



WHERE CARING COUNTS

More to Life Adult Day Health Center is a wonderful choice for adults seeking a caring, friendly and safe environment to spend their day. Members enjoy the comforts of living at home complemented by the opportunity to take part in a variety of enriching activities and social interaction. Caregivers can be confident that their loved one is receiving the best care from our well-qualified staff.

ENJOYABLE ACTIVITIES

More to Life provides participants with events every hour of the day, including: social activities, games, puzzles, crafts, music, entertainment, exercise programs, art instruction, discussion groups, holiday and birthday celebrations, youth association, local outings and more.

Monday – Friday & holidays 7:00 am - 5:30 pm
Saturdays: 9:00 am - 4:00 pm

Our Mission

At *More to Life*, we love to learn about each of our guests, so we can love them and serve them, helping them to feel comfortable and confident with their world. Our locally owned and operated Senior Club will help your loved one feel safe while they enjoy fulfilling events and activities, and while you have the time to get and keep life in balance and reduce your stress.

We help find funding

- Seniors in Service Grant
- Alzheimer's Grant
- VA Grant
- Veteran's Aid & Attendance
- CHIP Waiver Program
- Medicaid
- MTM Transportation
- Long-term Care Insurance



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www.AdultDayCareReno.com

Need help caring for
a loved one during the day?



Supporting families by
serving seniors and dependent
adults during the day



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TRANSPORTATION

As an additional service, transportation is available to and from the center and for monthly tours to parks and museums.



BRUNCH, LUNCH and DUNCH

Professionally prepared lunch is served each day, compliant with nutritional guidelines and special dietary needs. Healthy snacks are provided mid-morning and afternoon.

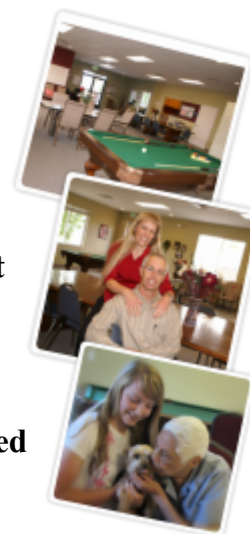


MEMORY CARE

Custom care and activities are provided for those with dementia including Alzheimer's. Those recovering from a stroke or traumatic brain injury are offered personalized coaching and exercise programs tailored to fit their individual needs.

Services We Offer

- Caregiver support group
- Caregiver Seminars
- Affordable rates
- Financial aid
- Saturdays
- Most Holidays
- Fall reduction exercises
- Friendship & peer support
- Patio gardening
- Exercise program
- Friendly staff
- Walking club
- Men's group
- Spanish group
- Limo outings
- Music
- Sing-a-longs
- Dancing
- Professional musicians
- Comedy hour
- Pet visits
- Hair and nail salon
- Hot lunch and snacks
- Shower facility
- Incontinence management
- Licensed nurse
- Wellness monitoring
- Med reminders
- Family owned and operated



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Resources for family caregivers include monthly support groups, educational seminars, networking, and support with financial aid.



PERSONAL CARE

Program includes incontinence management and assistance with activities of daily living.



Participation is affordable and is a fraction of the cost of in-home care or assisted living facilities. Fees include nutritious meals, snacks, professional entertainment and activities.