

Loving, Stimulating Care for Adults in Need of Assistance

Marlene Lucien's husband, Ed, has suffered from Alzheimer's disease for 13 years.

When caring for him at home became too difficult, Marlene placed her husband in a long-term care facility.

"At the time, I thought it was the best thing to do," Marlene says. "I would go see him and he was very sad all the time and he would look at me and say, *You, me, please*, and it just broke my heart. He was not happy, so I removed him and tried to keep him at home."

Maria's
ADULT DAY CARE CENTER

MARIA WINER, CEO

But the daily task of caring for him became too much, Marlene admits. She says she tried several different long-term care facilities and none was better than the others.

"I just felt like he was being warehoused, so to speak," Marlene recalls. "So, in February a friend of mine called me and asked if I had heard of Maria's Adult Day Care Center and I had not, so I decided to go check it out. That was on a Monday and by Friday I had my husband registered there. I made my decision that quickly. The facility is phenomenal."

Maria Winer opened Maria's Adult Day Care Center in January 2013 after working for many years as a professional legal guardian.

"I realized that there was a need because I couldn't find the right place for people that wanted to keep their loved ones at home, but at the same time provide assistance and socialization," Maria explains. "At the same time, they may have an aide come in to clean their house to help care for them. Those are the kind of people who still need to interact with others and socialize. Just because they can no longer drive a car, for example, does not mean they do not need that social interaction we all long for at any age. That's when I decided to create Maria's Adult Day Care Center."

Variety of services

Maria says she had a clear vision of



Marlene Lucien's husband, Ed, spends his days at Maria's Adult Day Care Center, where he enjoys the daily activities like music, gardening and exercise.

what she wanted the 4,800-square-foot facility to include.

"I wanted something that included gardening, arts and crafts, music therapy, aroma therapy, pet therapy and various other unique and stimulating activities," Maria explains. "We have a lounge area that also serves as a library where anyone can sit, relax and just read a book. It also has computers, which we use for brain fitness programs. Those who come for the day spend twenty minutes in the morning or twenty minutes in the afternoon exercising their brain on the computer in areas such as math and puzzles."

"Our activities are planned and implemented by our registered nurse with memory care experience and our licensed activities director, who has over thirty years of experience. The scheduled activities maintain a daily routine for the individuals and exercise the brain and keep it active. We want to keep them stimulated. At the end of the day, it validates them and gives them the confidence that they can still do the things they used to do."

In addition to the wide range of social activities mentioned, Maria's also offers

exercise programs including yoga and tai chi, health monitoring by a registered nurse, medication assistance, nutritional counseling, and group field trips.



"We serve meals that are prepared by a local restaurant," Maria explains. "The meals are healthy, nutritious and meet all necessary dietary needs as per our licensed, registered dietician."

Care and expertise

Maria says her main focus for those who spend their days at her center is that her staff and those who volunteer do the best they can to maintain quality of life for the individuals who spend time there.

"Every single case is different yet they all seek the same end result," Maria asserts. "A week ago we had a new case with a couple that have been married for decades. The wife had been the full-time caregiver for him twenty-four seven for the past two and a half years. She came in. She said, *We are not ready for assisted living. I still want to take care of him.* So she said, *I'm going to start bringing him*

half day. The first day, he did so well with everybody; he was just doing fine. The second time she came, she said, *I want a full day because actually for the first time in two and a half years, I got my hair done. Now that he's at Maria's, I can actually clean the house and organize it.*"

The purpose in opening the center, Maria says, was to give relief to the caregivers at home.

"It's just life-changing for both parties involved," Maria asserts. "At the end of the day, everyone is happy and realizes that there is life after the diagnosis."

Marlene says her husband is happier than he has ever been at any other facility and she is thrilled with the smile that is back on his face.

"He is happy when I pick him up and looks forward to going every day. Plus, it allows me to do other things. I am thrilled." **FHCN—Judy Wade**

* Maria's is licensed by AHCA, which is the Agency for Health Care Administration.

Maria's Adult Day Care Center provides a loving, caring environment in which members enjoy their day while receiving the care and support they need. Maria's cares for those who are:

- Isolated and lonely
- Experiencing depression
- Alzheimer's and dementia patients
- Stroke and Parkinson's patients
- Frail and physically dependent
- Suffering from chronic conditions like diabetes, hypertension and arthritis

With Maria's Adult Day Care Center Ed enjoys plenty of time with his wife, Marlene.



For more information, please visit www.mariacares.com.