

St. Charles Adult Day Health Program

Laura Cardosi of Park Hills is a nurse and the coordinator of the Adult Day Health Program at St. Charles Care Center on Farrell Drive.

St. Charles Adult Day Health Program offers daytime respite services, Monday through Friday, 7:00 a.m. to 6:00 p.m. The program offers a variety of services designed to meet the social, physical and emotional needs of its participants.

Specializing in the care of adults over the age of 50, the program offers care to those suffering from Alzheimer's, emotional or psychological disorders, and to those who need assistance with the general activities of daily living.

"St. Charles Adult Day Health Program follows the health model because we have two registered nurses on staff," said Cardosi. "They can administer medications and treatments and monitor vital signs of our participants. We also have an experienced certified nurse assistance, two recreation assistants and a team of dedicated and trained volunteers."

Cardosi points out that research demonstrates that Alzheimer's patients can slow the process of their disease with social, recreational and physical stimulation. "Our activities leader plans all sorts of fun activities for our participants," she said. "We have parties, entertainment as well as guest speakers. Recently, we had a harmonica group entertain us and a beekeeper brought us honey samples. We also have a country fair where our participants make their own desserts and art projects. Participants also make their own decorations and food at our monthly party."

There is a scheduled exercise program each morning, and some participants choose to use the resistance machines in the Wellness Center at St. Charles for exercise.

There are over 50 participants in the St. Charles Adult Day Health Program. Some come for five days a week; others come for two or three days a week. Catholic participants receive communion



each day and Mass is performed once or twice a month. The program is open to members of any religious faith as well as those that do not attend or belong to a particular church.

"The great thing about our adult day program is that it is in a faith-based facility," said Cardosi. "We really live our mission statement here. We treat everyone with respect."

St. Charles Care Center will celebrate "National Adult Day Services Week" from September 21 through September 27. "It's a chance to bring

awareness of our adult day health program to the community," said Cardosi. "Last year we held an open house and I was interviewed by a Catholic radio station. We also celebrated with a staff luncheon."

St. Charles Adult Day Health Program provides participants with breakfast, lunch and a snack in the afternoon. There is physical, occupational and speech therapy on site, as well as laboratory services and podiatrist services. In addition, participants have access to beauty and barber shop services.

The cost is \$62 a day and a number of funding options are available. One is the Angelic Fund. This fund is supported by private donations made to St. Charles' Adult Day Health Program, and participants can apply and receive up to 50% off the daily cost of attending the program.

The VA Program is open to all honorable discharged veterans with financial need, and to all service connected veterans.

The VA will provide up to five days per week of Adult Day Care and transportation needs. Medicaid and certain disability insurance policies can also help cover part of the cost of program. In addition, the Northern Kentucky Area Development District has a program that pays for two days of care a month.

"I feel passionate about this job and love working at St. Charles Care Center," said Cardosi. "We are making a difference in the lives of a number of adults, and offering respite to their caregivers at home. I believe we are doing God's work."

For additional information please contact Laura Cardosi at 331-3224 or visit www.stcharlescure.org.