We are pleased to offer a new adult day program in the Lutheran SeniorLife Passavant Community continuum of care!

My Day Out services can help adults who

- are experiencing depression or grief
- are in need of socialization
- need structure and purpose in their day
- have some mobility

These services can be especially beneficial for:

- Couples with one person as the primary caregiver for the other
- Parents living with adult children
- Adults who require memory support

Lutheran SeniorLife
Passavant Community

My Day Out

Adult Day Services

Lutheran SeniorLife
Passavant Community

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EQUAL HOUSING OPPORTUNITY

My Day Out

Adult Day Services

Lutheran SeniorLife
Passavant Community

My Day Out *Adult Day Services*

724-452-5400

My Day Out provides opportunities for socialization, fitness and wellness programs, meaningful engagement and assistance with personal care. Both half-day and full-day programs are available.

My Day Out is housed in the beautiful new Abundant Life Center on Passavant's campus in the heart of Zelienople, Pa., with easy access to Interstate 79 as well as Routes 19 and 68.

OVERVIEW

Hours of Operation:
7 a.m. to 5:30 p.m. Monday through Friday

Rates:
- $60/day for a full day (5+ hours)
- $35/day for a half day (up to 5 hours)
  - Half day can be AM or PM
  - AM is 5 hours between 7 a.m. and 1 p.m.
  - PM is 5 hours between noon and 5:30 p.m.
- Ages served: 55+

My Day Out services include:
- Meals: continental breakfast and lunch
  - Lunch is a well-balanced hot meal with alternatives offered.
  - Special nutritional needs can be accommodated.
- Medication management
- Abundant Life Opportunities – fitness, socialization, educational and spiritual programs as well as games and access to the library or quiet room
- Assistance with obtaining required therapies* in the outpatient gym
- Physicians appointments* at the clinic – both general and specialty, such as x-rays, podiatry, dentist, optometry, audiology
- Personal care (shower, shave, hair)* provided in fully accessible private bathrooms
- Assistance to get to beauty or barber appointments*
- Social service assistance

**Fees or co-pays required*

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