

“Age is something that doesn’t matter, unless you are cheese.”

— Billie Burke

Improving the
quality of life
and delivering
dignity in a
neighborhood
near you

Shou Ji Zhao gives a “thumb’s up” for St. Mary’s ADHC.

St. Mary's Adult Day Health Care (ADHC) provides health maintenance and rehabilitation services to adult and elderly patients with disabling medical problems. In a neighborhood setting, chronically ill and disabled participants improve the quality of their lives and maximize their independence while continuing to live in their own homes with dignity.

During a typical year, the program serves approximately 150 participants ranging in age from 18 to 98, with the average age being 75. Participants spend anywhere from a few months to many years attending St. Mary's ADHC depending on their needs and disabilities, and usually remain in the program until they move or go to a nursing home. In addition to providing family and caregivers of participants a daily respite, the ADHC program facilitates a monthly caregiver support group that is open to the community.

ADHC's mission is to alleviate suffering and help people of all ages develop and maintain their highest level of comprehensive professional and social skills. ADHC's services include a range of social work, physical, occupational and speech therapy, and therapeutic activities. The services of a registered nurse, psychologist, pharmacist, and dietician are all on-site. A multidisciplinary team assesses the needs of each client and develops a plan of care that is updated every six months or as needed. The population served is ethnically diverse and staff language capabilities include Mandarin, Cantonese, Spanish, Tagalog, and Russian.

Participant diagnoses include: Alzheimer's disease and other dementias, organic brain syndrome, degenerative joint disease, arthritis, brain injury, cancer, diabetes, coronary heart disease, HIV/Aids, hypertension, lupus, multiple sclerosis, Parkinson's disease, pulmonary disease, hip compression fractures, and CVAs.

ADHC helps relieve the emotional and physical burdens of the families and participants while keeping them living and functioning in their own homes and communities. Located in the Outer Mission, ADHC offers transportation to and from the facility and a hot lunch.

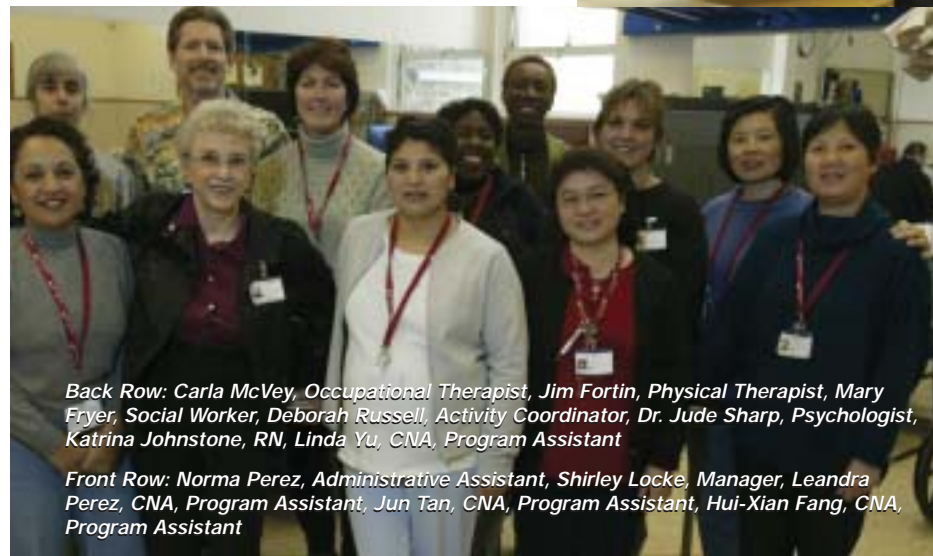
The atmosphere inside the walls of ADHC is filled with a genuine love and compassion by a team of people who provide not only comfort, but meaning. ADHC brings joy, hope, laughter, friendships, and renewed self-esteem to many who have lost their health, mobility, and financial independence. ADHC brings respite to families who can now find time to enjoy life again. ♦



Eileen Hoover shows therapist Jim Fortin her progress.



Reynaldo Mansilla works out.



Back Row: Carla McVey, Occupational Therapist, Jim Fortin, Physical Therapist, Mary Fryer, Social Worker, Deborah Russell, Activity Coordinator, Dr. Jude Sharp, Psychologist, Katrina Johnstone, RN, Linda Yu, CNA, Program Assistant

Front Row: Norma Perez, Administrative Assistant, Shirley Locke, Manager, Leandra Perez, CNA, Program Assistant, Jun Tan, CNA, Program Assistant, Hui-Xian Fang, CNA, Program Assistant

Finding passion and purpose

A 78 year-old gentleman, formerly a judge in the Philippines, arrived at the Center following a debilitating stroke. He was known for his lectures and teaching law; however, having lost the ability to read and write and having only very limited speech following the stroke, the intellectual man found little purpose in life. His family said he was so depressed it was difficult for him to even get dressed in the morning. It was while working with an occupational therapist on the use of his hands that he discovered he loved to paint. He has become a very gifted artist, and is currently painting his wife and himself watching a Manila sunset. His family and the staff are in awe of the beauty of his artwork, and he is so proud yet humble, but nonetheless very pleased, to show everyone his paintings. ♦