

Issue 1, Vol. 1

New Horizons Adult Day Center **News**

Help Us Make a Difference

There are 25 million adult Americans providing unpaid care for an adult friend or relative. Are you one of them? If not, it's likely that you will be at some point in the future.

What drives these caregivers? Love. But it's not the light love of laughter and sunny days. It's a love complicated by feeling under-qualified for the difficult task at hand, overwhelmed by a difficult daily grind, frustrated by the unending chores, and frightened by the prospect of standing alone with a loved one who will soon need total, around-the-clock care.

There's an answer and it's New Horizons Adult Day Center.

Since opening in January 2000 through the efforts of Executive Director Jeanne Silvers and some of Central Iowa's most charitable hearts, New Horizons has been a daily shelter for some of the least among us. These include a mix of ages and situations. There's the retiree who didn't expect his "golden years" to be spent in a wheelchair, the woman battling a nasty brain disease at mid-life, and the young man who will never completely recover from serious head injuries suffered in an auto accident.

All these individuals need a helping hand because their family members can't care for them 24 hours a day. That's where New Horizons steps in to offer friendship, a calm atmosphere, a hearty meal, and a place to belong. Plus, there's respite for family and other caregivers.

Help us as we grow. Our commitment is to be here for those in the community who need our services. Make it your commitment to help us.



Ron and Thelma having fun playing balloon volleyball!

**There's an answer and it's
New Horizons Adult Day Center**

How can you help?

- * Attend our fundraising events
- * Tell others about our adult day center
- * Be ready for exciting New Horizons news in coming days
- * Make a gift in memory of a friend or loved one

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Who Does NHADC Serve?

The older gentleman with Alzheimer's, the young man with a brain injury from a car accident, and the mother with cancer. These are who one expects to see at New Horizons. But what was my daughter doing here?

Mere months after graduating from college, Bethany was off to Boston and her first job. A financial corporation had seen her potential and called her to a new life in the Big City.

Less than a year later, she was back home with health problems that were soon diagnosed as a malignant brain tumor. The prognosis turned out to be all too accurate. Still, what a blessing it was that in mid-2003, there was a period of remission. For a few delicate months, Bethany could engage with life. Maybe she couldn't gleefully charge forward as in the past, but she could enjoy a chat, perhaps a movie, and some chocolate now and then.

For her mother and me, this slight lifting of the clouds posed one major problem: What to do with Bethany during the day? The answer turned out to be New Horizons Adult Day Center, which gave us some much-needed respite from caring for Bethany and allowed us to work and meet other obligations.

It was tough balancing her needs and our duties. We found a way and those months were made better by Jeanne Silvers and her staff.

At New Horizons, Bethany met friends who understood her predicament. She had a chance to talk about current events, do some small crafts, or just nap if she felt like it. And we knew she was safe. If you know someone in need of daily care, your family member or friend will be safe, too.

Steve Cooper, New Horizons Board

*Together, the task is lighter
and the days brighter*

From: New Horizons Adult Day Center
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To:



For Young Adults

Keep your eyes on New Horizons Adult Day Center because we're growing again. Later this summer, we'll expand into an additional room at Neveln Community Resource Center in Ankeny.

This space, dedicated for use by our more independent younger folks, will provide a place where they can play games, enjoy group activities, work on living skills, or just relax.

Contractors and helpful volunteers are busy making changes to create a more contemporary cafe environment to welcome the younger adults, aged 18-50, who attend New Horizons. The grand opening will be in September 2007.

Plans call for a computer center for those who have keyboard experience or want to learn. There will also be a small kitchen, which will allow for an occasional cooking class that will help develop skills that can be used at home.

This new space will also allow New Horizons to welcome a growing number of participants. And all this comes for a modest investment of approximately \$40,000. Thanks to all who are helping make possible another great step forward for the program.