Elderly Services, Inc.
Your Partner in Eldercare
Why a Center for Aging?

Aging is different for everyone:
- physically
- cognitively
- emotionally
- socially

But everyone can experience issues with:
- **Engagement/purpose** in retirement
- **Coping with loss**: friends, spouse/family, community, house, driving, etc.
- **Caregiving**: stressful new era detrimental to health and wellbeing
- **Shifting roles with family**: family dynamics, interdependence
- **Isolation** and loneliness
Elderly Services Meets These Needs

- **Engagement** in community life through volunteering or classes
- **Therapeutic community and activities** for elders who’ve been isolated
- **Respite and support** for caregivers through counseling and adult day
- **Counseling for individuals and couples** on the challenges of aging
- **Counseling for families** and resources for changing health needs
- **Educating** the community regarding needs of older people, and **representing** them
Elderly Services’ Programs

An umbrella agency serving diverse needs of those over 60 in Addison County

- Project Independence Adult Day Center
- ESI College Lifelong Learning Center
- Eldercare Counseling
- Geriatric Needs Evaluation
- Geriatric Mental Health Counseling
- Aging Education Center
Elderly Services: A History of Caring

- 40 years of Project Independence Medical Social Adult Day Center
  Serving up to 250 participants, 500 family members, 500 volunteers annually
- 20 years of ESI College Lifelong Learning
  Serving up to 250 students annually, 25 volunteer instructors
- 30+ years of Caregiver and Geriatric Mental Health Counseling
- 30+ years of Community Engagement & Advocacy for Elders
Project Independence: Medical Social Adult Day Program

- Primary goal: caregiver respite
- Nursing oversight and supervision; prevents nursing home placement
- Homemade, nutritious and delicious meals: hydration
- Social work support and problem solving
- Personal care tailored to individual
- Therapeutic recreation
  - Entertainment
  - Socialization; making friends
  - Movement
  - Supportive, caring community
Engagement: Overcoming Social Isolation

Opportunities to engage throughout the day:

- Live music
- Meals together
- Singing and dancing
- Conversation and community building
- Art and sports
- Van trips
- Time together with friends and volunteers
- A beautiful home away from home
Seeing Old Friends and Making New Ones

For someone who has lived in Addison County for many years it is a great way to connect with old friends and to make new friends. It is always fun to see people chat with folks they have not seen in a while.
All Types of Music

Musicians from the community come in to entertain us. Our volunteers and staff play the fiddle, piano, accordion, harp, cello, banjo, guitar, flute and much more! Many have wonderful voices, and we join them in sing-a-longs.
Word Games and Card Games

Words in a Word, Wheel of Fortune, Jeopardy, Scrabble are just a few word games we offer. Skip Bo, Rummy, King Pede, Poker card games are played in small groups throughout the week.
Presentations

It is so much fun to see everyone connecting with stories of shared experiences from travel to hobbies and occupations: gardening, automobiles, farming, woodworking, trips antiques, folklore, birds, native animals, painting, sculpting, ...the list goes on and on.
Art, Crafts and Coloring classes throughout the day
Sport Games
At Project we play just about every game that has been played throughout our lives. We modify the games to everyone’s skill level. Horseshoes, Shuffleboard, Pool, Ladder ball, Bowling, Golf, Basketball, Beanie Baby Toss, Car Shuffleboard just to name a few.
Zoom

We offer programs daily on Zoom!
Exercise and Walking Groups

Everyday at 10, 11:30 and 3:30 we have a Walking Group that walks our circular driveway to get out and get fresh air and exercise. Meanwhile in the building other participants are doing exercise classes that include strengthening, bone builders, Tai Chi, yoga and meditation. Our well being and fitness are part of every day.
Home-cooked meals

We serve delicious home-cooked meals, made with love!
Transportation and Van Trips

In our special vans we can pick you up, bring you home, and take you out on trips!
Schedule

We’re open 5 days/week, 7 AM to 7 PM.
Nursing
We have Nurses on site every day who can give you the care you need, answer your questions, check in with your medical team, help you with taking your medications as needed, and consult with family members.
Social Workers

Our social workers can help you solve problems, be a sounding board, and connect you with local resources. They also provide counseling one-on-one on issues related to growing older, and in groups for caregivers.
"Coming to Project Independence is the best part of my day...."

Fun Activities • New Friendships • Delicious Meals
Transportation Provided • Flexible Schedules

We invite you to call to schedule a visit and tour!
Call Eileen at 388-3983
Stay in Touch!

Find us online:

- www.elderlyservices.org
- facebook.com/elderlyservices/
- instagram.com/elderlyservicesinc/

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Call us: 802.388.3983