



Live an *Abundant Life*®

# My Day Out

## Adult Day Services

*We are pleased to offer a new adult day program in the Lutheran SeniorLife Passavant Community continuum of care!*

*My Day Out* services can help adults who

- are experiencing depression or grief
- are in need of socialization
- need structure and purpose in their day
- have some mobility

These services can be especially beneficial for:

- Couples with one person as the primary caregiver for the other
- Parents living with adult children
- Adults who require memory support

  
**Lutheran  
SeniorLife**  
Passavant  
Community

  
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Passavant  
Community

105 Burgess Drive  
Zelienople, Pennsylvania 16063

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[www.lutheranseniorlife.org](http://www.lutheranseniorlife.org)



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Lutheran SeniorLife complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex. Lutheran SeniorLife does not exclude people or treat them differently because of race, color, national origin, age, disability or sex.

ATTENTION: If you do not speak or understand English, language assistance services, free of charge, are available to you. Call (724) 742-2295 (TTY Relay Services 711)

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (724) 742-2295 (TTY 711)

ATTENZIONE: In caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero (724) 742-2295 (TTY 711)

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## Adult Day Services



  
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# My Day Out *Adult Day Services*

724-452-5400

**My Day Out** provides opportunities for socialization, fitness and wellness programs, meaningful engagement and assistance with personal care. Both half-day and full-day programs are available.

**My Day Out** is housed in the beautiful new Abundant Life Center on Passavant's campus in the heart of Zelienople, Pa., with easy access to Interstate 79 as well as Routes 19 and 68.

## OVERVIEW

### **Hours of Operation:**

7 a.m. to 5:30 p.m. Monday through Friday

### **Rates:**

- \$63/day for a full day (5+ hours)
- \$37/day for a half day (up to 5 hours)
  - Half day can be AM or PM
  - AM is 5 hours between 7 a.m. and 1 p.m.
  - PM is 5 hours between noon and 5:30 p.m.
- Ages served: 55+

### **My Day Out** services include:

- Meals: continental breakfast and lunch
  - Lunch is a well-balanced hot meal with alternatives offered.
  - Special nutritional needs can be accommodated.
- Medication management
- Abundant Life Opportunities – fitness, socialization, educational and spiritual programs as well as games and access to the library or quiet room
- Assistance with obtaining required therapies\* in the outpatient gym
- Physicians appointments\* at the clinic – both general and specialty, such as x-rays, podiatry, dentist, optometry, audiology
- Personal care (shower, shave, hair)\* provided in fully accessible private bathrooms
- Assistance to get to beauty or barber appointments\*
- Social service assistance

*\*Fees or co-pays required*

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