



PeopleInc

Where your world opens up.

## SENIORS UNLIMITED ADULT DAY PROGRAM

*For those with dementia and memory loss*



PeopleInc

Toll Free 1.888.7PEOPLE

Web [people-inc.org](http://people-inc.org)



2635 Delaware Ave  
Buffalo, NY 14216  
Phone: 716.768.2370  
Fax: 716.817.2570

## SENIORS UNLIMITED

People Inc. Seniors Unlimited is a unique social day program, which meets the needs of those who have developed dementia or memory loss caused by Alzheimer's or Parkinson's disease, stroke, heart disease or any other illness.

### BENEFITS FOR YOUR LOVED ONE

- Socialization and stimulation for improved quality of life
- Safe, friendly atmosphere provided by caring and well-trained staff
- Opportunities to make friends and share experiences on-site and within the community
- Exercises to promote balance, circulation, coordination and flexibility
- Art program that combines music, meditation, poetry and imagery to encourage good self-esteem and self-expression
- Hot, nutritious meals
- Enhanced or maintained level of independence
- Prevention or delay in nursing home placement

### BENEFITS FOR CAREGIVERS

Seniors Unlimited benefits everyone in the family, not just the person who attends, providing much-needed respite to family members. Caregivers can use the time to work, run errands or even just take a break from the demands and stress of providing around-the-clock care. Our quarterly newsletter provides resources on continual caregiver support, offered by People Inc. and the community. Additionally, there are quarterly support sessions for caregivers hosted on-site.

### COST

This program is covered by Medicaid if the person is receiving care under a Long Term Home Health Care or Managed Care Program. Other funding sources available. Private pay rate is \$45 per day and includes breakfast and lunch. Transportation is an additional \$15. Seniors Unlimited is partially funded by Erie County Department of Senior Services and the New York State Office for the Aging.

## MAKING MEMORIES, ONE DAY AT A TIME

While attending the People Inc. Seniors Unlimited Program, there is no such thing as a typical day. Every day is full of fun opportunities.

We believe that we make new memories every day. Here are some of the ways we make them:

- Tai Chi
- Meditation
- Pet therapy
- Laughter yoga
- Current events
- Music appreciation
- Bingo
- Exercise
- Movie watching
- Cooking/baking
- Picnics in the park
- Bison's games
- Boat rides
- Botanical Gardens
- Erie County Fair
- Art program
- Reminiscence
- Manicures
- Memory books
- Woodworking
- Karaoke
- Painting
- Trivia
- Puzzles
- Poetry

### CONVENIENT LOCATION

The Seniors Unlimited Program is located at 2635 Delaware Avenue in Buffalo, NY. The typical program timeframe is from 8:30 a.m. to 3:30 p.m., Monday through Friday. However, this flexible program can accommodate needs for earlier drop-off and later pick-up, per necessary preparations.

Transportation available for active participants who live in Buffalo, NY and staff are happy to arrange the details. Lunch is provided.

### CONTACT

For more information, visit [people-inc.org](http://people-inc.org) or call 716.768.2370.