

# 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.wiselandhealthyaging.org](http://www.wiselandhealthyaging.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

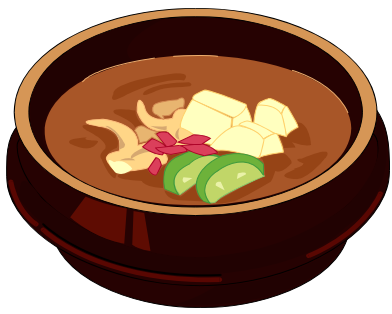
## March 2010

\* 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-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>	



# March 2010


# WISE & Healthy Aging "Healthy Lunches Program"

Lunches catered by :  
**Integrated Support Solutions Inc. (ISSI)**  
1-818-947-2792

We welcome your comments and suggestions.  
Larry Cantrell - Chef

Funded in part through Title III of the Older Americans Act of 1965, as amended by the L.A. County Area Agency on Aging. Saturday lunches are served at the Senior Recreation Center only, from 11:00AM - 12:00PM. Virginia Avenue Park is Thursdays only!!

Menu subject to change without notice. Suggested donation \$2.50 for seniors 60+ Call between 10:30 AM-12:30 PM one weekday in advance for reservations. Saturday lunches must be reserved on Thursday.

	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b>	<i>Chicken of the Islands &amp; Brown Rice/California Blend Vegetables Tossed Salad w/1000 Island Dressing Seasonal Fruit Orange Juice</i>	<b>2</b> <i>Garden Veggie Soup/ Beef Stew Whole Grain Roll Carrots Potatoes, Peas &amp; Onions Pineapple Mandarin Orange Cup</i>	<b>3</b> <i>Herbed Baked Chicken Corn Bread Stuffing Sweet Potato Creamy Coleslaw Trans Fat Free Spice Cake</i>	<b>4</b> <i>Mexican Casserole w/Ground Beef, Cream and Noodles Whole Grain Roll Mixed Veggies Romaine Salad w/ Italian Dressing Cantaloupe</i>	<b>5</b> <i>Navy Bean Soup Baked Fish or Polish Turkey Sausage Whole Wheat Bread Carrots Browned Potatoes Fresh Orange</i>	<b>6</b> <i>Apple Juice Tuna Salad Sandwich on Whole Wheat Marinated Cucumber Salad Oatmeal Cookie</i>
<b>8</b>	<i>Chili Mac w/ Ground Beef Whole Grain Roll Normandy Vegetables Tossed Salad w/ 1000 Is. Dressing Orange or Tangerine</i>	<b>9</b> <i>Chicken Stir Fry/ Steamed Brown Rice Carrots, Snow Peas, Celery &amp; Onion (in entrée) Pineapple Coleslaw Banana</i>	<b>10</b> <i>Tuna Noodle Casserole White Bread Creamed Spinach Broccoli &amp; Raisin Salad Coconut pudding (trans fat free)</i>	<b>11</b> <i>Orange Juice Beef Enchilada w/cheese Spanish Rice Cabbage Apple Nut Salad w/French Dressing Carrot Cake (trans fat free)</i>	<b>12</b> <i>Herbed Fish or Cranberry Chicken Whole Grain Roll Mashed Potato Spinach Salad w/ Mandarin Oranges Seasonal Fruit</i>	<b>13</b> <i>OJ SubSandwich w/ Beef &amp; Ham (high sodium), Lettuce, Tomato/ Marinated Beans, Carrots &amp; Onions Oatmeal Cookies</i>
<b>15</b>	<i>Vegetable Beef Soup Chinese Chicken Stir Fry with Low Sodium Soy Sauce White Rice Whole Grain Roll California Blend Melon</i>	<b>16</b> <i>Beef w/ Chimichuri (special herb blend) Mashed Potato Italian Vegetables Creamy Coleslaw Lemon Cake (trans fat free)</i>	<b>17</b> <i>Chicken Rice Soup Spinach Quiche Whole Wheat Bread Green Peas &amp; Red Peppers Citrus Fruit</i>	<b>18</b> <i>Minestrone Soup BBQ Chicken Corn Bread Oven Browned Potatoes Steamed Cabbage and Carrots Fresh Orange</i>	<b>19</b> <i>Orange Juice Citrus Baked Fish or Turkey Bean Chili Brown Rice Whole Grain Roll Seasoned Spinach Romaine Salad w/Italian Dressing Oatmeal Cookie</i>	<b>20</b> <i>Pineapple Juice Turkey &amp; Swiss Cheese Sandwich on Whole Wheat Macaroni Salad Coleslaw Seasonal Fruit</i>
<b>22</b>	<i>Beef Burrito Flour Tortilla Spanish Rice Cut Corn Spinach Salad w/Mandarin Oranges Banana</i>	<b>23</b> <i>Tomato Soup Chicken Paprika w/sauce Barley Pilaf Mixed Vegetables Cantaloupe</i>	<b>24</b> <i>Slip Pea Soup Beef Meatloaf w/Gravy Whole Grain Roll Mashed Potato California Blend Vegetables Rice Pudding (trans fat free)</i>	<b>25</b> <i>Roja Salsa Pork Whole Grain Roll Coleslaw Baked Beans Trans Fat Free White/Yellow Cake</i>	<b>26</b> <i>Fish Vera Cruz or Sweet &amp; Sour Pork Brown Rice Carrots Garden Salad w/Ranch Dressing Fresh Orange</i>	<b>27</b> <i>Apple Juice Tuna Salad Sandwich/ WW Bread, Lettuce, Tomato Marinated Vegetables Oatmeal Cookies</i>
<b>29</b>	<i>Vegetable Soup Spaghetti Bolognese Roll w/Garlic Spread Green Beans Fresh Orange</i>	<b>30</b> <i>Roast Turkey with Gravy Corn Bread Stuffing Spinach Cranberry Gelatin Salad Honeydew and Cantaloupe</i>	<b>31</b> <i>Orange Juice Salisbury Steak with Gravy Whole Grain Roll Mashed Potato Carrot Raisin Salad Vanilla Pudding (trans fat free)</i>	<b>Low fat &amp; No fat milk is available with every lunch.</b> 	<b>Senior Recreation Ctr.:</b> 1450 Ocean Ave. 310 458-2219 <b>Ken Edwards Ctr.:</b> 1527 4th St. 310 395-8478 <b>Reed Park:</b> 7th Street & Wilshire Blvd. 310 458-8315 Virginia Ave. Park: 310-452-7802	



