

A Day In The Life Of My Husband

*Avenidas Rose Kleiner Adult Day Center
By Emily Farber, MSW and Susan Lam, RN*

In My Husband Words

After breakfast with my wife, a van picks me up at my home. Arriving at the Center at 9:30 am, I get my nametag and hang up my coat. A staff member escorts me into the activity room where she brings me a cup of warm fresh coffee exactly how I like it with cream and sugar. The nurse comes by and takes my blood pressure and vital signs.

Shortly after 10 am, I can either listen to a lecture on current events or work on an art project. I choose the current events option and enjoy a lively discussion led by a Foothill College instructor.

Each day an exercise class meets in our gym at 11:15 am. The rehab aide leads us in strength, balance and stretching exercises which helps maintain my independence. Everyone meets back in the dayroom for lunch. Before I eat, one of the nurses gives me my medication. While music is playing in the background, I enjoy a lunch of soup, chicken and rice, vegetables and always dessert!

In the afternoon, there is a live music performance or I can play board games. On Wednesdays, I join the 'brain fitness' group and on Fridays, I enjoy a gardening project outside on the patio area.

Before I started attending the Center, I spent most of my days sitting at home watching TV. Now that I am attending the Center three times a week, I look forward to getting out of the house, seeing my new friends and enjoying the variety of activities available at the Avenidas Rose Kleiner Center in Mountain View, CA.



*Jan and Ray at the Avenidas Rose Kleiner
Adult Day Health Center*

From His Wife

Ray and I have been married for 52 years. While we've always taken care of each other, Ray needs my help more than ever now that he has been diagnosed with dementia. Sometimes the demands of being a 24/7 caregiver can become overwhelming.

The Adult day health program provides a wonderful opportunity for Ray to engage with other people and enjoy various activities. It also provides me with some much-needed time alone to take care of family business, my own appointments and sometimes, I even get to have lunch with my girlfriends.

When Ray returns at 2:45 pm, he's always happy and smiling and sleeps better after a day at the Center. While Ray cannot always remember what he has done, I can check the monthly activities calendar to see that he listened to music, watched a cooking demonstration and that children from the local preschool came by to read and play games. Our own children who live out-of-state often look at the Facebook page and website to see what their dad is doing.

Initially, Ray was reluctant to participate in the program. However, once he became comfortable and made some new friends, he now looks forward to the van arriving. I am confident that Ray is well cared for by the kind and professional staff.

Adult day health programs provide care and companionship in a safe, caring and stimulating environment. They are a resource for those with physical limitations and limited cognitive functioning who need supervision during the day as well as a source of respite for the families and caregivers. For information about Adult Day Health Services, contact Susan Lam at 650.289.5481 or slam@avenidas.org.