

**All participants will receive these specialized group and individual services.**

- Daily hot meal and snacks
- Experienced and caring staffing
- Opportunity for personal care
- Scheduled transportation
- Medication dispersal
- Socialization with others in their peer group
- Assistance with activities of daily living such as eating, dressing, or using the toilet
- Quarterly care conferencing services in order to streamline participants care
- Monthly care-giver informational and support group
- Monthly calendar of events

**We offer a variety of individual and group activities to fit everyone's interests.**

- Arts and crafts
- Seasonal festivities
- Theme days
- Music
- Reminiscing
- Table games
- Community outings
- Socialization

**Adult Day Centers can help persons who:**

- Are socially isolated
- Experience memory loss, Alzheimer's Disease, or Dementia
- Are in need of supervision to assure safety
- Are at risk for premature placement in nursing home
- Experience mobility difficulties
- Are in need of assistance to complete activities of daily living
- Have caregivers in need of respite

If you have any questions or would like more information on our program, or other services that The Cheboygan County Council on Aging offers, please go to our website at [www.3coa.com](http://www.3coa.com) or call us at (231) 597-8317.

### **Sand Castles**

1531 Sand Road  
Cheboygan, MI 49721  
231-597-8317  
Fax 231-597-8337  
[www.3coa.com](http://www.3coa.com)

*"You should never  
have to walk alone"*

**Sand  
Castles**





# At Sand Castles we offer a caring place that your loved one will enjoy.



**We provide a warm and friendly environment that promotes a sense of community.**

The mission of Sand Castles is to provide participants with the highest level of respect and care while making sure that their needs are met. We provide participants with the opportunity to socialize with others in a welcoming and caring environment. Sand Castles offers a wide range of activities that are tailored to meet the participant's specific needs as well as to encourage socialization and interaction with others.

At Sand Castles we have created a friendly and safe setting which provides a variety of health, social, and other related support services. We strive to help participants maintain a high level of functioning and independence while keeping our setting as home-like and pleasant as possible.



**Our staff is caring, committed, and trained to address your loved ones needs.**

Sand Castles operates as a team. Every person on our staff has tremendous value and worth and is considered an asset. Our staff's main goal is to ensure the safety of all of our participants, address participants and caregivers needs fully, and to welcome all that come into our facility.



Our staff consists of our Program Director, Social Worker, Registered Nurse, Chaplain, Direct Care Workers, and Volunteers. Our experienced staff members are committed to making a difference in participants' lives and have a clear understanding of participants needs.

Our staff understands the need for individual and personalized care. We recognize the different care level requirements and strive to personalize our care to meet individuals' needs. This is why everyone who participates in our program has an individualized plan of care because we recognize that everyone is unique and has their own needs.

Our staff is committed to excellence and continuous improvement. Together we can make it happen.

**Advantages to Participating in Sand Castles Day and Respite Programs:**

## **Participants Benefits**

- Helps individuals to stay active and involved which can improve and maintain their functional abilities.
- Offers participants the opportunity to socialize, enjoy peer support, and receive health and social services in a stimulating and supportive environment that promotes better physical and mental health.
- Provides opportunities for friendship and a decrease in loneliness and isolation.
- Increases participant's self-esteem and self-worth.

## **Caregiver Benefits**

- Provides assistance to family members who do not want to leave their loved one at home alone.
- Allows the caregiver to take a much-deserved break from the stress of caring for a loved one on a full-time basis.
- Offers an alternative to private duty or other care options which are more expensive.
- Provides support and information that help caregivers cope with and respond to their needs, along with the needs of their loved one.