

## How do I join the Senior Moments Program?

Call us at 860-643-9500 to request an Application for Participation and specific information about our services.

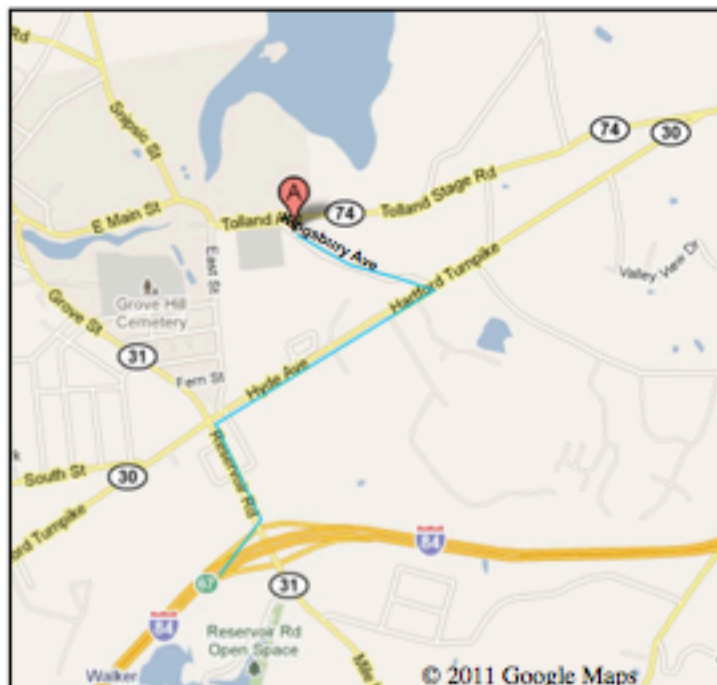
Once you determine that Senior Moments is the right community program for you, our professional staff will set up an appointment to meet and assist you through the admission process.

### Directions to Senior Moments Program

**84 East:** Exit 67, turn left off exit onto CT-31 N (Reservoir Rd) then follow directions below \*

**84 West:** Exit 67, turn right off exit onto CT-31 N (Reservoir Rd) then follow directions below \*

\*From CT-31 N (Reservoir Rd)  
Take a right onto CT-30 N (Hartford Turnpike)  
Turn left onto Kingsbury Ave  
Senior Moments is on the left.



## Part of the Elder Care Consulting Family



# Senior Moments

*Share a moment with us*

*At Senior Moments it's never too late to develop new friendships and enjoy a community experience.*

**Elder Care Consulting, LLC**

*Experts in the care of older adults*  
[www.Eldercareconsultingllc.com](http://www.Eldercareconsultingllc.com)

**Elder Care Associates, LLC**

*Your connection to quality care*  
[www.Eldercareassociatesllc.com](http://www.Eldercareassociatesllc.com)

## Senior Moments Senior Day Program and Resource Center



**860-643-9500**  
**31 Kingsbury Ave**  
**Tolland, CT 06084**  
**Seniormomentsllc.com**



## What is Senior Moments?

Senior Moments is a day program and resource center for older adults. We are owned and operated by an advanced practice geriatric nurse.

Senior Moments was developed as a social gathering place to allow older adults an opportunity to meet new people, have a fun-filled day, and make lasting friendships while our trained staff assists with health and functional needs.

The ultimate goal of our resource center is to establish a comprehensive center for expert geriatric advice and to provide family members with options and support for care giving.

## How do we benefit our families?

- Relief and assistance with care
- Professional advice and support
- An opportunity to allow loved ones to stay in the community

## What types of health services are offered?

- Assisted Personal Care
- Hairdresser /Barber Services
- Foot Care by a Foot Care Nurse
- Medication Assessment, Administration and Monitoring
- Information and Referral Assistance to Community Services

## What types of meals will be offered?

- A light breakfast
- A catered, chef-prepared meal by October Kitchen (*Please visit our web site to view the menu selections for the month.*)
- Afternoon snacks
- Meals are geared to the health needs of a variety of individuals

## What kind of activities can our guests expect?

Each guest will complete a personal questionnaire to determine recreational interests so that he or she can expect a full day of creative, meaningful, educational and purposeful activities such as:

- Arts & Crafts
- Intergenerational Programs
- Gardening
- Book Clubs
- Day Trips
- Pet Therapy
- Individualized Hobbies
- Reminiscence
- Fitness Routines
- Entertainment and Music Programs
- Cultural Programs



## Additional resources through our parent company, Elder Care Consulting

### Geriatric Care Management

A Geriatric Care Manager provides evaluation and ongoing care management of the client's physical, nutritional, functional, cognitive and psychosocial home needs. We assist families when seniors are transitioning from hospital or nursing home so they can look forward to a smooth transition.

### Home Support Services

Hourly and live-in home health aides to assist you in your home.

### Get up and Go Program

A special program to assist clients who need additional home assistance to "get up and go" to Senior Moments.

### Respite Program

A package of services, including our Care Managers, home support services, and our day program which allows families a vacation from care giving.

 Elder Care Consulting, LLC

**860-643-9500**  
750 Main St., Manchester, CT  
[www.eldercareconsultingllc.com](http://www.eldercareconsultingllc.com)