

# Daybreak

Providing an entertaining, stimulating and supervised group environment for those who can live independently, the Daybreak Program is tailor-made for seniors who may benefit from additional activities and companionship.

The program provides professional care to adults 18 and older, and offers the opportunity to socialize during the day, allowing families to enjoy peace of mind while they are away from home, knowing their loved ones are safe and well-cared for.

The program's flexible half and full day schedules are available to participants for one to five days per week. The program features specialized daytime care, socialization, physical and recreational activities, meals and snacks.

## Services:

- Entertainment & music programs
- Exercise & games
- Day trips to and from various locations, events & community activities

THIS PROGRAM IS AVAILABLE AT ELANT AT GOSHEN.



# A Mission OF CARING

Elant is a community-based, not-for-profit organization touching more than 3,000 people every day through our network of facilities, home care agencies and community services. For over 30 years, Elant has been a leading provider of health care and housing services and aims to provide exceptional health care and quality of life through innovative programs to those we serve in our communities. We provide a broad spectrum of services to meet the community's changing needs, and emphasize personalized service and respect for the whole person.

## Services:

- Rehabilitation
- Skilled Nursing Care
- Assisted Living
- Retirement Community
- Adult Day Programs
- Home Health Care



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Glen Arden • Goshen • Meadow Hill  
Fishkill • Wappingers Falls

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# Adult Day PROGRAMS





"The staff is phenomenal; they do everything possible to help the family. They truly care, and I feel confident that my husband is in good hands while I'm at work."

— Spouse of Elant Daybreak Program participant

## Adult Day HEALTH CARE

For adults who need assistance, are disabled or chronically ill, but prefer to live at home, Elant's Adult Day Health Care Program is thoughtfully designed to provide individualized care under the direction of a registered nurse and in collaboration with an interdisciplinary care team including the client's primary care physician, a social worker, dietitian, the client and their family members.

The Elant team focuses on stimulating socialization skills, providing personal care, and strengthening and improving physical and cognitive abilities for those facing impairments and physical limitations so that they may function in a more enabling environment. Equally as vital, the program offers companionship, respect, and stimulation for Elant clients, while also providing caregivers with a necessary reprieve.

### Services:

- Professional nursing care, medication administration, wound care
- Assistance with activities of daily living including toileting, weekly showers, and assistance with meals
- Rehabilitation services by highly trained occupational, physical, and speech therapists
- Nutritious meals and snacks which can be customized to meet individual dietary requirements
- Entertaining and stimulating activities in a supervised environment
- Specialized programming for individuals with dementia
- Program hours are Monday through Friday, 7:30 am – 5:00 pm

THIS PROGRAM IS AVAILABLE AT ELANT AT GOSHEN AND ELANT AT MEADOW HILL.

For additional information on our Adult Day Programs, please contact 1.800.501.3936.

