

Your Trusted Source for Adult Day Service Center

The Right Choice for Your Loved One...

- Daily socializing with peers
- A safe, enjoyable environment
- Trained and caring staff
- Tailored activities for each participant
- Open 11 hours daily, Monday–Friday



The Right Choice for You...

- Peace of mind
- The break/respite you need
- Support group meetings

WISE
&
Healthy Aging



Please call for a complimentary “sample” day.
(310) 394-9871

1527 4th St., 2nd Floor • Santa Monica, CA 90401

www.wiseandhealthyaging.org



Adult Day Service Center

February 2012

* Activities subject to change without notice.

1527 4th Street 2nd Floor
 Santa Monica, CA 90401
 Phone: (310) 394-9871

Lunch 12:00 Noon Snacks 3:00 & 6:00p.m

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Ongoing daily activities: 9:00-9:30-Coffee & Chit Chat 9:30-10:00-Morning Stretch 1:00-1:30-Outdoor Relaxation 4:00-6:30-Discussion Group, Movies, Table Games, Trivia</p>	<p>M-W-F 12:30pm – 1:30pm Dominoes with Arlene</p>	<p>1 10:00-Memory Enhancement w/Ann 11:30-Word-Within-a-Word 1:30-Sing-along & Dancing with Pepperdine Students 2:30-Freedom Day Biography w/Arlene</p>	<p>2 10:00-Groundhog Day History 10:30-Exercise with Don 11:30-Fill in the Blank 1:30-Around the World with Miriam</p>	<p>3 10:00-Around the Country w/Ann 11:30-Hangman Game 1:30-Exercise with Monica 2:15-Sabbath Service with Arlene 3:00-Story Time with Arlene</p>
<p>6 10:00-Super Bowl Discussion 10:30-Health Talk: Huntington's Disease 11:00-Chair Yoga with Staff 1:30-Art Therapy with Nadia 2:30-Movie Quotes w/Arlene</p>	<p>7 10:00-Trivia Game 10:30-Exercise with Staff 11:30-Mental Activity w/ Staff 1:30-Aroma Therapy w/Staff 2:30-Valentine's Day Gifts Word Search</p>	<p>8 10:00-Memory Enhancement w/Ann 11:30-Guggenhiemer Game 1:30-Sing-along & Dancing with Pepperdine Students 2:30-Bulletin Board Trivia with Arlene</p>	<p>9 10:00-Word-Within-a-Word 10:30-Slide Show with Debbie 11:00-Exercise with Staff 1:30-Around the World with Miriam</p>	<p>10 10:00-Laughter Yoga with Kim 11:00-Around the Country w/Ann 1:30-Exercise with Monica 2:15-Sabbath Service with Arlene 2:30-Bingo with Betsy</p>
<p>13 10:00-Black History Facts 10:30-Health Talk: Continue-Huntington's Disease 11:00-Saint Matthew's Catholic School Kindergarteners "Sweethearts" Concert 1:30-Art Therapy with Nadia 2:30-Auto Trivia with Arlene</p>	<p>14 10:00-Unscramble These Valentine's Day Words 10:30-Exercise with Don 11:30-Mental Activity w/ Staff 1:30-Valentine's Day Celebration! 2:30-Love Songs Word Game</p>	<p>15 10:00-Reminiscence: Black History Month 10:30-Hangman Game 11:00-Music Appreciation with Aleane 1:30-Sing-along & Dancing with Pepperdine Students 2:30-February Birthday Quiz</p>	<p>16 10:00-President's Trivia Word Game 10:30-Exercise with Don 11:30-This Was the Year 1979 1:30-Around the World with Miriam</p>	<p>17 10:15-Music & Mental Fitness with Bob 1:30-Exercise with Monica 2:15-Sabbath Service with Arlene 3:00-Story Time with Arlene</p>
<p>20 CENTER CLOSED FOR PRESIDENT'S DAY</p>	<p>21 10:00-Mardi Gras Trivia Game 10:30-Exercise with Don 11:30-Mardi Gras History 1:30-President's Jingo 2:30-Mardi Gras Word Scramble</p>	<p>22 10:00-Art Appreciation with Kim 11:30-Reminiscence: Lent 1:30-Sing-along & Dancing with Pepperdine Students 2:30-Lent Discussion and Days of Lent with Arlene</p>	<p>23 10:00-The Car Alphabet Word Game 10:30-Exercise with Don 11:30-Word-Within-a-Word 1:30-Around the World with Miriam</p>	<p>24 10:00-Laughter Yoga with Kim 11:00-Health Education with Claudia Vargas: Colon Cancer 1:30-Exercise with Monica 2:30-Sabbath Service with Arlene 3:00-Story Time with Arlene</p>
<p>27 10:00-Johnny Cash Biography 10:30-Health Talk: Huntington's Chorea 11:00-Chair Yoga with Staff 1:30-Art Therapy with Nadia 2:30-Presidents Trivia: Who Am I? with Arlene</p>	<p>28 10:00-Trivia Game 10:30-Exercise with Don 11:30-Mental Activity w/ Staff 1:30-Drum Circle 2:30-Potato Dishes Word Search</p>	<p>29 10:00-Memory Enhancement w/Ann 11:30-Poetry Reading 1:30-Sing-along & Dancing with Pepperdine Students 2:30-Birthday Celebration! 2:45-Humor Fun with Arlene</p>		

