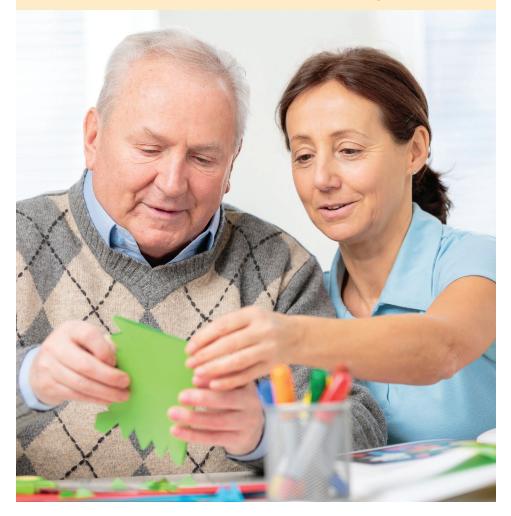


SENIORS UNLIMITED ADULT DAY PROGRAM

For those with dementia and memory loss





Toll Free 1.888.7PEOPLE Web people-inc.org



2635 Delaware Ave Buffalo, NY 14216 **Phone:** 716.768.2370 **Fax:** 716.817.2570

SENIORS UNLIMITED

People Inc. Seniors Unlimited is a unique social day program, which meets the needs of those who have developed dementia or memory loss caused by Alzheimer's or Parkinson's disease, stroke, heart disease or any other illness.

BENEFITS FOR YOUR LOVED ONE

- Socialization and stimulation for improved quality of life
- Safe, friendly atmosphere provided by caring and well-trained staff
- Opportunities to make friends and share experiences on-site and within the community
- Exercises to promote balance, circulation, coordination and flexibility
- Art program that combines music, meditation, poetry and imagery to encourage good self-esteem and self-expression
- Hot, nutritious meals
- Enhanced or maintained level of independence
- Prevention or delay in nursing home placement

BENEFITS FOR CAREGIVERS

Seniors Unlimited benefits everyone in the family, not just the person who attends, providing much-needed respite to family members. Caregivers can use the time to work, run errands or even just take a break from the demands and stress of providing around-the-clock care. Our quarterly newsletter provides resources on continual caregiver support, offered by People Inc. and the community. Additionally, there are quarterly support sessions for caregivers hosted on-site.

COST

This program is covered by Medicaid if the person is receiving care under a Long Term Home Health Care or Managed Care Program. Other funding sources available. Private pay rate is \$45 per day and includes breakfast and lunch. Transportation is an additional \$15. Seniors Unlimited is partially funded by Erie County Department of Senior Services and the New York State Office for the Aging.

MAKING MEMORIES, ONE DAY AT A TIME

While attending the People Inc. Seniors Unlimited Program, there is no such thing as a typical day. Every day is full of fun opportunities.

We believe that we make new memories every day. Here are some of the ways we make them:

• Cooking/baking

• Bison's games

• Boat rides

• Picnics in the park

Botanical Gardens

- Tai Chi
- Meditation
- Pet therapy
- Laughter yoga
- Current events
- Music appreciation
- Bingo
- Exercise
- Movie watching

- Memory books
- Woodworking
- Karaoke
 - Painting

Puzzles

• Poetry

- Trivia
- Erie County Fair
 - IdIII
- Reminiscence

Manicures

CONVENIENT LOCATION

The Seniors Unlimited Program is located at 2635 Delaware Avenue in Buffalo, NY. The typical program timeframe is from 8:30 a.m. to 3:30 p.m., Monday through Friday. However, this flexible program can accommodate needs for earlier drop-off and later pick-up, per necessary preparations.

Transportation available for active participants who live in Buffalo, NY and staff are happy to arrange the details. Lunch is provided.

CONTACT

For more information, visit people-inc.org or call 716.768.2370.

Art program