



Senior Day Out—Join the Fun!

After he was diagnosed with Parkinson's, John needed special care. He was living independently and grew lonely during the day. His sister searched for a secure environment for him and discovered the Senior Day Center at Opportunities. Now, John stays busy during the day with stimulating activities, nutritious meals and a host of new friends.

The Senior Day Center of Opportunities, Inc. provides excellent health and day care services for individuals who have medical needs. The Day Center is designed to restore, maintain and stimulate independence.

According to a 2004 study conducted by the National Alliance for Caregiving and the AARP, 44.4 million Americans are caring for ailing adult family members, and more than 60 percent of those caregivers are women. The Senior Day Center provides vital respite and support for families and caregivers and relieves the demands of caring for a parent or spouse. Additionally, the Center hosts a Caregiver Support Group meeting the first Friday of each month, which is open to the community.

"It has been a tremendous weight off my shoulders since my mom has been going to the Senior Day Center. I know that she is taking her medication when she is supposed to, and I don't have to call and remind her. They take care of everything," one family member said.

This program is a bridge between the client's home and the nursing home. It gives him or her more time at home in the family setting and is a cost-effective alternative to nursing home care and in-home sitters.

"One of the main benefits, I think, is that it keeps them from being lonely and provides daily stimulation and activities," says Linda Babineaux, Program Manager.

Armchair exercise, music, art classes and board games promote socialization and mental stimulation. Special friends in the community volunteer their time to assist with weekly devotionals, Bingo games, sing along's and dances.

Several days a week, seniors in the program participate in art projects, and their work has been featured at the Four States Fair.

"I never knew that my father could paint. He has had the best time doing it, and now we are proud to display his art work at home"

The Senior Day Center provides families with peace of mind. They feel secure in knowing that their loved one is receiving special care in a spacious new facility designed specifically for adult day care. Seniors receive nutritious meals, snacks, exercise, socialization activities, as well as medication assistance from a nurse on staff.

Additionally, handicap accessible transportation is available to and from the Center.

"I feel more content knowing that my father is well taken care of while I am at work. It also helps that Opportunities picks him up and brings him home each day."

The Senior Day Center at Opportunities recently began a "Senior Day Out" program. Each Thursday, it provides seniors with a day of fun and friendship while offering respite to caregivers.

From the gentle strumming of a guitar, to the bright colors of a painting, there is always something exciting happening at the Senior Day Center. Activities enhance senior's lives by keeping their minds and bodies active.

"My brother is much more alert and active since he has been attending. He looks forward to seeing his friends each morning, and I am relieved that he is not home, alone, sitting in front of the television. The Senior Day Center has been an answer to prayer."

For more information about The Senior Day Center at Opportunities, Inc., contact Linda Babineaux at 903.791.2286.