

# 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](http://www.wiseandhealthyaging.org)



# WISE Program

## March 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	
<b>1</b> 9:00-Coffee & Chit Chat 10:00-Memory Enhancement w/Ann 11:30-Weekend Review w/ Staff 1:30-Chair Yoga with Brenda 2:30-Baseball Trivia 4:15-Famous Pigs Crossword Puzzle	<b>2</b> 9:00-Coffee & Chit Chat 10:00-It Happens in the Month of March 10:30-Exercise with Don 11:30-Morning Discussion 1:30-Arts & Crafts with Tomasa 4:15-Remembering Dr. Seuss	<b>3</b> 9:00-Coffee & Chit Chat 10:00-Women's History 10:30-Yarn Therapy 11:00-Exercise with Brenda 1:30-Spanish Serenades with Jose 2:30-Bulletin Board Trivia 4:15-On this Day in 1923	<b>4</b> 9:00-Coffee & Chit Chat 9:30-Morning Stretch 10:00-Senior Breakfast with Eva 10:30-Art Appreciation with Kim 1:30-Moving to the Beat 2:30-USA Map Puzzle 4:15-Card Games	<b>5</b> 9:30-Art Therapy with Parisa 10:15-Music & Mental Fitness w/ Bob 1:00-UCLA Dept. of Neurobiology Presents: Stroke Awareness 1:30-Poetry Reading 2:30-Exercise with Monica 4:15-Gerhardus Mercator Trivia	
<b>8</b> 9:00-Coffee & Chit Chat 9:30-Morning Stretch 10:00-Memory Enhancement w/Ann 11:30-Weekend Review with Staff 1:30-Chair Yoga with Brenda 2:30-Reading Stories 4:15-Guess the Year	<b>9</b> 9:00-Coffee & Chit Chat 10:00-Mystery Box 10:30-Exercise with Don 11:30-Morning Discussion 1:30-Music Appreciation w/Aleane 2:30-Remembering: Helen Keller 4:15-Monopoly	<b>10</b> 9:00-Coffee & Chit Chat 10:00-Molding Crafts 10:30-Gonna Do A Little Music 11:00-Exercise with Brenda 1:30-Spanish Serenades with Jose 2:30-Celebrating First Ladies 4:15-Invention of the Telephone	<b>11</b> 9:00-Coffee & Chit Chat 9:30-Morning Stretch 10:00-Senior Breakfast with Eva 11:00-Chair Exercise 1:30-Bingo with Prizes 2:30-Ring Toss 4:15-Board Games	<b>12</b> 9:00-Coffee & Chit Chat 9:30-Art Therapy with Parisa 10:15-Music & Mental Fitness w/ Bob 1:30-Sing-a-long 2:30-Exercise with Monica 3:00-Story Time with Arlene 4:15-Trivia Plus	
<b>15</b> 9:00-Coffee & Chit Chat 9:30-Morning Stretch 10:00-Memory Enhancement w/Ann 11:30-Weekend Review with Staff 1:30-Chair Yoga with Brenda 2:30-Bessie Coleman Trivia 4:15-Checkers	<b>16</b> 9:00-Coffee & Chit Chat 10:00-St. Patrick's Day History 10:30-Exercise with Don 11:30-Morning Discussion 1:30-Arts & Crafts with Tomasa 2:30-Tell Me About Your Work 4:15-Trivia For the Day	<b>17 Happy St. Patrick's Day!</b> 9:00-Coffee & Chit Chat 10:00-Top 10 St. Patrick's Movies 10:30-Irish Jokes 11:00-Exercise with Brenda 1:30-Spanish Serenades with Jose 2:30-St. Patrick's Day Celebration 4:15-Irish Jokes	<b>18</b> 9:00-Coffee & Chit Chat 9:30-Morning Stretch 10:00-Senior Breakfast with Eva 10:30-Art Appreciation with Kim 1:30-Chair Exercise 2:30-Remembering: Betsy Ross 4:15-Basketball Game	<b>19</b> 9:00-Coffee & Chit Chat 9:30-Art Therapy with Parisa 10:30-Spring Baskets w/Joy Catchers 1:30-Reminiscing: First Ladies 2:30-Exercise with Monica 3:00-Story Time with Arlene 4:15-Dominoes	
<b>22</b> 9:00-Coffee & Chit Chat 9:30-Morning Stretch 10:00-Memory Enhancement w/Ann 11:30-Weekend Review with Staff 1:30-Chair Yoga with Brenda 2:30-Loom Weaving 3:30-Girls In Action YWCA	<b>23</b> 9:00-Coffee & Chit Chat 9:30-Morning Stretch 10:00-Patrick Henry's Quote 10:30-Exercise with Don 11:30-Morning Discussion 1:30-Slide Show with Debbie 2:00-Horseshoe Game 4:15-On This Day...	<b>24</b> 9:00-Coffee & Chit Chat 10:00-Charades 10:30-Ceramic Painting 11:00-Exercise with Brenda 1:30-Spanish Serenades with Jose 2:30-Singing Sweethearts of World War II Trivia 4:15-Bouncing Ball	<b>25</b> 9:00-Coffee & Chit Chat 9:30-Morning Stretch 10:00-Senior Breakfast with Eva 10:30-Vera Lynn Trivia 11:00-Chair Exercise 1:30-Manicure & Hand Massage 2:30-Basketball Trivia 4:15-Pig Day Crossword	<b>26</b> 9:00-Coffee & Chit Chat 9:30-Art Therapy with Parisa 10:15-Music & Mental Fitness w/Bob 1:30-Spring Collage 2:30-Exercise with Monica 3:00-Story Time with Arlene 4:15-Word Search	
<b>29</b> 9:00-Coffee & Chit Chat 9:30-Morning Stretch 10:00-Memory Enhancement w/Ann 11:30-Weekend Review with Staff 1:30-Chair Yoga with Brenda 2:30-Ideal Friendship Poetry 4:15-Chess	<b>30</b> 9:00-Coffee & Chit Chat 9:30-Morning Stretch 10:00-Doctor's Day Discussion 10:30-Exercise with Don 11:30-Morning Discussion 1:30-Music Appreciation w/Aleane 2:30-Flash Cards 4:15-Doodlers	<b>31</b> 9:00-Coffee & Chit Chat 10:00-Charades 10:30-Drum Circle 11:00-Entertainer: Lee Hahn 1:30-Spanish Serenades w/Jose 2:30-Birthday Celebration 2:45-Passover Celebration 4:15-Complete the Saying	<b>MARCH IS NATIONAL WOMEN'S HISTORY MONTH</b>		
				<b>Every Morning 9:30-Morning Stretch</b>	



