

# Fun and creative activities are a BIG part of our day!



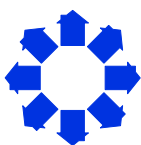
Our **Adult Day Health Centers**, located in **Mansfield**, **Norwood** and **Taunton** are community based medical model adult day health programs that feature health care supervision in a safe and dignified setting. Our nursing staff addresses needs from basic to complex, including tube feeding, tracheotomy care, injections, medication management, and incontinence care. Equally important is engaging our clients in enriching and meaningful activities. Our array of specialized groups and activities continues to grow as our clients identify their interests and preferences.

**What's Unique at Harmony Adult Day Health Center?** Chair Yoga, led by a certified Yoga instructor; Music Therapy, led by a licensed mental health coordinator; Daily specialized dementia-specific groups and activities; Reiki/Meditation Group, led by our social worker – a Certified Reiki facilitator; Safe, gated, beautiful yard area; Weekly outings (parks and recreation facilities, shopping, local restaurants, etc.); Health education by nursing staff (diabetes, fall prevention, nutrition, etc.).

**What's Unique at Mansfield Adult Day Health Center?** Snoezelen Therapy [an innovative, multi-functional sensory environment designed for a number of users, including elders and those with Alzheimer's Disease and other dementias, people with learning disabilities or Autism; Freshwater Aquarium; Personalized Memory/Music Program for clients of all abilities; Music Appreciation Group led by our Certified Activity Director; Touch Screen Computers and Voice Activated Computers for Games, Web Surfing, etc.; Kindle Fire Tablets for Reading, Games, Web Surfing, etc.; Secure Courtyard with Raised Garden Beds; Horticultural/Gardening Group/Winter Sowing Group; Weekly Spiritual Reflections Group; Daily "Early Bird" Activity Group; Wii Games.

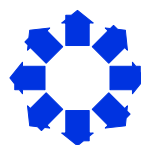
**What's Unique at Norwood Adult Day Health Center?** Book Club (every Monday) with stories and subjects requested by participants including tea and cookies served on real china; Men's Group featuring discussion and activities; Women's Group offering discussion and activities; Old Country Store where clients may purchase toiletries and other sundries, including items crafted by participants; Music/Expressive Art Therapy Group led by a licensed mental health clinician; Karaoke — always a favorite; **COMING SOON:** Snoezelen Therapy [an innovative, multi-functional sensory environment designed for a number of users, including elders and those with Alzheimer's Disease and other forms of dementia, as well as people with learning disabilities or Autism.

Visit us and learn first hand that you are never too old to laugh and to learn!



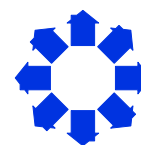
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