



## Jo Jean Goodrich's Legacy, Julie and Jill

**By Julie Goodrich**

In the months following Jo Jean's untimely passing, her daughter, Jill, has been adjusting to a new life without her mother. Jill's sister, Julie, has been helping by becoming Jill's legal guardian and being elected to the DEAR board of directors. Even though Jill is surrounded by people who care greatly for her, she still asks for her mother. Not only did Jo Jean visit Jill regularly at her foster care home, but she also volunteered at DEAR to spend more time with Jill as well.



Jill and Barak

Jo Jean's loss was felt by customers, employees and board members of DEAR. Having Jo Jean's celebration of life at DEAR allowed the employees and board members to attend and meet Jill's family and Jo Jean's friends. The funds donated in Jo Jean's memory have been used to create the Jo Jean Goodrich memorial fund and thank you bonuses have been provided to the hard working staff of DEAR.

Jo Jean had attended early formative DEAR meetings. Other parents of current DEAR customers understood Jo Jean's struggle to find a suitable day program for Jill. DEAR provides a safe environment where Jill can partake in music, art and socializing. Jill is schedule oriented and having her daily trips to DEAR has helped her during her grieving process.

DEAR board members continue to find ways to enhance the customers' experience so they may live life to the fullest. At this time, there are plans to get more DEAR members out into the community. This will be highly beneficial to Jill as she loves to go "bye-bye".

Please consider DEAR in your holiday donations. Designated "Community Funds" will go to help Jill and the other wonderful customers to have fulfilling experiences with trips to the Oregon Zoo, OMSI, holiday activities and even bowling.



Please remember DEAR in your will or living trust.

## A typical day at DEAR

By Dave Apple, executive director

The arrival of our valued customers starts at 9:00 am. After greeting each one and removing and logging coats, packs and lunches, we all meet in the social area just off the entry room. Peer to peer interaction is encouraged and each individual is welcomed. Customers are taken to various locations in the building depending upon their needs. Some go to the nursing station for treatments prescribed by their doctors, others help carry lunches to the lunchroom. Customers that need hygiene assistance are evaluated and cared for as needed, while others are escorted to the restroom.

At 9:30 a large group music session begins with highly talented live musicians providing both entertainment and enrichment for our customers. Range of motion exercise via hand held instruments is encouraged. Learning words to songs helps customers with memory and other cognitive functions. The joy that many customers experience during this time is obvious in their faces and voices. Physical therapy and other 1:1 activities occur with customers that prefer or need to be doing things other than taking part in a large group at that time. The DEAR nursing staff provides many of these activities. At least one nurse is on the floor at all times, however, two or more nurses are usually available throughout the day.



At about 10:45 our first lunch begins in the cafeteria with food provided from home. Customers are assisted as their needs require, but independence is encouraged. Around 11:30 our second lunchtime begins and hungry customers are shown to their food.

After lunch is book reading time where various types of stories are read to a medium size group of customers and interaction is encouraged. Next is a second large group meeting where the agenda is more flexible, ranging from a second music therapy session to a high definition Blu-ray movie. The genre of both music and movies provided for our customers is truly huge.

Buses begin arriving between 1:30 and 2:00. Some customers are brought to the social area to await their ride home, while others continue with various activities. As transportation staff ask for specific customers, the items they arrived with are logged back to them and they are assisted onto the bus. All customers have usually left by 3:30 pm, while a few of the staff finish cleaning up and preparing for another productive day.



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