

## Open for Business

### Canal Lodge Adult Care Center

#### Social Adult Day Care Center in Ellenville Caters to Area Seniors

Open little more than a year, Ellenville's successful adult day care center already is the home-away-from-home for 14 area senior citizens who spend eight hours a day, five days a week, at **221 Canal Street**, in what is now known as **Canal Lodge Adult Care Center**.

Under the sponsorship of the non-profit Ulster Home Care, Inc. in Kingston, the local facility has been patterned after a similar program in Kingston, where between 30 and 40 adults over the age of 55 have been enjoying their daytime hours for over 30 years.

A new concept for the Ellenville area, the very warm, comfortable, and inviting atmosphere at the Canal Lodge is designed, as its brochure outlines, "to encourage and stimulate the individual participant to utilize, maintain and maximize their highest potential physically, mentally and socially, while invoking a sense of self respect, usefulness and dignity."

Currently, the Lodge hosts women and men between the ages of 67 to 88 from around the Ellenville area who, each weekday: exercise for one half-hour; have the option of watching TV, knitting,



crocheting, making rag rugs; playing a variety of board games, cards; and enjoying various outings to the park, the Ellenville Reformed Church Thrift Shop, and varied shopping trips in the area.

Keeping physically fit and mentally alert is the basic focus encouraged by Lodge Program Director Karen Marks, and her assistant, Sharon Fuller, in addition to two aides and a volunteer.

Each participant is able to enjoy a hot breakfast and lunch as well as an afternoon snack. The Lodge features a kitchen and vast living room with tables for various activities. In addition, an art therapist and dance therapist also visit to provide additional activities for those interested.

Designed for seniors 55 and older, participants have the option of coming to the Lodge on their own, or taking advantage of a bus which will pick them up at their homes, following the schedule of the Ellenville School. The cost for attending is \$35 each day, with an additional \$5 charge for bus service. The current facility has a capacity of 25 adults.

One of the basic areas the Lodge focuses on is the typical senior citizen's slow deterioration into social isolation. The Lodge stresses its goal to provide a structured, comprehensive program that provides socialization, supervision, and continuing development – physically, mentally, and emotionally. In addition, the Lodge provides respite and support to primary caregivers where they can share concerns and solutions with others.

Supervision of medication for participants is provided by an LPN. For additional information, or to have your questions answered, call Ms. Marks at **845-647-8461**. Volunteers are also encouraged to participate in the program by calling Ms. Marks.

— BW

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