medicaid).
- 4) Family Caregiver Program is a federal program that is available
- 5) Scholarship program
- 6) Life Care Funding program

Participants pay only 30-60% of our actual cost of services provided. The remainder is supplemented with fundraising, donations, and grants. Please visit/call us and we can help identify individual funding options on a case-by-case basis, no obligation.

Median Annual Cost* Tennessee USA

Homemaker Services	\$46,900	\$53,800
Home Health Aide	\$48,000	\$54,900
Adult Day Care	\$20,150	\$19,200
ALPS (5 days/week)	\$11,700	
Assisted Living	\$48,500	\$51,600
Nursing Home	\$91,400	\$105,000
Daily Rate (Average)	ALPS-\$47	\$80

*Numbers are from the National Centers for Health Statistics publication *Long-Term Care Services in the United States: 2013 Overview*, released Feb.

How You Can Help ALPS!

- 1) We are proud to announce that the new side of ALPS has been completed and is open. This new side has made it possible for us to serve 22-24 new families in the Lakeway Area. We need everyone's help to get the word out, as well as your support as we continue to embark on this new journey. Help us bring the ALPS vision to an ever-growing community in need. Log on to our Facebook page and see how you can help.
- 2) Support from the community is needed to raise the awareness and support with members of the state legislature regarding the value of adult day services to the communities served. All state funding is at risk for program participants who are covered under the TennCare-Choices program. These monies currently represent 32% of the annual revenue ALPS receives. Please help spread the word to others in our community and our elected officials regarding the importance and cost effectiveness of adult day services.
- 3) We welcome church, scouting, company, and individual volunteers.
- 4) We also have a "wish list", which you can find on our web site, or we would be happy to mail you a copy. These types of items are great for schools, churches, and any kind of civic organizations.

"There are only four kinds of people in the world- those who have been caregivers, those who are caregivers, those who will be caregivers and those who will need caregivers"
 -Rosalynn Carter-

What the experts are saying!

With the aging of America, those with cognitive challenges are expected to **increase by over 40% by 2025, from 5 million to 7.1 million.**
Over 33% of seniors die with Alzheimer's or some other type of dementia.
 The Family Caregiver Alliance states that **"over 70% of working caregivers suffer work-related difficulties due to their dual caregiving / working roles."**
The increase in mortality rate for people who suffer from caregiving-related stress is 63%.

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The increase in mortality rate for people who suffer



Love Grows Here



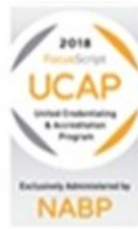
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ALPS Adult Day Services 2022 Fundraising Event

Calendar

Newsletters- to be published March, June, Oct.

ALPS Caregiver Golf Classic- April 11th

ALPS 31st Annual Walk to Remember- Saturday, July 30th

ALPS 2022 Gala, Black Tie Affair- October 1st

Holiday Marketplace & Festival of Trees- November 5th

30 Days of Giving- November 29th-December 29th



To participate please reach out 423-587-9149



This Photo by Unknown Author is li-

A DAY IN THE LIFE AT ALPS

-Each day, we treat your loved one like a member of our own family. This includes administration of medications, feeding, hygiene, hair care, hand & arm massages, manicures, special food preparation, and wandering assistance.

ACTIVITIES

-Each day has its own themes for activities, and may include food highlights, outside trips, gardening, arts & crafts, and birthday celebrations. We also have many visits from community members as well as from local furry friends.

-For the family, we offer community training, dietary assistance, family counseling, information & referral to additional community resources, student internships, volunteer training, and a monthly support group.



Phone #
(423) 587-9149
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Email:
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The closest thing to being cared for is to care for someone else.

-Carson McCullers



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ALPS Adult Day Services relies on your generous donations to provide services to the most vulnerable in our community

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Philanthropy or Social Impact?

Philanthropy - the desire to promote the welfare of others, expressed especially by the generous donation of money to good causes.

Social Impact – the desire to promote the health and welfare of others, by giving of your time, finances, or support in your local community. If your wish is to make a true social impact, please look close to home. Be a part of something local so you may clearly see the impact and outcome of the change your support has created.

Alzheimer's, Cancer, Parkinson's, ALS, Autism; are just a few life changing diagnosis. Organizations fighting these battles to cure these diseases do amazing work. From research, to studies, clinical and drug trials, or specialty clinics; all very worthy doing life changing work and worth every ounce of support given them.

You will notice I placed Alzheimer's first on my list! Not solely because this is a mission near and dear to my heart, but due to newly released studies showing some

alarming facts. These studies' findings place deaths from Alzheimer's on par with deaths from Cancer. Despite these facts Alzheimer's receives a mere fraction of the research funding dedicated to Cancer, which receives \$5.7 billion annually compared to Alzheimer's \$550 million in funding annually.

My heart, my passion, and my mission in writing this today is there are always two very important factors. These factors so often get overlooked by many and are the same regardless of diagnosis. One is what we refer to as the "here and now" factor. So many of these great organizations dedicate their work with finding the cure and ending the disease. While few focus on those who are already dealing with these terrible diagnosis. Examples include, helping them find the resources they need now; the care, medications, bathing, dressing, or what we take for granted the question of how I am even going to get to my next doctor's appointment.

The second forgotten factor which has, or someday will impact all of us, is the daunting task of joining the millions of often forgotten unpaid family caregivers. Rosalyn Carter opined "there are only 4 kinds of people in the world. Those who have been caregivers. Those who are currently caregivers. Those who will be caregivers, and those who will need a caregiver". How true this statement is? We meet husbands, wives, mothers, fathers, sons, and daughters daily who cannot tell us the last time they were able to enjoy family time without the focus being on the disease their loved one has been affected by. The realization that you have become a caregiver could happen all at once.

Resulting in what feels like someone driving a Mac Truck through the busy schedule you call life. All too often it happens slowly, you notice mail piling up, bills not getting paid, medications lasting too long or not long enough. Then it starts. One day you are collecting the mail for them, helping pay the bills and keeping the checkbook balanced, laying out medications, and ensuring they are being taken properly. Suddenly you realize they are no longer safe to drive, and you just

became a full-time caregiver. But wait, you have a full-time job, have your own checkbook to balance, have children who need to get to two different sporting events on opposite ends of town. These unpaid family caregivers need our help and support. With the ageing population now more than ever.

ALPS is here to serve; with our Adult Day Program we concentrate on all the possibilities that lie ahead for our participants vs. focusing on the disabilities they have been diagnosed with. We are dealing with the "Here and Now" daily. Our Family Services and Social Impact Services, mission is solely in the support of the unpaid family caregivers. Providing education, community awareness, family counselling, respite for those who need adult day services, and referrals for those who do not. Also, planning events, setting up peer support groups and of course fundraising to pay for these initiatives. Join us and feel the enormous reward that we do by helping families be families again. Allowing spouses to be spouses again, vs.

being full time caregivers. All this takes is love and compassion while applying your God given talents toward something larger than yourself. Do you want to make a true social impact on your community? Join us. Support us. Watch the impact of your support effect the lives of those caregivers.

#LoveGrowsHere!

