

The Adult Day Health Program at St. Charles Care Center

Jeanette is an 89 year old, spunky 4 foot 10 inch mother of 4, grandmother of 8 and great grandmother of 6. Five years ago, Jeanette lived alone in her own home. Her family had become increasingly concerned about her safety as Jeanette had fallen several times and her memory was failing. Her family decided Jeanette would rotate living with each of her sons. But what would Jeanette do during the day when her family was at work? The Adult Day Health Program (Charlie's Club) at St. Charles proved to be the perfect solution.

Each weekday Jeanette arrives in the morning at Charlie's Club to enjoy a continental breakfast while participating in an animated discussion of current events. Two Registered Nurses provide ongoing nursing evaluations and medication administration. A Certified Nursing Assistant takes care of her personal care and grooming and a trip to the in- house beauty salon keeps her looking and feeling her best. Activities are many and varied: time with the therapy dog, art class provided by the Alzheimer's Association and even playing in the bell choir when Linda, the Music Therapist, comes to visit. Games, crafts, movies and parties keep Jeanette busy and active each day. A hot lunch catering to her special dietary requirements provides the nourishment required by an active senior. Now Jeanette is surrounded by those she loves, the staff and friends she has made at Charlie's Club during the day and her family at night.

If you would like more information about St. Charles Adult Day Health Program, contact Laura Cardosi, RN, at (859) 331-3224.