

Personalized Services

- Personal care plan
- Regular care progress reports
- Bathroom assistance
- Medications management
- Caregiver training



Activities

- Daily low-impact exercise class
- Memory stimulating activities
- Yoga
- Music therapy by a licensed music therapist
- Art therapy by a licensed art therapist
- Gardening classes
- Monthly outings and tours
- Birthday celebrations
- Holiday observances
- Monthly newsletter

Health & Wellness

- Monitoring of vital signs
- Nursing assessments
- Foot care
- Assistance with incontinence and personal care
- Nutritious home-style meals and snacks
- Lab testing: blood sugar and urinalysis

"After my stroke, I didn't think I could do anything. But I found out I could at the Marie Smith Center. The activities are very good, especially the exercise classes." Elizabeth



About Volunteers of America Oregon

Volunteers of America Oregon is one of 40 affiliates of a national, nonprofit, faith-based organization dedicated to helping those in need rebuild their lives and reach their full potential. Every year our 17 human service programs help more than 9,000 adults and children. Since 1896, our services have supported and empowered Oregon's most vulnerable groups, including the elderly, at-risk youth, at-risk families, men and women returning from prison, domestic violence victims, and those recovering from addictions.

Our work touches the mind, body and heart of those we serve, integrating our deep compassion with highly effective programs and services.

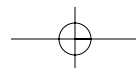
Visit our website at www.voaoor.org

I felt satisfied that Pat was in good hands and was safe. The caring staff showed genuine concern.

Spouse



3910 SE Stark St., Portland, OR 97214
503-235-8655 www.voaoor.org



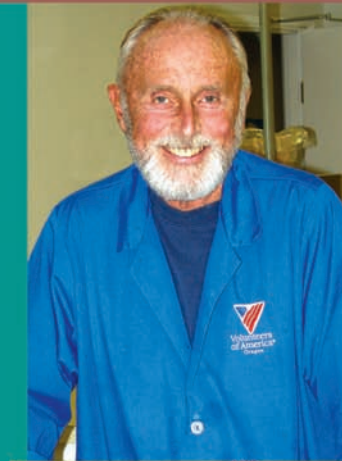
Adult Day Services

Your Caregiving Solution



nurturing

compassion



uplifting



If you are considering care for a loved one outside the home, Volunteers of America Oregon offers two Adult Day Service centers that provide safe and compassionate services.

For the working caregiver, our centers offer critical daily care while at-home caregivers receive much-needed respite. We serve:

- seniors
- adults with disabilities
- those with special needs (Alzheimer's/ dementia, post-stroke, Parkinson's and others).

Our participants experience stimulating activities, medical monitoring, fellowship and caring attention from our professional staff. We maintain an industry-high ratio of 1 staff person to every 5 participants.

Our adult day centers are the first and only programs in the state to be accredited by CARF - the prestigious national Rehabilitation Accreditation Commission - for meeting the highest quality performance standards.

Lambert House
2600 S.E. 170th Ave.
Portland, OR 97236
503-760-2075

Marie Smith Center
4616 N. Albina Ave.
Portland, OR 97217
503-335-9980

The Marie Smith Health & Social Center is operated as a partnership between Volunteers of America Oregon and Providence ElderPlace, a Program of All-inclusive Care for the Elderly (PACE).

Helping Families



As we provide quality care for our participants, we appreciate that we also serve families. We are aware that it is a difficult time when a family member is unable to function independently at home. Our adult day centers provide an option that benefits both participants and family members. Our services:

- help participants stay at home longer and have fewer trips to the hospital
- assist in sustaining family stability
- allow employment
- lower stress levels for both participant and family members
- are an economical alternative to a nursing home.

Honoring Our Participants

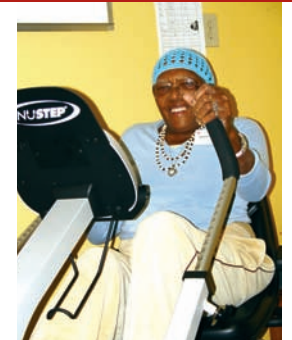
We are dedicated to helping participants remain as healthy and independent for as long as possible. All participants are treated with respect and consideration. Our trained staff is selected for their caring nature and devotion to the populations we serve.

Making Every Day Joyful

We encourage participation in our activities. Music, art and exercise classes are balanced with quiet time. There are monthly outings and celebrations. All activities provide opportunities for friendship and fellowship.

Getting Started

- contact the center most convenient for you
- arrange a no-obligation, free tour to see our center
- schedule a complimentary lunch to observe activities
- set up a consultation to put solutions in place that address your individual situation



We can work with your schedule to coordinate separate visits or handle all arrangements at one time.

Payments

- insurance, including Kaiser Expanded Care
- private pay
- Medicaid
- Oregon Project Independence

Fees are based on attendance. Some people use our services five days per week, some only one day per week. Each enrollment is different and tailored to meet individual needs and circumstances. Scholarships and other assistance may be available.

My daughter works and brings me to Lambert House every day. I love it. I've been other places, and this is the best.
Gladys