# Olive Stone Program

## March 2010

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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	
<b>1</b> 9:00-Coffee & Chit Chat 10:00-Memory Enhancement w/Ann 11:30-Health Talk: Infectious Diseases 1:30-Art Therapy with Parisa 2:30-Stretch with Music w/ Dolores 4:15-Famous Pigs Crossword Puzzle	<b>2</b> 9:00-Coffee & Chit Chat 9:30-Morning Stretch 10:00-Memory Boosters with Staff 10:30-Exercise with Don 11:30-Today in History with Staff 1:30-Dominoes with Bonnie 2:30-First Ladies Trivia 4:15-Remembering Dr. Seuss	<b>3</b> 9:00-Coffee & Chit Chat 9:30-Morning Stretch 10:00-Around the World w/ Miriam 1:30-Spanish Serenades with Jose 2:30-Bulletin Board Trivia with Arlene 4:15-On this Day in 1923	<b>4</b> 9:00-Coffee & Chit Chat 9:30-Morning Stretch 10:00-Senior Breakfast with Eva 10:30-Art Appreciation w/ Kim 1:30-Ballroom Dance 2:30-Mini-Profile: Ron Howard 4:15-Card Games	<b>5</b> 9:00-Coffee & Chit Chat 10:15-Music & Mental Fitness w/Bob 1:00-UCLA Dept. of Neurobiology Presents: Stroke Awareness 1:30-Exercise with Monica 2:30-Sabbath Service with Arlene 3:00-Story Time with Arlene 3:30-Art Therapy with Parisa	
<b>8</b> 9:00-Coffee & Chit Chat 9:30-Morning Stretch 10:00-Memory Enhancement w/Ann 11:30-Health Talk: Seasonal Influenza 1:30-Art Therapy with Parisa 2:30-Let's Get Moving w/ Dolores 4:15-Guess the Year	<b>9</b> 9:00-Coffee & Chit Chat 9:30-Morning Stretch 10:00-Memory Boosters with Staff 10:30-Exercise with Don 11:30-Today in History with Staff 1:30-Music Appreciation w/Aleane 2:30-First Ford Mustang (1964) 4:15-Monopoly	<b>10</b> 9:00-Coffee & Chit Chat 9:30-Morning Stretch 10:00-Around the World w/ Miriam 1:30-Spanish Serenades with Jose 2:30-Celebrating First Ladies with Arlene 4:15-Anniversary of the Invention of the Telephone (1876)	<b>11</b> 9:00-Coffee & Chit Chat 9:30-Morning Stretch 10:00-Senior Breakfast with Eva 10:30-Who Am I? 11:00-Matter of Balance w/Tamie 1:30-Ballroom Dance 2:30-Tongue Twister 4:15-Board Games	<b>12</b> 9:00-Coffee & Chit Chat 9:30-Morning Stretch 10:15-Music & Mental Fitness w/Bob 1:15-Exercise with Monica 2:30-Sabbath Service with Arlene 3:00-Story Time with Arlene 3:30-Art Therapy with Parisa	
<b>15</b> 9:00-Coffee & Chit Chat 9:30-Morning Stretch 10:00-Memory Enhancement w/Ann 11:30-Health Talk: H1N1 Swine Flu 1:30-Art Therapy with Parisa 2:30-The Fitness Club w/ Dolores 4:15-Checkers	<b>16</b> 9:00-Coffee & Chit Chat 10:00-Memory Boosters with Staff 10:30-Exercise with Don 11:30-Today in History with Staff 1:30-Dominoes with Bonnie 2:30-Sensory Stimulation 4:15-Trivia For the Day	<b>17 Happy St. Patrick's Day</b> 9:00-Coffee & Chit Chat 9:30-Morning Stretch 10:00-Around the World w/ Miriam 1:30-Spanish Serenades with Jose 2:30-St. Patrick's Day History and Celebration with Arlene 4:15-Irish Jokes	<b>18</b> 9:00-Coffee & Chit Chat 9:30-Morning Stretch 10:00-Senior Breakfast with Eva 10:30-Art Appreciation w/ Kim 1:30-Ballroom Dance 2:30-Take a Guess 4:15-Basketball Game	<b>19</b> 9:00-Coffee & Chit Chat 10:00-Hangman with Dolores 10:30-Spring Baskets w/Joy Catchers 1:15-Exercise with Monica 2:30-Sabbath Service with Arlene 3:00-Story Time with Arlene 3:30-Art Therapy with Parisa	
