

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/respice you need
- Support group meetings



WISE
& *Healthy Aging*

Please call for a complimentary “sample” day.
(310) 452-7802

1510 Pico Boulevard • Santa Monica, CA 90405

www.wiseandhealthyaging.org



WISE Program

July 2010

* Activities subject to change without notice.

1510 Pico Boulevard
 Santa Monica, CA 90405
 Phone: (310) 452-7802

Lunch 12:00 Noon Snacks 2:30 & 4:30p.m.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|--|
| <p><u>Ongoing daily activities:</u> 9:00-9:30-Coffee & Chit Chat 9:30-10:00-Morning Stretch 1:00 -1:30-Outdoors Relaxation 4:00-6:30-Discussion Group, Movies, Table Games , Trivia</p> | | | <p>1 Intergenerational Day 10:00-Senior Breakfast with Eva 10:30-Horseshoe w/UCLA Students 11:00-Chair Exercise 1:30-Mental Fitness w/Mary</p> | <p>2 10:00-Independence Day Celebration with Picnic and Games 1:30-Spanish Serenades with Jose 2:30-Sabbath Service with Arlene 3:00-Story Time with Arlene</p> |
| <p>5 CENTER CLOSED FOR INDEPENDENCE DAY</p> | <p>6 10:00-Poetry Reading 10:30-Exercise with Don 11:30-Morning Discussion 1:30-Bingo with Bonnie 2:30-Bean Bag Game</p> | <p>7 10:00-Identify Shapes 10:30-Mental Fitness with Mary 1:30-Spanish Serenades w/Jose 2:30-Red Words with Arlene</p> | <p>8 10:00-Senior Breakfast with Eva 10:30-Clipping Coupons 11:00-Chair Exercise 1:30-Mental Fitness w/Mary</p> | <p>9 10:00-Memories of Summer Discussion 10:30-Mathematic Game 11:00-Moving to the Beat 1:30-Spanish Serenades with Jose 2:30-Sabbath Service with Arlene 3:00-Story Time with Arlene</p> |
| <p>12 10:00- Memory Enhancement with Ann 11:30-Weekend Review with Tomasa 1:30-Chair Yoga with Brenda 2:30-Mystery Box</p> | <p>13 10:00-Summer Memories 10:30-Exercise with Don 11:30-Morning Discussion 1:30-Bingo with Bonnie 2:30-Wipe off the Activity Tables</p> | <p>14 10:00-Reminiscing: Summer School 10:30-Mental Fitness with Mary 1:30-Spanish Serenades w/Jose 2:30-Trivia Cities Day with Arlene</p> | <p>15 10:00-Senior Breakfast with Eva 10:30- Lacing Boards 11:00-Chair Exercise 1:30-Arts & Crafts w/Staff 2:30-Loom Weaving</p> | <p>16 10:00-Tell us About your Life 10:30-Sensory Stimulation 11:00-Music & Movements 1:30-Spanish Serenades with Jose 2:30-Sabbath Service with Arlene 3:00-Story Time with Arlene</p> |
| <p>19 10:00-Memory Enhancement with Ann 11:30-Weekend Review with Tomasa 1:30-Chair Yoga with Brenda 2:30-Counting Trading Cards</p> | <p>20 10:00-String Beads 10:30-Exercise with Don 11:30-Morning Discussion 1:30-Slide Show with Debbie 2:30-Afternoon Stretch</p> | <p>21 10:00-Airplanes Discussion 10:30-Mental Fitness with Mary 1:30-Spanish Serenades w/Jose 2:30-Animal Trivia with Arlene</p> | <p>22 10:00-Senior Breakfast with Eva 10:30-Charades 11:00-Chair Exercise 1:30-Sing-a-long Old Songs 2:30-Coloring Page</p> | <p>23 10:00-Daily Doses of Nostalgia 10:30-Folding Laundry 11:00-Fun with Flexibility 1:30-Spanish Serenades with Jose 2:30-Sabbath Service with Arlene 3:00-Story Time with Arlene</p> |
| <p>26 10:00-Memory Enhancement with Ann 11:30-Weekend Review with Tomasa 1:30-Chair Yoga with Brenda 2:30-Color Pictures of Flowers</p> | <p>27 10:00-Reminiscing: Food 10:30-Exercise with Staff 11:30-Morning Discussion 1:30-Bingo with Bonnie 2:30-Toss a Ball</p> | <p>28 10:00-Cutting Pictures from Magazines 10:30-Mental Fitness with Mary 1:30-Spanish Serenades w/Jose 2:30-Birthday Celebration! 2:45- Mini-Profile: Fred Gwynne with Arlene</p> | <p>29 10:00-Senior Breakfast with Eva 10:30-Poetry Club 11:00-Chair Exercise 1:30-Arts & Crafts w/Staff 2:30-Reminiscing: Childhood</p> | <p>30 10:00-Identify States and Capitals 10:30-Reminisce: Favorite Hobby 11:00-Gentle Movements 1:30-Spanish Serenades with Jose 2:30-Sabbath Service with Arlene 3:00-Story Time with Arlene</p> |



