

Your Rights as an Adult Day Service Guest

- 1. You have the right to respectful care regardless of sex, race, religion, national origin, or payment status.
- 2. You have the opportunity to self-determination within the day services setting, including the opportunity to:
 - a. Decide whether or not to participate in any given activity.
 - b. Be involved to the extent possible in program planning and operation.
 - c. End participation in the ADS at any time.
- 3. You have the right to confidentiality and the requirement for written consent for release of information to persons not authorized under law to receive it.
- 4. You have the right to voice grievances about care, without discrimination or reprisal, to ADS staff or the local ombudsman.
- 5. You have the right to be free from harm, including unnecessary physical or chemical restraint, isolation, excessive medication, abuse, or neglect.
- 6. You have the right to a safe physical environment with appropriate handicap access to building and restrooms.
- 7. You have the right to a program that includes current event discussion, crafts, spiritual support, and appropriate stimulation and exercise of body and mind.
- 8. You have the right to a nutritious lunch and snacks with special diet modifications as prescribed by your physician.
- 9. You have the right to assistance as needed with medications prescribed by your physician and ongoing instruction in action, side effects, dosage, and proper administration to maximize the effect of your medicines.
- 10. You have the right to have a service animal, consistent with the “reasonable accommodations” clause of the Fair Housing Act.
- 11. You have the right to participate in the planning of activities and the right to choose not to participate in activities offered.
- 12. You have the right to adequate rest time.
- 13. You have the right to prompt billing and to have guidance in inquiring into financial assistance, if necessary.
- 14. You have the right to attend the Center free from being compelled to work, and that if any work agreement were to be put in place that it would be voluntary, paid at the prevailing wage for the job, and commensurate with your abilities.

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

MAY 2023

7318 CROSSING PL
FISHERS, IN 46038



We Are Committed to Caring

ED CONNECTION

by Charlotte Center, Executive Director

May is Mental Health Awareness Month

Many older adults grew up at a time when mental health was something people should just keep to themselves. If you admitted to struggling with mental health concerns, you might even be considered weak. The world has come a long way from those days, and we’ve learned a great deal more about mental health. Despite this there are still many seniors who don’t seek the assistance they need to stay mentally healthy. Among adults over the age of 65 we know that have a mental disorder, including dementia. Over 50% of people living in long-term care facilities have some form of cognitive impairment. Researchers say providing one hour of social activities can reduce agitation levels and improve the quality of life of those who have been diagnosed with dementia. Finding a silver-bullet cure for dementia may still be years or decades away, but researchers have found evidence that simple social interaction may go a long way to ease certain symptoms of the disease (www.healthline.com). We at Independent Adult Day Centers of Fishers feel blessed to have the opportunity to provide outings, special events and social interactions for all those who attend our center. That combined with family and friends will go a long way towards helping keep you or your loved one socially active and living a long happy life!

GUEST OF THE MONTH: MARY R.

This month we are going to take a moment and shine a spotlight on Mary Ray. I sat with Mary and she kindly answered all my questions. I learned that Atlanta, Ga. is her hometown, she briefly lived in Tennessee but ended up in Anderson Indiana, due to her fathers work. She said growing up with 2 brothers and 2 sisters will always be near and dear to her. After she married she briefly worked as a bank teller, but decided she was happier staying home to raise her 3 boys and daughter. Christmastime is the holiday she is most fond of, she loves the togetherness of family and always enjoyed cooking for her loved ones. She has a special place in her heart for old time rock n roll and especially Elvis, which she highly recommends the movie Elvis also. These days you can find her loving on her puppies, Leo and Taz. You will also hear her speak fondly of her kids, grandkids and great grandkids. Mary is at the center 3 days a week and she always welcomes a good conversation, so please have a seat and a chat with her. We are glad she is a part of our IADC family.



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MAY EVENTS & OUTINGS

5/1 May Drive Around
5/3 – Tequila Sunrise
5/4 – Casino
5/8 – Woodland Putt Putt
5/9 – Target Shopping
5/10 – DQ Drive Around
5/11 – Lilly Nails
5/16 – 5 Below
5/17 – Chatham Tap
5/18 – Upaint Pottery
5/22 – Noodles and Co.
5/23 – Dollar Tree Shopping
5/24 – IMS Museum – Mens
Outing
5/25 – Milkshake and Drive
Around
5/30 – Lunch with LED at Koto
5/31 – FlixBrew



IN CENTER HAPPENINGS:

5/2 – Rev.Reynolds
5/2 – Arts with a Purpose
5/4 – Hymn Songs with Chaplain
Jeffrey
5/5 – Cinco de Mayo Happy Hour
5/5 – Bongo Drums with Rachel
5/5 – Chair Yoga with Jessica
5/9 – Rev.Reynolds
5/9 – Piano with Dennis
5/11 – Mother's Day Happy Hour
5/12 – Exercise with Samantha
5/12- Chair Yoga with Jessica
5/16 – Rev.Reynolds
5/16 – Arts with a Purpose
5/18 – Hymn songs with Chaplain
Jeffrey
5/18 – May Birthday Happy Hour
5/19 – Exercise with Samantha
5/19 – Chair Yoga with Jessica
5/23 – Rev.Reynolds
5/23 – Arts with a Purpose
5/25 – Disco Happy Hour
5/26 – Exercise with Samantha
5/26 – Chair Yoga with Jessica
5/30 – Rev.Reynolds
5/30 – Arts with a Purpose

LIFESTYLE ENRICHMENT

