



NOVEMBER 2022

2225 SHELBY ST  
INDPLS, IN 46203



# Independent Adult Day Centers

We Are Committed to Caring

## ED CONNECTION



by Tamyia Gould, Executive Director

It's November! Wow! Can you believe 2022 is almost over? I'm so excited to for all our new guests that have started in October and all the guest that have restarted at the center. Please help them feel welcomed. My goal this year is to start a new welcome program. This will be a program that current Guest here at our center that want to volunteer, as Shelby's "Guest Greeter".

Greeter" by Nov. 9th.

Remember I have an open door policy here at the center. Anytime that you need to talk to me about, you can call the center at 317-296-8811 or email me directly at [tamyia\\_gould@adulthood.com](mailto:tamyia_gould@adulthood.com). My goal is to minimize any issues or concerns before they become a major problem! So let's continue to have fun here at Shelby as we continue to grow in all areas. I can't do this without all of you!!

Each "Guest Greeter" will be assigned a new guest to greet when they enter the center and become their personal guide for the day. You will get to know them and their interest, ask them to join you for an scheduled activity or two, and have them join you for breakfast or lunch. This "Guest Greeter" program is strictly voluntary. If you feel you represent all the qualities such as respectful to others, social, positive Spirt and energy, and all about IADC then sign up at the front desk and with Tatyana if you are interested in volunteering as Shelby's "Guest

**Quote of the Month:** "Today be thankful and think of how rich you really are. Your family and friends are priceless, your time is gold, and your health is wealth."  
~Unknown

### **Have you received your COVID Booster?**

Doses of the Coronavirus (COVID-19) vaccine are now available for ALL Hoosiers. If you have already received both initial doses, you may work with your Center or with HCC to schedule a third dose. We can schedule and coordinate transportation to and from your vaccination appointment. In addition to social distancing, mask-wearing and other infection control protocol, receiving the vaccine and booster shot provides an additional level of protection to keep you and your loved ones safe. Research has shown that being vaccinated and boosted can lessen the severity of symptoms for those who contract the virus.

In addition to the COVID-19 vaccine, our medical services team can get you scheduled for newly-available antibody therapy to reduce any potential effects of infection.



**Contact us to  
schedule your appointment!**

**Guion:** 317-296-8810  
**Shelby:** 317-296-8811  
**Fishers:** 317-296-8812  
**Home Health:** 317-296-8813  
**Attendant Care:** 317-296-8814  
**Healthcare Coordination Team:** 317-608-5485

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# LIFESTYLE ENRICHMENT

by Sarah Duke

During the Month of September, we celebrated ADS week. We had so much fun with guest staff charades, carnival day, and a picnic at Garfield Park to finish that week off. We had a wonderful time celebrating Guests and staff alike. We visited the Eiteljorg Museum at the end of September, and they have some beautiful things and were very accommodating. We are a growing company and proud to serve the Indianapolis community! We appreciate your patronage and your dedication to Independent Adult Day Centers. Our different areas of care encompass your life so that you can stay as independent for as long as possible. It is our greatest pleasure to be part of the team that cares for you!



## NOVEMBER OUTINGS

- 11/2- Casino
- 11/4- Chick- Fil-A
- 11/8- Veterans Memorial Museum
- 11/10- Cracker Barrel
- 11/14- Pizza Hut Buffet

- 11/16- The Library
- 11/18- Lindo Mexico
- 11/22- Yummy Bowl
- 11/28- Dollar Tree
- 11/30- Olive Garden

## LOOK OUT FOR UPCOMING EVENTS & BIRTHDAYS:

- 11/11 - Veterans Program
- 11/14 - Birthday Bash with Sandy Lomax

The Center will be closed Thanksgiving Day but will be open the day after at regular hours. Please remember to wear your coat and there are hangers in the coat closet with your name on them. If you do not see your name, please let us know so that it does not get misplaced.

We have had an Octoberfest themed Birthday Bash with Sandy Lomax, pumpkin decorating contest that the staff did and guests here at the center got to vote for the best one, a chili cook off for the guests to judge, and Trick or Treating for the community.

Throughout the month we will be having a dry goods food drive for anyone that wants to donate. Please do not feel obligated. There will be a box in the lobby if you would like to drop something by. It will go to a local food bank or shelter.