WISE Adult Day Services & alzheimer's association™

presents

Caregiver Support Groups

We offer information and referral to community resources for those caring for a family member with the health conditions of Alzheimer's, dementia, Parkinson's or a stroke.

Location: WISE Adult Day Service Center
1527 4th St., 2nd Floor, Santa Monica, CA 90401

Contact: Frankie Aggers - Group Facilitator

(310) 394-9871

First and Third Mondays

Adult Children Caring for a Parent with Memory Loss

5:00 p.m. - 6:30 p.m.

Led by Henry Kimmel, MA

Complimentary respite provided

First and Third Thursdays

10:30 a.m. - Noon

Led by Frankie Aggers, Director,

Adult Day Services

Complimentary respite provided

Second and Fourth Tuesday

5:00 p.m. - 6:30 p.m.

Led by Priya Patel, MA

Complimentary respite provided

Group session fees are on a sliding scale

Please see reverse side for dates



WISE & Healthy Aging enhances the independence, dignity and quality of life of older adults through leadership, advocacy and innovative services.

Jan. 2012

**Thursday
January 5**

Caregiver Support Group
respite available
10:30 a.m. – Noon

**Tuesday
January 10**

Caregiver Support Group
respite available
5 – 6:30 p.m.

**Thursday
January 19**

Caregiver Support Group
respite available
10:30 a.m. – Noon

**Tuesday
January 24**

Caregiver Support Group
respite available
5 – 6:30 p.m.

Feb. 2012

**Thursday
February 2**

Caregiver Support Group
respite available
10:30 a.m. – Noon

**Tuesday
February 14**

Caregiver Support Group
respite available
5 – 6:30 p.m.

**Thursday
February 16**

Caregiver Support Group
respite available
10:30 a.m. – Noon

**Tuesday
February 28**

Caregiver Support Group
respite available
5 – 6:30 p.m.

March 2012

**Thursday
March 1**

Caregiver Support Group
respite available
10:30 a.m. – Noon

**Tuesday
March 13**

Caregiver Support Group
respite available
5 – 6:30 p.m.

**Thursday
March 15**

Caregiver Support Group
respite available
10:30 a.m. – Noon

**Tuesday
March 27**

Caregiver Support Group
respite available
5 – 6:30 p.m.



Adult Day Service Center

Hourly Day Service Options

WISE Adult Day Service Center is pleased to announce an “hourly service” for family members and caregivers of adults who need a “drop in” type service.

The first hour is \$20 and \$10 for each 30-minute increment thereafter.

Your loved one will be cared for in an actively social environment by trained professional staff. They will have the opportunity to be involved in activities to stimulate the mind and exercise the body. A nutritious lunch is included at no extra charge for service over the noon hour.

WISE Adult Day Service Center hours:

Monday – Friday
7:30 a.m. – 6:30 p.m.
(except holidays)

An initial, one-time assessment fee of \$20 is required, for first-time clients (waived for current clients of the Adult Day Service Center).

Let us help. Call to schedule a time:

(310) 394-9871

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WISE & Healthy Aging enhances the independence, dignity and quality of life of older adults through leadership, advocacy and innovative services.

