



FEBRUARY 2023

7318 CROSSING PL  
FISHERS, IN 46038



**Independent  
Adult Day Centers**

We Are Committed to Caring

**ED CONNECTION**



by Danielle Zimmerman, Executive Director

Happy February! February is known as the month of love and support. We are here to love our Guests, family members, their loved ones, and members of the community. We have a monthly support group at the Center on the second Tuesday of every month from 11:30-1:30. Each month we have a different speaker come and talk to the group about a topic that we think might be helpful. In the past we have covered caregiver burnout and self-care, fall prevention, skilled nursing stay options and what to expect, understanding Dementia, and many more. Each meeting also includes a delicious meal prepared by our Chef, caregiver socialization, and friendships created. Our February speaker will be Scott MacLean. He founded SeniorLife Property Solutions out of a passion to serve seniors and their families. We would love to have as many people as possible to join us! Please call the Center or email [emily\\_kelly@adulthood.com](mailto:emily_kelly@adulthood.com) to RSVP.

**GUEST OF THE MONTH: CASSANDRA**

This month we would like to shine a spotlight on Cassandra K. Let's get to know this kindhearted young lady. Cassandra comes from Columbus Ohio and has a large family that includes 3 brothers and 2 sisters. One of her favorite memories is starting the tradition of Thanksgiving at her Aunt Maggie's house. These days Cassandra enjoys starting her day by exercising on FaceTime with her Uncle Rich. Painting, reading novels, listening to music and journaling are what brings her relaxation and peace. Pop, 80's, classic oldies and instrumentals are the genres of music you will find Cassandra enjoying, she especially loves the theme from a 'Summer Place' by Percy Faith. She has a very artistic flare and enjoys gifting a canvas painting to those around her. Valentine's Day is just around the corner, which happens to be her favorite holiday, which is fitting because she has love for all around her. Her sound advice to everyone is to enjoy yourself while you're young. The center is where you will find this sweet young lady, three days a week. Take a moment and have a chat with her.



**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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## FEBRUARY EVENTS & OUTINGS

- 2/1 - Pinheads
- 2/7 - Chicago's Pizza
- 2/9 - Harrah's Casino
- 2/13 - Target Shopping
- 2/15 - Tequila Sunrise
- 2/16 - Lilly Nails
- 2/20 - Sahn's Men's Lunch
- 2/22 - Lilly Nails
- 2/23 - Texas Roadhouse
- 2/28 - Woodland Bowling



# LIFESTYLE ENRICHMENT



We whole heartedly welcome February. First of all, we are grateful to have you be a part of the IADC family, thank you for being here. This month we have planned outings that will include a chance of luck at the casino also you can game it up at the arcade. The ladies will have a chance to pamper their nails and show off lively fresh colors. Sahn's is where we will be taking our gentlemen to enjoy a meal and conversation. Every Thursday at 3pm is Happy Hour, come and listen to music and delight yourself with a few snacks. Making new and enjoying present friendships is at the heart of our happiness and we want everyone to receive that very fondness they deserve. Let's put together a month full of creating memories and have an enjoyable time while doing so. Please RSVP to [trisha\\_allison@adultday.com](mailto:trisha_allison@adultday.com) or call the center at least 48 hours in advance to reserve your spot for 1 of our weekly outings. Thank You.

