



Dighton Council on Aging

Prime Time

Adult Supportive Day Program

1059 Somerset Avenue

Dighton, MA 02715

Prime Time

∞ Homelike atmosphere





Prime Time Clients

- ⌚ **Must be 60 years or older**
- ⌚ **Continent of bowel and bladder**
- ⌚ **Able to administer their own medications**
- ⌚ **Not physically or verbally abusive**
- ⌚ **Not prone to wandering**
- ⌚ **Prime Time clients meet new friends, gain a positive attitude, try new experiences and build hopes for today and the future.**

Nutritional Program

- ∞ Full, Hot Breakfast is served daily
(Pancakes, French Toast, Muffins, Eggs)
- ∞ Hot, nutritious Lunch is served daily
(includes 90% daily nutritional intake)
- ∞ Late afternoon snack
(fresh popcorn, cookies, crackers & dip)



Dining at Prime Time

- ⌚ Breakfast and lunch is served at beautiful place settings using Corelle dishes, silverware and glasses. During lunch, soothing dinner music is played.
- ⌚ At times our guests enjoy some Special dining experiences

Victorian Tea Time





Daily Activities Program

- ∩ Fitness Program
- ∩ Spiritual Exercises
- ∩ Bingo/Cards/Games
- ∩ Sports Program
- ∩ Arts & Crafts Projects

Daily Activities

Exercise class



Bingo





Weekly Activities

- ⌚ **Hairdresser for the ladies**
- ⌚ **Manicures**
- ⌚ **Bowling League**
- ⌚ **Horse Racing Trivia**
- ⌚ **Giant Crossword Puzzle**
- ⌚ **Reminiscing**
- ⌚ **Discussion Groups/Current Events**

Hairdresser/Crossword Puzzle





Monthly activities

- ∩ Blood Pressure Screening
- ∩ Spirituality Session
- ∩ Podiatry Service
- ∩ Barber is available for the men
- ∩ Monthly Birthday Party
- ∩ Monthly Excursions

Barber & Birthday Parties





Staff

- ⌚ **Our staff is CPR Certified**
- ⌚ **Fully inoculated against Hepatitis and Tuberculosis**
- ⌚ **Certified in Proper Food Handling**
- ⌚ **Our staff members are devoted, caring and creative. They benefit from receiving as much love as they give.**

Devoted Staff Members



Volunteers (Unpaid Workers)

- ⌚ All volunteers pass the State C.O.R.I. Check
- ⌚ Volunteers that handle food are fully inoculated against Hepatitis and Tuberculosis
- ⌚ Our volunteers play a vital role in the success of our day program. Without their dedicated service we would not enjoy the success that we have.

Prime Time Volunteers



Prime Time Goals

- ∩ To foster independence
- ∩ To promote social activity
- ∩ To provide a home-like atmosphere
- ∩ To maintain mobility
- ∩ To prevent depression
- ∩ To maintain maximum health
- ∩ To provide respite for families



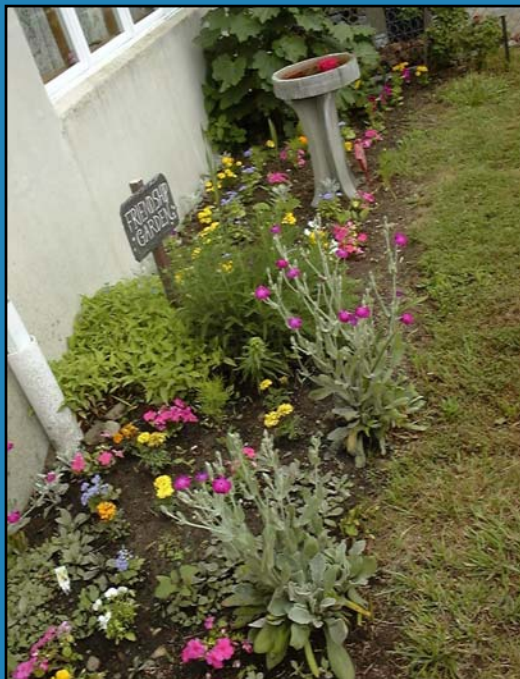
Prime Time Accomplishments:

- **Winner of the 1998 R.O.S.E. Award for our Intergenerational Friendship Garden**
- **Winner of the 2002 R.O.S.E. Award for our innovative Hairdressing Salon**

R.O.S.E. Awards

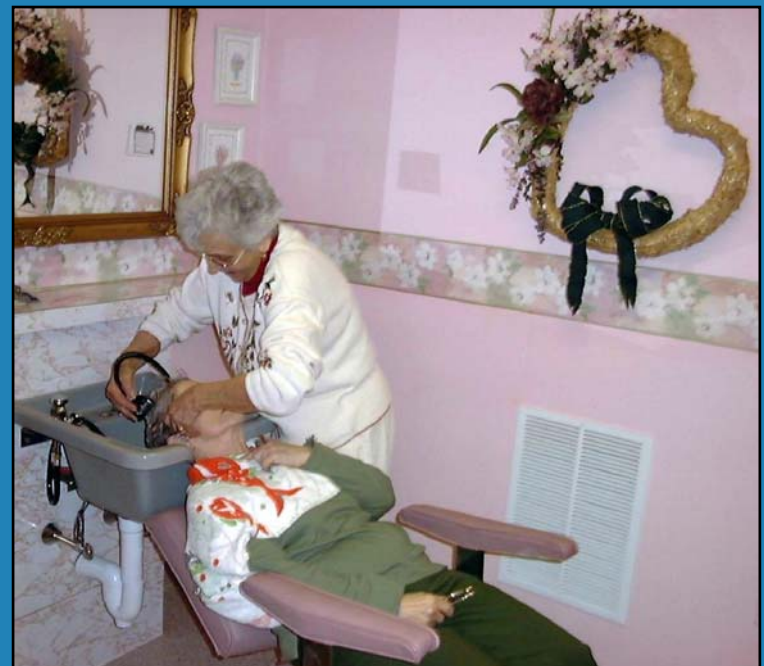
🌀 1998 R.O.S.E. Award

🌀 Friendship Garden



🌀 2002 R.O.S.E. Award

🌀 Innovative Hair Salon



R.O.S.E. Award (Resources Organized to Serve Elders)





At Prime Time:

**We strive to keep our elders out of
nursing homes and in their own
homes for as long as possible**

Prime Time

**A home away from home
where your loved ones
quickly become our loved ones.**



Serving our community with pride





Presented by:

**Alice E. Souza, Executive Director
Dighton Council on Aging**