



# Adult Day Care

*Caring For  
The Ones  
You Care For*



**Worry Free. Guilt Free.**

**845-341-1888**

70 Fulton Street, Middletown, NY 10940

or visit us online at:

**[www.southwindscommunity.com](http://www.southwindscommunity.com)**

# Adult Day Care Program

You are caring for a senior at home. But, with your busy life, they need more than what they can do for themselves while you're gone. They can't get out on their own, and their ability to bath and prepare their own meals isn't what it once was. There's just not enough time to take care of them and do all the other things you need to do in your life for you and your family.



Adult Day Care at Southwinds Retirement home can be a solution to your daily care needs. We provide a comfortable environment, with a social setting that preserves their dignity and independence, but with quality support and monitoring that they now need.

## EXCELLENCE IN ADULT CARE

We provide a Supervised, Safe and Structured Social Environment for Senior Citizens

- Full schedule of activities and events
- Professional staff to provide quality care
- Middletown and New Windsor full day programs
- A balanced, nutritious hot noontime meal and between-meal snacks
- Special diet accommodations
- Special accommodation for persons with Alzheimer's or related dementia

# You just need a little help.

Southwinds Retirement Home Adult Day Care Program is a program that is a social model Adult Day Care Program dedicated to providing quality support services to eligible individuals and their families.

## GOALS AND OBJECTIVES:

- Helping participants maintain or improve the quality of their life through socialization, supervision, monitoring, personal care, and nutrition that promotes well being, independence, and self-care.
- Supporting the participant in his/her effort to remain independent at home and in the community, as may be appropriate to their well-being.
- Providing information and assistance in accessing available community resources to reduce isolation; and providing assistance and respite for the caregiver.



## ABOUT SOUTHWINDS RETIREMENT HOME

Southwinds Retirement Home is located in the heart of Orange County, Middletown, NY. Southwinds is designed with an elegant, homelike atmosphere in mind. We offer private rooms as well as deluxe suites with decorative fireplaces. Spacious common areas for activities and our beautifully landscaped courtyard offer a wonderful place for gathering with friends and family.