Programs & Services

(310) 394-9871

WISE & Healthy Aging provides programs, services, and support for seniors, caregivers, and aging professionals. In addition, WISE & Healthy Aging provides the community with information on where to turn for any services not directly provided by the agency; positioning itself as a “first information stop” for individuals, other local agencies, community leaders, businesses, professionals, and even other senior service organizations seeking our older adult expertise and specialized programs.

PROGRAMS INCLUDE:

Adult Day Service Center: A safe place for older adults requiring some type of support during the day; the *Olive Stone Program* (for older adults with limitations due to Parkinson’s disease or the after-effects of stroke); *WISE Care Program* (for older adults with Alzheimer’s or other cognitive impairments); the *Compañeros Program* (for Spanish-speaking seniors).

Caregiver Services: Caregiver counseling and ongoing support groups are open to the community.

Frail Elderly Services: Assisting frail elderly to maintain independence in their own homes with Care Management (in-home assessment and connections to community services. Can include short or long term monitoring); Physician Liaison (referrals from Physicians for psychosocial services, including in-home assessments); and Friendly Visitors Program (volunteers visiting frail elderly in their homes to assist with tasks and provide companionship and support).

Elder Abuse Prevention Program: Protecting seniors from becoming victims of financial, physical, and/or emotional abuse; Seniors Against Investment Fraud (SAIF); Fiduciary Abuse Specialist Team (FAST); Senior Fraud Prevention Call Center (in partnership with AARP); and Senior Action Fairs are hosted to educate seniors about fraud throughout the greater Los Angeles area.

Financial Services: Personal Money Management Program (bill paying assistance and Representative Payee services); Medicare Counseling; AARP Tax-Aide Program; Reverse Mortgage Counseling.

Healthy Lunches Program: Four meal sites across Santa Monica provide a hot, nutritious lunch for individuals 60 and older for only a \$2.50 suggested donation.

(Continued on reverse)



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Information and Referral: We provide general information about resources for older adults and their families. Our professional I&R Services staff utilizes a wide network of programs and services to find the appropriate resources to help meet your needs.

Long-Term Ombudsman Program: The Long-Term Care Ombudsman Program at WISE & Healthy Aging helps protect and ensure the rights of seniors and disabled adults living in skilled nursing and residential care facilities in the City and County of Los Angeles, and is the largest program of its kind nationwide. Trained WISE & Healthy Aging Ombudsmen are responsible for advocating for residents in the more than 1,800 long-term care facilities in the City and County of Los Angeles. Ombudsmen educate residents and their families about their rights in these facilities, helping resolve complaints and address a variety of issues – which include facility staff training, attitudes, response and behavior; admission and discharge matters; nutrition and dietary concerns; physical therapy; matters of dignity; Medicare, Medi-Cal, SSI, and many other relevant issues. The Ombudsman Program also has the State mandate to conduct preliminary investigations of allegations of abuse and neglect in these settings.

Mental Health Services: individual and group therapy, psychiatric medications and case management for older adults with serious or persistent mental health problems.

Peer Counseling: Individual and group senior-to-senior counseling for older adults who are dealing with common changes associated with aging including loss and grief, depression, anxiety, relationship problems or trouble adjusting to aging.

Transportation & Mobility Program: Alternative transportation resource information, mobility education, and AARP Driver Safety classes and in collaboration with the City of Santa Monica's Big Blue Bus, the WISE/Santa Monica Dial-A-Ride program.

Volunteer Services: Retired and Senior Volunteer Program (RSVP) for seniors desiring assistance connecting to volunteer opportunities within the agency or in the community; Volunteer University—training for agency volunteers and agencies desiring to replicate our model programs; Student and Intern Training—geriatric mental health training for masters and doctoral level students from a variety of universities. Through RSVP at WISE & Healthy Aging, more than 700 older adults volunteer at over 50 nonprofit organizations throughout the Los Angeles Westside.

At **WISE & Healthy Aging**, a social services organization, *our mission* is to enhance the independence, dignity and quality of life of older adults through leadership, advocacy and innovative services. This nonprofit is the result of a recent merger of WISE Senior Services and Center for Healthy Aging.

Call us for a complete listing of support groups and additional programs.

(310) 394-9871