WISE Adult Day Service Center  
1510 Pico Blvd., Santa Monica, CA 90405  
(310) 452-7802

## Transportation Possibilities

**If you are a Santa Monica resident AND a senior (age 60+) OR disabled (age 18+), you can use...**

### WISE & Healthy Aging / Santa Monica Dial-A-Ride

Phone: (310) 394-9871, pre-registration required  
Website: <http://www.wiseandhealthyaging.org/cms/1085.html>

**Service Area:** Santa Monica and designated medical facilities in the surrounding area.

**Cost:** \$0.50 each way (plus, \$0.25 for accompanying caregivers). Must pay in advance by check. Details provided via information package to client's sponsor.

**To arrange for transportation to the WISE Adult Day Service Center:** The Dial-A-Ride Program provides daily group transportation for Adult Day Center clients as space permits. Reservations must be made one week in advance through special arrangements with the WISE Adult Day Center staff at (310) 452-7802. The current schedule for pick-ups is between 9:00 am and 10:00 am and returns are between 3:00 pm and 4:00 pm. The schedule is subject to variations as space permits.

**Note:** Service is available on first call, first serve basis and capacity is limited to space availability. A fee of \$5.00 is assessed for failure to cancel a scheduled trip with less than 2 hours notice.

**If you are a senior with a disability in LA County, you can use...**

### Access Services

Phone: 1(877) 517-6884  
Website: <http://www.asila.org/accessparatransit.index.cfm>

**Catchment area:** LA County

**Cost:** \$1.80 each way for up to 19.9 miles; \$2.70 each way for 20 miles or more.

**Note:** Access is funded by federal and local transportation grants as well as riders' fares.

Access has two programs:

- 1) **Steady Ride** – fixed schedule, usually a long wait list
- 2) **Ready Ride** – call in advance for reservation for each trip

When you call Access, be prepared to hold for a while. Also, Access sets a window of 20 minutes around the reserved pick-up time and will not wait if the passenger is not ready.

**Please note,** families assume a risk in using this service for a family member with dementia: these clients will not be able to rectify an error made by the service and may wander off if dropped at an incorrect address.

<p><b>If you are a resident of West LA, Brentwood, Venice, Mar Vista, Rancho Park, Pacific Palisades, Palms area (off of Sepulveda), you can use...</b></p> <p><b>Felicia Mahood</b></p> <p>Phone: (310) 231-0369, ask for Carol or Marci</p> <p>Cost: Suggested donation is \$1.00 each way</p> <p><b>Note:</b> Seating is extremely limited. Trips to WISE Adult Day Service Center are scheduled as Felicia Mahood resources permit. Services are not guaranteed to WISE &amp; Healthy Aging clients.</p>	<p><b>If you are a City of Los Angeles resident AND a senior (age 65+) OR disabled (age 18+), you can use...</b></p> <p><b>City Ride</b></p> <p>City Ride Transit Scrip: (310) 808-7433  City Ride Dial-A-Ride: (323) 666-0895  Website: <a href="http://www.ladottransit.com/other/cityride">http://www.ladottransit.com/other/cityride</a></p> <p><b>Cost:</b> Each quarter, 84 coupons for \$15.42, those with MediCal pay \$6.42</p> <p><b>Note:</b> CityRide registrants purchase a book of 84 transit "scrip" coupons each quarter and use them to obtain discounts on taxi, private lift-van and CityRide Dial-A-Ride services. For Dial-A-Ride service under 10 miles, 4 "scrip" coupons are required; for 10-20 miles, 6 "scrip" coupons are required.</p>
<p><b>If you are a resident of Culver City and areas of Los Angeles County identified as View Park, Windsor Hills, and Ladera Heights AND you have a doctor's letter stating you're a senior with disabilities, you can use...</b></p> <p><b>Culver City Senior Center</b></p> <p>Phone: (310) 253-6729 for an application and eligibility determination.  Website:  <a href="http://www.culvercity.org/senior/sr_disab_transp.asp">http://www.culvercity.org/senior/sr_disab_transp.asp</a></p> <p><b>Cost:</b> Residents may purchase 5 books of taxi coupons per month for \$10.00, each trip must begin or end in Culver City.</p>	

**If none of the above possible arrangements fit your needs, call the Director of Specialized Transportation Services at 1 (800) 266-6883.**

# 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

---

**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

---

**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.

**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.**