

## WELLNESS

Our Adult Day Service program is staffed by our Therapeutic Programmer and aides, Activities Coordinator, Certified Nursing Assistants and a Registered Nurse. Active volunteers add to the quality of our services and care.

Adult Day Services provide:

- Comprehensive on-site medical assistance
- Customized structured care plans for medical, educational, socialization and recreational activities
- Accompaniment to medical appointments
- Medication administration oversight
- Private sitting and dining area
- 2 meals per day and an afternoon snack

Our nutrition program serves a healthy breakfast and lunch that each provide 1/3 of the daily USDA nutrition requirements.

Our care is provided in a friendly, supportive, and positive atmosphere designed to create a successful experience for all participants.

## HEALTH SCREENINGS

Whether a physical health concern or a cognitive challenge, our program can help. We are able, as a certified health facility, to provide health care monitoring, basic health services and rehabilitation therapies.

Health Screenings include:

- Blood pressure
- Glucose and Cholesterol
- Respiratory Clinic: Pulse Oximetry, Peak Flows
- Eye Glasses Clinic
- Hearing Aid Clinic
- Bone Density Screenings
- Flu and Pneumonia Vaccinations
- Quarterly Assessments

## ACTIVITIES

At the Y, we know that developing and maintaining peer relationships outside of the immediate family is so important for our health and well-being. The day-to-day opportunity for socialization found here affirms each senior's dignity and self-worth.

The YMCA Bettye J. McCormick Senior Center provides a stimulating environment, rich in opportunities for seniors to remain active and engaged in the community.

Our Adult Day Service program promotes health, happiness, independence and safety by providing you or loved ones with increased opportunities for access, inclusion and choice. Every day is filled with new and exciting opportunities for ADS clients.

Activities include:

- Passive exercise tables
- Treadmills, ellipticals and stationary bikes
- Chair aerobics
- Cooking, sewing and ceramics classes
- Music therapy
- Hand bell choir
- Interactive video games
- Bingo
- Euchre Club
- Field trips
- Birthday parties
- Woodworking opportunities



## RESPIRE CARE

Balancing life can be difficult enough. We are here for you, making sure you and your loved ones have the resources and support you need. Our specially designed daily activities enable participants to continue to enjoy life and remain active members of their families and community. Adult Day Services also affords relief for caregivers who normally cannot leave their loved ones alone and unsupervised.

Respite care is available by the hour or by the day. Please contact us for current respite care rates.

**The Y offers compassionate daily care for you or your loved ones and offers you peace of mind knowing they are in capable hands.**

## TRANSPORTATION

Transportation is available to any destination in Knox County via the Y's VanGo public transportation system. All vans are wheelchair accessible. VanGo rides for ADS clients are scheduled as needed by the Coordinator.

## AFFORDABILITY OPTIONS FOR ALL

Payment options include VA, BDDS, Choice, Medicare Waiver, private insurance, private payment and more.

Our ADS Coordinator can also make additional financial assistance referrals to Generations for Case Manager assessment.

For more information on payment options please contact us at 812-882-2285.

## HELPING YOU LIVE BETTER

Our CARF accredited Adult Day Service program offers a safe, structured environment for seniors or adults in need of supervised care during weekdays. It also affords family caregivers an opportunity to remain employed outside the home, take care of personal and business needs, or simply have an uninterrupted break from the daily responsibilities of care giving.

**Our goal is to maintain or enhance each person's physical, cognitive and social capacity. In doing so, our clients are able to continue living in their own homes or those of their family caregivers. Our approach to care involves professional, qualified staff in meeting the individual needs of each participant and family.**

## MISSION

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

## HOURS

Monday through Friday, 8:00 a.m. - 4:00 p.m.  
Closed holidays

Nola Davis  
Director

YMCA Bettye J. McCormick Senior Center

## IS THE Y'S ADULT DAY SERVICES PROGRAM THE RIGHT CHOICE FOR YOUR FAMILY?

Use our assessment tool to evaluate your needs or those of your loved ones:

Are you often alone or feeling increasingly lonely?

Do you feel your loved one is unsafe in your home while you are at work?

Do you require assistance with daily personal care?

Is your loved one becoming increasingly confused or forgetful?

Do you need regular health monitoring and help with your medications?

Have you considered nursing home care for your loved one?

Do you have Alzheimer's disease or suffer memory loss?

If you answered "yes" to any of these questions, you or your loved one would benefit from the quality care and safe, supportive environment of the Y's Adult Day Services Program.

Contact us to see how we can help you continue to remain active and engaged while living life to its fullest potential.

"They serve adults of all ages. Brian is very social. He enjoys the Center's computer program, movie theater and bingo. They make him feel very involved, like he's part of the family. Brian's needs are met, I don't have to worry. I have good communication with the nurse, Gayla, and the staff. It's easy to talk to them. Brian's not totally dependent on just us. He's part of that family. We're really happy with the Senior Center."

-Judy Mills, Mother of ADS client Brian

"I provide Adult Foster Care for individuals with disabilities. The Senior Center gives them a quality outing and experiences they deserve. While they are there, they get to visit with friends and take part in many different activities. They enjoy going and I have peace of mind that they are being well taken care of. I love the Senior Center and encourage anyone who is taking care of a loved one to look into the services they provide."

-Becky Fuller



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The YMCA Bettye J. McCormick Senior Center is an equal opportunity employer and service provider.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# WE CARE LIKE YOU DO

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