

# Adult Day Program



The Adult Day Program is designed to offer participants and caregivers daytime programming, emotional support and assistance with healthcare issues.

A PLACE TO GO...

A CHANGE OF PACE...

WHERE FRIENDS CAN MEET!

*The Adult Day Program is there for you and those you love.*



## THE DAY PROGRAM PROVIDES:

- Therapeutic Programming
- Community outings
- Spiritual growth activities
- Health monitoring and education
- Kosher meals available
- Continental breakfast and afternoon snack
- Skilled nursing services
- Medication assistance

## AVAILABLE FOR AN ADDITIONAL FEE:

Customized personal care services such as additional bathing, physical, occupational, speech and aquatic therapy, etc.



*“My wife has been coming to the Adult Day Program for several years. I am very satisfied with the program. Without it, I would not have been able to keep her home for all these years.”*



## Meeting the Needs of Families and Caregivers

### BENEFITS FOR CAREGIVERS:

- Loved one is in a caring, responsive environment
- Promotes balance to relieve stress and restore energy
- Helps ease the stress of caregiving
- Affordable care
- Receive caregiver support and guidance

### BENEFITS FOR PARTICIPANTS:

The Adult Day Program provides socialization and programming that focuses on the mind, body and spirit!

- Friendship and laughter
- Pet visits
- Daily exercises
- Creative arts classes
- Bingo
- Music, singing and entertainment
- Cooking and baking
- Educational groups and discussions
- Recreational activities



### *Eligibility Requirements:*

Participants should be medically stable and able to participate in the program, free from communicable disease, and able to move safely with the assistance of no more than one staff.

### IN ST. LOUIS PARK DEIKEL FAMILY ALTERCARE ADULT DAY PROGRAM

3620 Phillips Parkway  
St. Louis Park, MN 55426  
952.939.1511

### IN ST. PAUL ROITENBERG FAMILY ADULT DAY PROGRAM

730 Kay Avenue  
St. Paul, MN 55102  
651.328.2063

### SHALLER FAMILY SHOLOM EAST CAMPUS

740 Kay Avenue  
St. Paul, MN 55102  
651.328.2000

Skilled nursing, assisted living, memory care, home care and hospice, HUD senior housing, adult day care, and vitality and aquatics center

### ACKERBERG FAMILY SHOLOM WEST CAMPUS

3620 Phillips Parkway  
St. Louis Park, MN 55426  
952.935.6311

Skilled nursing, assisted living, memory care, home care and hospice, HUD senior housing, and adult day care

### SERVING THE TWIN CITIES METRO AREA

Sholom Home Care • 952.939.1649  
Sholom Johnson Hospice Agency • 651.328.2091

  
Care  
Compassion  
Community  
[www.sholom.com](http://www.sholom.com) 

Sholom, in partnership with our community, supports adults in need across the continuum of care, to live life fully in a Jewish environment and where all are welcome.

It is the policy and commitment of Sholom that it does not discriminate on the basis of national origin, disability, religion or political belief.