<b>22</b> 9:00-Coffee & Chit Chat 9:30-Morning Stretch 10:00-Memory Enhancement w/Ann 11:30-Health Talk: SARS 1:30-Art Therapy with Parisa 2:30-Gentle Movements w/Dolores 3:30-Girls In Action YWCA	<b>23</b> 9:00-Coffee & Chit Chat 10:00-Memory Boosters with Staff 10:30-Exercise with Don 11:30-Today in History with Staff 1:30-Slide Show with Debbie 2:00-Dominoes with Bonnie 4:15-On This Day (1950)	<b>24</b> 9:00-Coffee & Chit Chat 9:30-Morning Stretch 10:00-Around the World w/ Miriam 1:30-Spanish Serenades with Jose 2:30-Singing Sweethearts of World War II Trivia with Arlene 4:15-Bouncing Ball	<b>25</b> 9:00-Coffee & Chit Chat 9:30-Morning Stretch 10:00-Senior Breakfast with Eva 11:00-Matter of Balance w/Tamie 1:30-Ballroom Dance 2:30-Did You Know? 4:15-Pig Day Crossword	<b>26</b> 9:00-Coffee & Chit Chat 9:30-Morning Stretch 10:15-Music & Mental Fitness w/ Bob 1:15-Exercise with Monica 2:30-Sabbath Service with Arlene 3:00-Story Time with Arlene 3:30-Art Therapy with Parisa	
<b>29</b> 9:00-Coffee & Chit Chat 9:30-Morning Stretch 10:00-Memory Enhancement w/Ann 11:30-Health Talk: Avian Flu 1:30-Art Therapy with Parisa 2:30-Fun with Flexibility w/Dolores 4:15-Chess	<b>30</b> 9:00-Coffee & Chit Chat 10:00-Memory Boosters with Staff 10:30-Exercise with Don 11:30-Today in History with Staff 1:30-Music Appreciation w/Aleane 2:30-Remedies Match-Up 4:15-Doodlers	<b>31</b> 9:00-Coffee & Chit Chat 10:00-Word-Within-a-Word 11:00-Entertainer: Lee Hahn 1:30-Spanish Serenades with Jose 2:30-Birthday Celebration! 2:45-Passover Celebration 4:15-Complete the Saying	<b>March is National Women's History Month</b>		
				<b>Every Morning 9:30-Morning Stretch</b>	

# 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*



## March 2010

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**Thursday  
March 4**

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

**Tuesday  
March 9**

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

**Thursday  
March 11**

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

**Thursday  
March 18**

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

**Tuesday  
March 23**

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

**Thursday  
March 25**

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

## April 2010

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**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

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**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.

**WISE**  
*& Healthy Aging*

[www.wiseandhealthyaging.org](http://www.wiseandhealthyaging.org)



## 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.**