

## Program Achievements

Winners of two awards in 2016, including "The State Government Innovation Award"

A Recreation Therapy program called Operation Sight and Sound used Songwriting to tell a story; Photography to visually capture and interpret what the song means; and Service to community, in the form of both a movable photo exhibit and singing performances by the Veterans.



SERVING THOSE WHO PROUDLY SERVED

## A Day in the Life, Caring for Veterans & Their Caregivers

The Minnesota Veterans Home Adult Day Center provides a comfortable environment to help Participants achieve the highest attainable level of physical, mental and social well-being – with the independence of living at home. It also provides much-needed respite – and a full array of support services – for Veterans' caregivers.

### Here's to the Health and Independence of Our Minnesota Veterans

Our Veterans deserve the very finest care. That's why the Adult Day Center provides a broad array of therapeutic health care services – delivered by trained, highly dedicated professionals. We are committed to providing person-centered care and will customize a total program to meet your specialized needs. Then, we put your care in the hands of clinical specialists who include:

- Registered Nurses
- Social Worker
- Recreational Therapist
- Dietitian
- Health Information Technologist
- Program Assistants

The Adult Day Center is a Veterans based community. It allows participants to connect with other Veterans in a safe, comfortable environment.

### Caring for Caregivers

Caregivers often operate under significant stress and our respite care can help ease their daily demands, by providing a time-limited break for families or other unpaid caregivers. Participants will be cared for in a medically supported social environment, allowing caregivers to attend their other daily needs. We also provide education, resources and support groups for caregivers.

## MINNESOTA VETERANS HOMES



The Minnesota Veterans Home Adult Day Center is located in Building 4, on the Minneapolis Veterans Home Campus.



### MINNESOTA VETERANS HOME – MINNEAPOLIS

5101 Minnehaha Ave S, Bldg 4  
Minneapolis, MN 55417  
Telephone (612) 548-5963  
ann.rostratter@state.mn.us  
www.MinnesotaVeteran.org

## MINNESOTA VETERANS HOMES



SERVING THOSE WHO PROUDLY SERVED

## Adult Day Center



A Day in the Life, Caring for Veterans and Their Caregivers

# Welcome to Wellness

## Adult Day Center FAQ

### What is the purpose of the Veterans Home Adult Day Center?

The Adult Day Center provides a safe, comfortable environment to help Veterans achieve the highest attainable level of physical, mental and social wellbeing with the independence of living at home. It also provides much needed respite and full array of supportive services for Veterans' caregivers.

### How may a Veteran benefit from the Adult Day Center?

The Adult Day Center provides a Veteran based community; allowing Veterans to connect with other Veterans.

A full range of therapeutic and rehabilitation health care services are provided by trained, highly dedicated professionals committed to providing person-centered care and customizing programs to meet the Veterans' individual needs.

The clinical specialists include: Registered Nurse, Social Worker, Recreational Therapist, Program Assistants, Dietitian and Chef.

### What are the hours of operation?

The Adult Day Center hours of operation are Monday through Friday; 8 a.m. – 4:30 p.m. The Adult Day Center is also closed on State Holidays.

### How does a Veteran qualify for the program?

The Veteran must have an honorable discharge, serving at least 181 consecutive days of active duty. The Veteran must also be a Minnesota Resident or have service credited to Minnesota.

### How does a Veteran apply to the Adult Day Center?

An Admissions Application would need to be completed along with a copy of the Veteran's military discharge papers (DD214).

### What is the cost for a Veteran to attend the Adult Day Center and what services are included?

The fee for a Veteran is \$20/day. This cost includes breakfast, lunch and two snacks. A sliding-fee scale is also available upon request.

### What other services are offered that aren't included in the daily rate?

- Therapeutic Whirlpool Spa and bathing
- Barber and beauty services

### What is the Adult Day Center admission process?

After Interdisciplinary Team acknowledgment of being able to meet the Veteran's needs, the Veteran/Caregiver would be provided forms for their medical provider to complete admission orders and an admission physical.

### What type of recreational activities are offered?

- Fishing
- Social events with other Day centers
- Heroes on Horseback
- Picnics at local parks
- Fitness/Yoga classes
- Gardening
- Cooking
- Pet visits
- Art classes led by Professional Artist
- Community outings
- Horseshoes
- Bingo
- Bowling
- In-house entertainment



Adult Day Center services are available to eligible Veterans, Spouses, Widows and Gold Star Parents.

## Testimonials

*"When I drop my husband off in the morning I have the greatest confidence and trust in the (Adult Day) staff caring for him. The day center gives me the wonderful opportunity of being "me" again - not having to give a second thought about caring for him for a few hours because I know he is being cared for. So I can catch up on chores quickly, go on a social outing, or talk to my sister in England - without being concerned about him. It's wonderful. Thank you!" – Sue*

*"The Adult Day Center has broadened Lou's life and mine. We have daytime activities to share – outside of the encumbrances of disease and disability. We are so glad we attended the original open house at the Day Center. It's a great way to honor and thank our Vets. We all appreciate your dedication to care for our guys. Thank you!" – Spouse of Veteran*

*"Before he came here, I was getting very stressed out. Ralph really enjoys coming here, and I enjoy bringing him. He is much happier, and I can tell his spirits have lifted. This program changed our lives." – Mary*



A Rich Tradition