Olive Stone Program

July 2010

* Activities subject to change without notice. 1510 Pico Boulevard, Santa Monica, CA 90405 Phone: (310) 452-7802

Lunch 12:00 Noon Snacks 2:30 & 4:30p.m

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|--|
| <p><u>Ongoing daily activities:</u> 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>1 Intergenerational Day 10:00-Senior Breakfast with Eva 10:30-Canadian Citizenship Quiz with UCLA Students 11:00-Matter of Balance 1:30-Mental Fitness w/Mary</p> | <p>2 10:00-Independence Day Celebration with Picnic and Games 1:30-Spanish Serenades with Jose 2:30-Sabbath Service with Arlene 3:00-Story Time with Arlene</p> |
| <p>5 CENTER CLOSED FOR INDEPENDENCE DAY</p> | <p>6 10:00-Memory Boosters w/Staff 10:30-Exercise with Don 11:30-Today in History w/Staff 1:30-Bingo with Bonnie 2:30-Patriotic Word Search</p> | <p>7 10:00-Hangman 10:30-Mental Fitness with Mary 1:30-Spanish Serenades with Jose 2:30-Red Words with Arlene</p> | <p>8 10:00-Senior Breakfast with Eva 10:30-Today in History 11:00-Matter of Balance 1:30-Mental Fitness w/Mary</p> | <p>9 10:00-Today in History 10:30-Bulletin Board Trivia 11:00-Exercise with Staff 1:30-Spanish Serenades with Jose 2:30-Sabbath Service with Arlene 3:00-Story Time with Arlene</p> |
| <p>12 10:00- Memory Enhancement with Ann 11:30-Health Talk: Malnutrition 1:30-Sing-a-long 2:30-Zumba Gold with Rita 3:00-Humorous Short Stories with Arlene</p> | <p>13 10:00-Memory Boosters w/Staff 10:30-Exercise with Don 11:30-Today in History w/Staff 1:30-Bingo with Bonnie 2:30-Famous Rabbits Word Search</p> | <p>14 10:00-Today in History 10:30-Mental Fitness with Mary 1:30-Spanish Serenades with Jose 2:30-Trivia Cities Day with Arlene</p> | <p>15 10:00-Senior Breakfast with Eva 10:30-Brain Teaser 11:00-Matter of Balance 1:30-Drum Circle 2:30-Chicken Soup for the Soul</p> | <p>16 10:00-Playing Football Soccer 10:30-Travel Via Trivia: France 11:00-Exercise with Staff 1:30-Spanish Serenades with Jose 2:30-Sabbath Service with Arlene 3:00-Story Time with Arlene</p> |
| <p>19 10:00- Memory Enhancement with Ann 11:30-Health Talk: Weight Loss 1:30-Arts & Crafts with Staff 2:30-Zumba Gold with Rita 3:00-Tisha B'AV History with Arlene</p> | <p>20 10:00-Memory Boosters w/Staff 10:30-Exercise with Don 11:30-Today in History w/Staff 1:30-Slide Show with Debbie 2:30-Finish the Farm-Phrase</p> | <p>21 10:00-Elder Trivia 10:30-Mental Fitness with Mary 1:30-Spanish Serenades with Jose 2:30-Animal Trivia with Arlene</p> | <p>22 10:00- Senior Breakfast with Eva 10:30-Alphabet Words: Game 11:00-Matter of Balance 1:30-Biography of Susan Boyle 2:30-Food of July Trivia</p> | <p>23 10:00-Reminiscing: Summer Excursion 11:00-Exercise with Staff 1:30-Spanish Serenades with Jose 2:30-Sabbath Service with Arlene 3:00-Story Time with Arlene</p> |
| <p>26 10:00-Memory Enhancement with Ann 11:30-Health Talk: Bulimia 1:30-Weather Crossword 2:30-Zumba Gold with Rita 3:00-Halfway Point Trivia Quiz with Arlene</p> | <p>27 10:00-Memory Boosters w/Staff 10:30-Exercise with Staff 11:30-Today in History w/Staff 1:30-Bingo with Bonnie 2:30-Doodlers</p> | <p>28 10:00-Sport Trivia 10:30-Mental Fitness with Mary 1:30-Spanish Serenades with Jose 2:30-Birthday Celebration! 2:45-Mini-Profile: Fred Gwynne with Arlene</p> | <p>29 10:00-Senior Breakfast with Eva 10:30-Weather Expressions 11:00-Matter of Balance 1:30-Proverbs to Live By 2:30-Bowling</p> | <p>30 10:00-Memory Boosters 10:30-Finish That Title 11:00-Exercise with Staff 1:30-Spanish Serenades with Jose 2:30-Sabbath Service with Arlene 3:00-Story Time 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 recovering from health conditions of Alzheimer's, dementia, Parkinson's or a stroke.

