

Volunteers support Adult Day Program

Every Tuesday and Thursday, volunteers assist at the Caledonia site of the Senior Support Services Adult Day Program. This program is offered for frail seniors and adults with disabilities to improve overall well being and quality of life, and provides respite and support for family and caregivers.

The full day includes recreational activities, exercise, baking and cooking sessions, crafts, games and discussion groups. There are a maximum of 12 clients at the program per day and refreshments and a nutritious lunch are included.

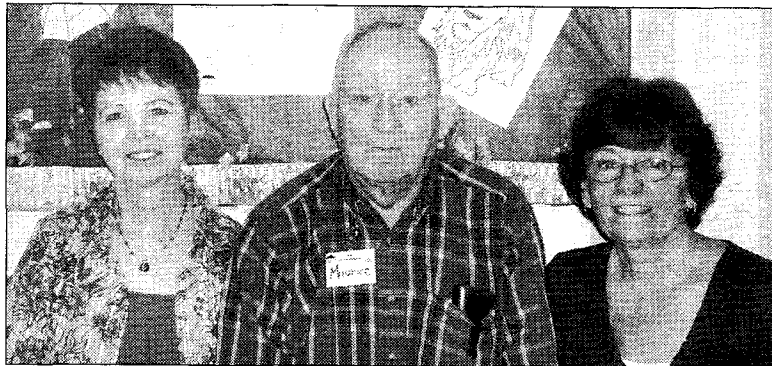
Lise Mori has been volunteering with the Adult Day Program for nine years. At the program, she finds a sense of family as she learns more about and interacts with the clients each week. Mori finds it a comfortable experience and very fulfilling; she feels as if she makes a difference in the lives of the clients who attend.

This is an experience shared by fellow volunteer Kristine Boyter, who has been volunteering at the program for seven years. Boyter started to volunteer to give back to the community and to help other people. Like Mori, she finds it a fulfilling experience where she gets as much enjoyment and

pleasure back as she gives. Both Mori and Boyter would be happy to speak to potential volunteers who are considering giving of their time at the Adult Day Program or at any of the programs and services offered at Senior Support.

Adult Day Programs are also available for individuals affected by Parkinson's, Aphasia, MS, Alzheimer's disease and other related dementias. For more information, please contact Senior Support Services at 1-800-265-2818.

*submitted by
Senior Support Services*



submitted photo

(l-r) Volunteers Lise Mori and Kristine Boyter help clients like Maurice Sherk enjoy the Senior Support Services Adult Day Program offered at the Caledonia site on Tuesdays and Thursdays.

