

SPONSOR A VNA SENIOR

October 29, 2008

Several area groups are now financially helping frail seniors enjoy care each day at a Visiting Nurse Association Adult Day Center.

The nonprofit VNA & Hospice operates Adult Day Centers in Monterey, Salinas and Seaside. Each weekday, more than 75 frail seniors have fun, a hot meal, and go home to sleep in their own bed at night - avoiding institutionalization. These are seniors who can't safely be left at home all day because of dementia, short term memory loss, stroke, or physical frailness because of aging.

It costs \$70 a day to fully cover a senior's attendance, including snack and lunch, and clients are charged whatever they can afford. But the nonprofit VNA is finding more and more older members of the community who don't have the funds to pay anything.

The Canterbury Woods Community Committee, American Legion Post #591, and Monterey Peninsula Host Lions Club are now providing scholarships for one or more seniors each day. A gift of \$750 sponsors a senior for one year; \$1500 can sponsor two seniors

Skillfully trained VNA staff lovingly work with the clients at each Center, helping keep seniors out of institutions by providing day-time socialization, games, education, and light physical and mental exercise

The Centers also provide vital respite to the caregivers, who often are elderly spouses who need some private time to run errands see friends or just take a nap without worrying about their loved ones' safety, or are adult children who need to go to work each day.

To get more information about a VNA Center or to arrange for a free extended visit and evaluation, lunch included, contact Mia Gomez at Hilltop Center, 871 Jessie St., Monterey, 643-0278; Elvia Perez at the VNA Salinas Center, 45 Plaza Circle, 424-7930, or Laurie Ford at the Alzheimer's/ Stroke/ Rehab Center, 200 Coe St., Seaside, 899-7178.

Additional information about Sponsoring a Senior may be obtained from the
VNA & Hospice development office,
831-372-6668.

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