



Headline: Addus to expand its services, hours

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SENTINEL NEWS STAFF

MT. VERNON — For the last nine years, Addus Adult Care Services has been providing much-needed services and promoting social, physical and emotional well-being for area seniors and those suffering from disabilities or dementia.

Soon, the center will be expanding its litany of services to include even more programs.

Already, Addus Adult Day Services currently serves 83 men and women in Jefferson, Marion, Hamilton, Franklin and Washington counties. Each day, Addus program director Sharol Carter explained, approximately 40 to 45 clients enjoy the company of the staff and other participants, as well as the many activities offered each day.

In addition to two meals, there are weekly shopping trips, special outings — which recently included a trip to the St. Louis Zoo — bowling, bingo, and arts and crafts.

By Sept. 1, the center will acquire special equipment and will also be providing occupational, physical and speech therapy.

"We are moving from a social model to more of a medical model," Carter said. "Our goal is to keep as many people as we can from having to move to a nursing home. We provide exercise and health talks ... The more we help at this level, the longer they can stay at home, and our focus is to help them stay home, and remain in the community, as long as possible."

In addition, Addus will be extending its hours and, starting sometime in August, will be open from 8 a.m. to 1 p.m. Saturdays.

"There are four centers in Illinois, including one in Marion, and they have been open on Saturdays for more than a year now, and it's going really well," Carter said. "A lot of the clients come here while their families are at work, and being open on Saturday will give families to do the things they need, such as shopping, on that day while their loved one is here."

Transportation to and from the center is provided.

Also new at the center, Carter explained, is the "Good Morning, Good Day and Good Night" program which will allow for more seniors to participate in the services provided.

For those who need help in getting themselves ready for the day, a staff member will assist.

There are 15 employed at the center, including a certified nurse's assistant and nurse.

"The CNA can provide assistance with showers or any of the large variety of things they can do for our clients," Carter said.

According to Carter, there is space available at the center for additional participants. For more information, contact Addus HealthCare.

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