

## Comments about The Bridge

"Without your service my brother would be institutionalized in a nursing home far from family and friends." **Family Member**

"The Bridge gives me time to run errands, and time apart. Plus, I feel good about the stimulation Mom is receiving while attending."

**Family Member**

"The staff is great and exceedingly helpful."

**Participant**

"Couldn't think of a better program for both of us. Dad enjoys the activities, and I know he's safe while I'm at work." **Family Member**

"You can sit and think about your pain, or you can get out and forget about it-



Lose  
yourself in  
activity  
and  
friendship



and be part of life again."  
**Sister Patrick Mary**

# The Bridge Adult Day Program



Juneau's program for seniors!

Offering staff supervision and a full activity schedule.

- Build friendships -
- Enjoy a compassionate staff -
- Have fun! -

1803 Glacier Highway  
Juneau, AK 99801

463-6171



The Bridge is a program of Southeast Senior Services, a division of Catholic Community Service—Dedicated to helping elders stay healthy, safe, and live as independently as possible.



# The Bridge Adult Day Program

## What is The Bridge?

We are an Adult Day Program focused on providing cognitive stimulation and physical activity.



All seniors are welcome to enjoy our comfortable, friendly, and safe environment. Our staff provides professional care meant to bring new energy and happiness to you and your loved one.

**Call us today to schedule your 3 free introductory visits!  
Open Monday- Friday from 7:30 AM - 5:30 PM**

## Our Services

- Mental stimulation
- Physical activity
- Social environment
- Direct care from staff
- Activities
  - Daily exercise
  - Card games
  - Board games
  - Puzzles
  - Physical games
  - Live music
  - Arts and crafts
  - Gardening projects
  - Special holiday visitors
  - Community outings
  - Birthday celebrations
- Nutritious, hot meals and snacks
- Bathroom, shower, nail care
- Hair care (for additional fee)

## Who Qualifies for Services?

### Are you or your loved one:

- 60 years of age or older and needing socialization or supervision?
- Coping with any physical limitations?
- Recovering from a stroke?
- Living with Parkinson's disease?
- Dealing with sensory declines such as vision and/or hearing loss?
- Of any age experiencing memory loss from Alzheimer's disease or a related dementia?



**If you answered yes to any of these questions - then we are here for YOU!**

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