

**Coltrane L.I.F.E. Center, Cabarrus County Adult Day Care Center:
Looking Outside of Facility Placement and Finding Refuge with
Alternative Care Services**

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At the age of 60 and 69, Mr. Henry Dorthy suffered two strokes leaving him with left sided paralysis. His wife of 40 years, Barbara, has a nursing background and stayed at home to provide his care in order for him to avoid placement. Not having a social outlet or able to do the activities he loved, his livelihood, identity and sense of well-being outside the home seemed to be lost forever. He admits "I was very lonely and sad."

Both were forced to stop working, resulting in losing their home and car. Mrs. Dorthy heard about the Cabarrus County Adult Day Care Center, Coltrane L.I.F.E. Center, when she had to place Mr. Dorthy into a facility for a short time to make her move from their home possible. Mr. Dorthy began attending adult day care in November 2007 after State funding became available through Cabarrus County Department of Social Services.

If you were to be present upon Mr. Dorthy's arrival at the center you would see him greeting his friends with an ear to ear smile. Mrs. Dorthy calls the center "a blessing from God" and a "second heaven" for her husband. She is quick to say that she has noticed that "his personality has changed so much and he looks forward to going to the center each day." "The staff does a great job of taking care of him." Mr. Dorthy describes the other participants as "the best friends I have and the staff makes me happy." Jason Howie, staff member, advises that Mr. Dorthy tries to be involved in every activity even though limited by his disabilities.

"Mr. Dorthy used to be [reluctant to do things for himself] but is now the 'numero uno' on the van for field trips." Mr. Dorthy has told him that it brightens his day to be at Coltrane, to participate in the devotion/gospel programs, play bingo, and have a friendly game of bowling on the Wii system. He states that Mr. Dorthy is a very special man. "He is like a big brother that I didn't have. I can talk with Henry about [life's events], and even get help on the crossword puzzles I cannot figure out!" Coltrane LIFE CENTER allows Mr. Dorthy to receive the care that he needs on a daily basis, while providing respite for his wife. It also gives him purpose and the opportunity to give back to others.

Above: Picture of Mr. and Mrs. Dorthy was taken in Coltrane LIFE Center's Garden, where participants enjoy the flowers, and even use some of them to decorate the tables for meals.

For more information on Adult Day Care Services

<http://www.ncdhhs.gov/aging/adcsvc.htm>