

How do I join the Program?

Call us at 860-643-9500. We will ask some general questions about your needs.

A complementary day, which is from 10am-2pm, is then scheduled.

After the complementary day a decision is made if our program is a good caregiving fit and an application is completed.

We will fax your physician a health form. Once the application and health form is complete a day to start is scheduled.

How can I approach my family member about attending?

Keep it simple:

- “They will have fun activities and coffee.”
- “Let’s stop and check it out.”
- Choose a day when there is music or an activity they may like.
- Every situation is different. Ask our nurse for advice if you need help.

Additional Resources through our parent company, Elder Care Consulting, LLC

Geriatric Nurse Consultations

- We offer professional geriatric consultations and ongoing care management.
- We also assist families when seniors are transitioning from hospital or nursing homes and back home.
- We serve as a link between families and elder care resources and help you navigate the health care system.
- Much like turning to a lawyer or an accountant for their expertise, a geriatric expert can guide you in the right direction through this decision-making process.
- We offer an unbiased professional perspective on your care-giving situation. Our care managers specialize in caring for elders with chronic disease and memory disorders. We also provide medication management.

 Elder Care Consulting, LLC

860-643-9500
750 Main Manchester, CT 06040



Senior Moments

Senior Day Program and Resource Center



Come share a Moment with us

860-643-9500
31 Kingsbury Ave
Tolland, CT 06084
On the Vernon/ Tolland line

www.SeniorMomentsllc.com

What is Senior Moments?

Senior Moments is a day program and resource center for older adults. We are owned and operated by a RN with a Master's degree in geriatric nursing. Senior Moments was developed as a social gathering place to allow older adults the 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 families with options for support and caregiving.

How do we benefit our families?

- Relief and assistance from caregiving by knowing your family member is well cared for.
- Professional advice and support
- An opportunity to allow loved ones to stay in the community
- Establishes a structured routine that benefits the client and caregivers
- Resources from a team of experts in geriatric care.

What types of health services will be offered?

- Hairdresser/Barber Services
- Foot care by a RN
- Nurse Monitored Health status and Medication administration
- Ongoing assessment of Cognitive concerns
- Personal Care including Showers
- Our trained staff values open communication with families and provides updates on your family members well-being and assists with referrals to community services.

What type of meals will be offered?

- A light breakfast
- Onsite prepared lunch in our "Millie's Diner" based on dietary needs
- Afternoon snack
- Fluids throughout the day
- Meals are overseen by a dietician and geared to a variety of health needs.
- Desserts made by "Bakers Rack", our clients cooking club.

What kind of activities can our guests expect?

Activities are geared to the clients' abilities. Everyone is given a choice of activities in which to participate. The following are examples of broad categories of activities. Suggestions are always welcome.

- Arts & Crafts
- Intergenerational programs
- Gardening
- Day trips
- Pet therapy
- Reminiscence
- Exercise
- Music therapy
- Bowling
- Active games
- Mind stimulating programs

How can I pay for the services?

Our Adult Day center offers affordable options. We accept long term care insurance, private payment, state (CCCI), Veterans services and grants. Please contact us so that we can help you through the process.