

IN ADDITION TO THE PROGRAMMING PROVIDED THROUGH THE IMEP

New Day Adult Care Center also provides:

❖ Health care including:

- Medical supervision from experienced staff
- Five to one participant to professional ratio
- Medication administration (as needed)
- Coordination with other health & supportive services (OT, PT, Speech therapy, podiatry, counseling, etc.)
- Assistance with personal care including toileting (as needed)
- Bathing & dining assistance (as needed)

❖ Nutritionally balanced meals & snacks meeting dietary needs:

- A hot lunch that meets the USDA guidelines
- Morning & afternoon refreshments

❖ Social Services Include:

- Assistance in accessing other resources in the community
- Monthly support group & educational programs
- Support/counseling for participants and/or caregivers

ACCEPTED FUNDING FOR PARTICIPATION IN NEW DAY ADULT CARE CENTER:

1. Private Pay
2. Long-term Care Insurance
3. Medicaid Managed Care Programs
4. Veterans' Benefits

MISSION STATEMENT

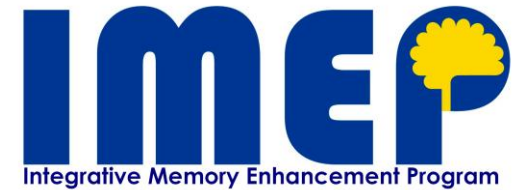
The mission of New Day Adult Care Center is to enhance the lives of dependent adults and their caregivers by providing quality social, emotional, intellectual, spiritual, physical, and compassionate care in a community-based program. Our program is committed to serving diverse populations, focusing on those needing dementia-specific services.

New Day does not discriminate on the basis of race, color, national origin, sex, age, or disability.

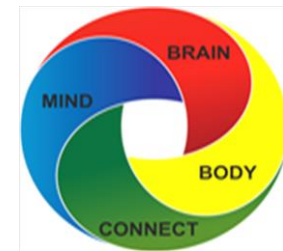
Please call
(561) 844-0012 to find out how
to enroll.



Located on the 2nd Floor of the
Faith Lutheran Care Center
(561) 844-0012 Fax (561) 844-4912
Email: newday@faithnpb.com
www.faithnpb.com
Florida License (#8906)



An Innovative Response to Memory Loss



MAKE THE CONNECTION!

Program Created by
St. John's County Council on Aging

Brought to you by:



New Day Adult Care Center is Owned &
Operated by Faith Lutheran Church

ABOUT THE INTEGRATIVE MEMORY ENHANCEMENT PROGRAM:

The **IMEP** is a structured, research-based program that integrates the mind, body and brain connections to boost cognitive reserve and minimize the progression of memory loss or dementia.

The program is designed for individuals who have been diagnosed with memory disorders or who are concerned about memory changes.

WHAT THE IMEP PROGRAM OFFERS:

All activities focus on promoting critical skills like spatial orientation and flexible thinking and foster an understanding of the mental processes behind how we learn and how we remember. This dynamic, innovative program incorporates mental agility exercises, physical movement, diaphragmatic breathing, guided relaxation and thought production.

❖ **Activities Include:**

- Study of Brain Function
- Aromatherapy
- Brain Gym
- Guided Relaxation
- Mental Exercises
- Chair Exercise
- Art & Music Therapy
- Breathing Exercises
- And More

IMEP PARTICIPANTS REPORT:

- ❖ Improvement in mental and physical well-being
- ❖ Increased social connections
- ❖ A greater ability to think clearly
- ❖ Improved memory
- ❖ Increased interest in current events and life in general
- ❖ Involvement in a positive environment

IMEP CAREGIVERS REPORT:

- ❖ Increased level of awareness
- ❖ Increased ability to work independently
- ❖ Improved outlook on life and overall expression of happiness
- ❖ Sharper and more focused
- ❖ Increase in socialization and communication
- ❖ Better balance & upper body strength
- ❖ Less fear related to memory loss



WHAT PARTICIPANTS & CAREGIVERS THINK ABOUT IMEP

“This excellent program helps everyone share their thoughts and keep their minds as clear as possible. The atmosphere is wonderful for health and brain energy.”

“After just a few weeks, my mother had her beautiful smile back and was excited to share the events of her day with me.”

“When we finally admitted something was going on with my husband we looked into every available option. This memory program was exactly what we needed.”

HOURS

IMEP is available two days per week, choose from:

- Monday and Wednesday
- Tuesday and Thursday
- Classes are from 10:00am to 4:00pm
- (Longer hours available 7:30-10:00 and 4:00-5:30 as needed)