



Helping older adults remain comfortable, safe and independent in their own homes and community. . .

While giving caregivers respite and peace of mind

For more information about Valley Care Adult Day Services in Ambridge and Moon Township, please call 724-302-2090



www.lutheranseniorlife.org

Live an *Abundant Life*®

Valley Care has been serving older adults since 1978 and is now a community-based program of Lutheran SeniorLife, a premier provider of senior living communities, programs and services throughout southwestern Pennsylvania.

Valley Care Adult Day Services

345 Maplewood Avenue
Ambridge, PA 15003

650 Cherrington Parkway
Moon Township, PA 15108

724-302-2090

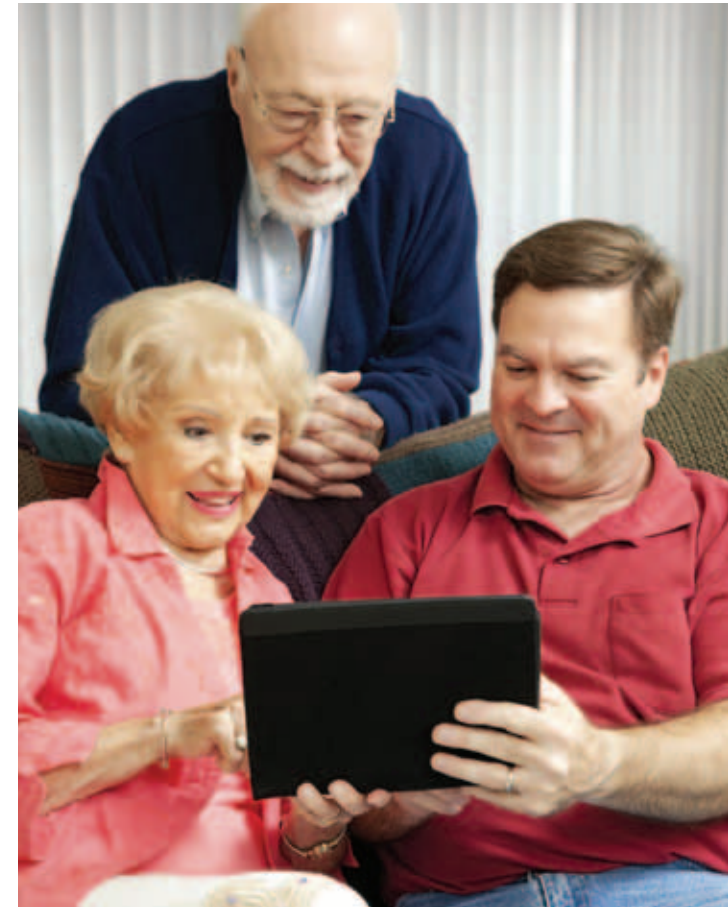
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There's More To Life... *Valley Care Adult Day Services*



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Valley Care Adult Day Services... *A home away from home*

As adults age, the comforts of home and family become increasingly important. When their health care needs change and more personal assistance is needed, families and caregivers sometimes need a helping hand.

At Valley Care Adult Day Services, our professional and caring staff is here to help. We serve adults age 60 and over, as well as younger adults who have physical challenges, chronic medical conditions, disabilities and memory loss.

Staying Active

Our adult day services program provides opportunities for clients to have fun during the day, in a place where they feel safe. They make new friends and can get both mental and physical exercise while they are here. Clients also receive a nutritious breakfast, lunch and afternoon snack.

Staying Healthy

The dignity and comfort of our clients are our top priorities. We also work with the family and the client's physicians to:

- Manage medications
- Monitor health conditions
- Coordinate health services
- Provide regular physical assessments and nutritional counseling

Staying Well

Valley Care offers a range of services at our centers to help the people we support look and feel their best. Services include:

- Podiatry
- Salon services
- Bathing services
- Physical therapy, occupational therapy, and speech therapy

Staying Safe

We also offer Home Safe Home, a program that helps older adults live safely and independently in their own homes. Be sure to inquire about these services.

PROGRAM DETAILS

Clients can attend Valley Care Adult Day Services on a regular or occasional basis. Transportation arrangements can be made by our staff.

We offer a flat rate for the day. Financial assistance may be available to those who qualify.

The center is open Monday through Friday. Please call the center nearest you for hours of operation, more information, or to schedule a tour.