Location: WISE Adult Day Service Center
1510 Pico Blvd., Santa Monica, CA 90405

Contact: Frankie Aggers - Group Facilitator
(310) 452-7802

First and Third Thursday

of every month

10:30 a.m. - Noon

Complimentary respite provided

Second and Fourth Tuesday

of every month

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

Complimentary respite provided

Second and Fourth Thursday

of every month

**Adult Children Caring for a Parent
with Memory Loss**

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

Complimentary respite provided

Group session fees are on a sliding scale

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

Please see reverse side for dates



April 2010

**Thursday
April 1**

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

**Thursday
April 8**

Caregiver Support Group
*Adult Children Caring for a
Parent with Memory Loss*
respite available
5 – 6:30 p.m.

**Tuesday
April 13**

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

**Thursday
April 15**

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

**Thursday
April 22**

Caregiver Support Group
*Adult Children Caring for a
Parent with Memory Loss*
respite available
5 – 6:30 p.m.

**Tuesday
April 27**

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

May 2010

**Thursday
May 6**

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

**Tuesday
May 11**

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

**Thursday
May 13**

Caregiver Support Group
*Adult Children Caring for a
Parent with Memory Loss*
respite available
5 – 6:30 p.m.

**Thursday
May 20**

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

**Tuesday
May 25**

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

**Thursday
May 27**

Caregiver Support Group
*Adult Children Caring for a
Parent with Memory Loss*
respite available
5 – 6:30 p.m.

June 2010

**Thursday
June 3**

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

**Tuesday
June 8**

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

**Thursday
June 10**

Caregiver Support Group
*Adult Children Caring for a
Parent with Memory Loss*
respite available
5 – 6:30 p.m.

**Thursday
June 17**

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

**Tuesday
June 22**

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

**Thursday
June 24**

Caregiver Support Group
*Adult Children Caring for a
Parent with Memory Loss*
respite available
5 – 6:30 p.m.

WISE
& Healthy Aging

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Companion Sitting Services

The WISE Adult Day Service Center is pleased to announce a new service available to family members and caregivers of loved ones.

One-hour minimum requirement only. The first hour is \$20/hour, and \$10 for every 30-minute increment.

Our Center hours are 7:30 am to 6:30 pm, Monday through Friday (except holidays). An initial, one-time only assessment fee of \$20 is required to register for this service.*

Your loved one will be cared for in a socially-stimulating environment among trained professionals. And if your need for companion sitting goes over the noon hour, lunch is included – at no charge.

Let us help. Give us a call to schedule a day and time!

(310) 452-7802

** The assessment fee is waived for current clients of the Adult Day Service Center.*

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

PROGRAMS

(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.

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

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 psycho-social 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: Daily Money Management Program (bill paying assistance and Representative Payee services); Medicare Counseling; AARP Tax-Aide Program; Reverse Mortgage Counseling.

(Continued on reverse)



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

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: Protecting the quality of life and care of seniors living in long-term facilities in the City and County of Los Angeles.

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.

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.