

- ▼ Participants are greeted by our staff when they arrive between 8:00-9:00AM



- ▼ Continental Breakfast is served as friends settle in for the day.
- ▼ Morning activities provide something for everyone from exercise, news of the day discussions, and crafts to dancing or listening to live Big Band music.
- ▼ Hot well-balanced meals served at 11:30 AM daily.
- ▼ Afternoon activities are geared to each individual's interest and level of functioning. Everything from bingo and bowling to sing-a-longs and beauty shop.
- ▼ Auto trips in our own van (wheelchair accessible) are also scheduled for special times.
- ▼ Afternoon snack is served as participants take a break to relax and reminisce.
- ▼ Participants prepare for home at approximately 2:30 pm.



If you are concerned about leaving a loved one alone at home during the daytime hours and feel that they could benefit from a supervised caring atmosphere, come talk to us. We can help.

**Susan Levenson RN**  
Program Coordinator



## ***Welcome to*** **ROGER B. TRASK** **ADULT DAY** **HEALTH PROGRAM**



**Peter A. Torigian**  
Senior Center  
75 R Central Street  
Peabody, MA 01960-4353  
978-531-2254 Ext. 134  
FAX 978-532-3197

## The Roger B. Trask Adult Day Health Program

The Adult Day Health Program provides a warm and friendly setting where professional staff offers a structured and supervised daily program of stimulating and enjoyable activities tailored especially for elderly with individual interests and levels of functioning.

Our modern facility was constructed specifically to meet the special needs of the older adult and is equipped with the most up-to-date furnishings for their comfort.

Health care and medical monitoring is provided by our Registered Nurses, which includes the development of an Individualized Plan of Care as well as on-going communication with the physician and other involved health care professionals.

**Our Activities**  
Coordinator and other program staff, acting under the guidance of the Program



Coordinator, plan a varied calendar of activities each week, which include something for everyone.

Social Service staff can assist participants and families through the enrollment process and provide information and referral when necessary.

### Benefits for the Participant

- ▼ A special place to come during the day to enjoy warm individualized attention in a safe, structured setting.
- ▼ An opportunity to receive Individualized Nursing Care to assess and monitor medical conditions.
- ▼ A chance to meet new friends and socialize outside the home.
- ▼ A means of helping one's self to maintain or increase his or her present level of functioning.
- ▼ A means of instilling a feeling of self-worth and independence.



### Benefits for the Families or Caregivers

- ▼ Freedom from concern during the day, especially for caregivers working outside the home.
- ▼ A respite time for the caregivers who are at home so they may be free for a few hours to pursue their own activities.
- ▼ A cost effective method of maintaining an individual at home while ensuring their safety and emotional well-being

### Who Comes to the Adult Day Health Program?

Those individuals who may be:

- ▼ Home alone during the day, but should be under supervised care.
- ▼ Limited in ability to function independently.
- ▼ Physically impaired.
- ▼ Socially impaired or isolated.

### What Services are Provided?

- ▼ Skilled Nursing Care
- ▼ Assistance with personal hygiene including showers
- ▼ Assistance with toileting
- ▼ Medication management
- ▼ Supervision
- ▼ Wholesome meals
- ▼ Exercise
- ▼ Socialization • Counseling
- ▼ Group and individual activities
- ▼ Information and Referrals
- ▼ Secure outdoor patio and therapeutic garden
- ▼ Other Social Services, as needed

### Who Provides the Care?

- ▼ Program Coordinator
- ▼ Registered Nurses
- ▼ Licensed Social Worker
- ▼ Activities Coordinator
- ▼ Certified Nurse Assistants
- ▼ Trained Volunteers



### Financial and Transportation Information

- ▼ The cost of the program is covered by Medicaid, Private Payment or through Financial Assistance for those who qualify.
- ▼ Transportation can be arranged by the Center.

FOR MORE INFORMATION OR  
AN APPOINTMENT TO VISIT  
OUR CENTER,  
PLEASE CALL OUR  
PROGRAM COORDINATOR:  
SUSAN LEVENSON RN  
978-531-2254 Ext. 134  
slevenson@peabodycoa.org