

# Loving, Stimulating Adult Day Care for Families in Need

**Alzheimer's patients and those who suffer with the normal impact of aging receive comforting, individualized care during the daytime hours while family members rejuvenate at home.**

Harry and Olive Perrin have been married for 62 years. Natives of England, Harry attended the British Navy College and worked for years as an engineer. The couple moved to Florida in 1959. Harry traveled extensively and was always active and enjoyed running and playing soccer well into his "golden years." Olive says Harry has a "brilliant" mind.



MARIA WINER, CEO

But about seven years ago their lives began to change when Harry was diagnosed with Alzheimer's disease.

"He does not remember any of his past," Olive relates. "He lives in the present. He has no memories of these things I share. He has no long-term memory at all. But, he has maintained his sense of humor. It is truly a crippling disease and changes things for not only the patient,

but the caregiver as well."

Olive knew caring for Harry was becoming more and more difficult. Not wanting to put him in a long-term care facility, Olive found the next best thing for both of them: Maria's Adult Day Care Center.

"As long as he can still see me, he is content," Olive says. "I didn't want to send him away. I just wanted to find a place that provides loving, personable care during the daytime hours."

Olive sought daytime care for Harry and tried several facilities before choosing Maria's Adult Day Care Center.

"I am so happy I found Maria's," Olive says. "They treat him with tender loving care and are truly concerned and connected with every single member. They are wonderful. They play music and games and keep him very stimulated. I cannot say enough wonderful things about them. The care is great."

## Personable, quality care

Maria Winer opened Maria's Adult Day Care Center in January 2013, after working for many years as a professional legal guardian. The center facilitates participants like Harry, who need personal care during the daytime hours while their loved ones are at work or are catching up on their other responsibilities.

"I realized that there was a need because I couldn't find the right place for people who 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."

Maria says she had a clear vision of 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



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Harry Perrin has Alzheimer's disease and is a member at Maria's Adult Day Care Center. Harry enjoys the various activities the center provides.

## What is Alzheimer's?

**Alzheimer's is the most common form of dementia, a general term for memory loss serious enough to interfere with daily life. Alzheimer's disease accounts for 60 to 80 percent of dementia cases.**

**Alzheimer's is not a normal part of aging, although the greatest known risk factor is increasing age, and the majority of people with Alzheimer's are 65 and older. Up to five percent of people with the disease have early-onset Alzheimer's (also known as younger-onset), which often appears when someone is in their 40s or 50s.**

**The dementia worsens over a number of years. In its early stages, memory loss is mild, but with late-stage Alzheimer's, individuals lose the ability to carry on a conversation and respond to their environment.**

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."

## Caregiver support

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

"Alzheimer's is just life-changing for both parties involved," Maria asserts. "With this kind of care available, at the end of each day, everyone is happy and realizes that there is life after the diagnosis."

Maria says her main focus for members who spend their days at her center is that the staff and volunteers 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. "They want quality care for their loved ones in a safe, nurturing environment."

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.

Olive shares that Maria and her staff provides friendly, caring support to the member's caregivers throughout.

"They not only care about the member they are caring for, but they do all that they do to offer support to the caregivers and loved ones at home," Olive says. "I really feel like Maria's is a five-star place. Maria and her staff go above and beyond. It is a pleasure and a relief for me to be able to take my husband there, knowing he is well cared for. Maria's is the best thing that has happened for my husband and for myself." **FHCN**—Judy Wade

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

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**Seminole**

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**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



*Harry Perrin*

**For more information, please visit [www.mariacares.com](http://www.mariacares.com).**