



*enhancing life for generations*  
THE JEWISH HOME  
FOR THE ELDERLY

## **Grasmere by the Sea Adult Day Services**

One Post Road Fairfield, CT 06824

Open Monday – Friday 8:00 a.m. – 4:30 p.m.

Call (203) 365-6470 for information

Visit our website at [www.jhe.org](http://www.jhe.org)

### *A tradition of caring...*

We all envision living a long, productive life in our own homes. As medical advances continue to increase our life spans, we want to ensure that our golden years—and those of our loved ones – retain a high quality of life.

Maintaining independence and dignity in old age are every person's right. For over 30 years, the Jewish Home for the Elderly's Adult Day Services program has provided comprehensive services and support to the area's older population and their caregivers. Adult Day Services programs reduce isolation and can prevent long-term care placement of the elderly, while at the same time giving respite to caregivers facing the challenges of care for a spouse, parent or relative.

Socialization, rehabilitative therapies, and medical supervision are additional benefits of our Adult Day Services at Grasmere by the Sea. Most of the day is enjoyed in a variety of recreational activities developed by a skilled Recreation Coordinator to include both physical and mental exercise. In addition to being fun, the activities provide peer interaction and help prevent feelings of loneliness and depression. Each client receives personal medical attention from one of our Registered Nurses, who are experienced in geriatrics. The registered nurses observe the clients regularly watching carefully to identify any changes in behavior and physical ability to help prevent decline and to access appropriate intervention. Giving daily medications, testing for blood sugar levels and providing other treatments are also done by our registered nurses. Monthly monitoring of weight, pulse and blood pressure is performed for each client. Plus, our "Seashore Room:" is the perfect environment for individuals with advanced memory loss who require more one-to-one supervision, specialized programming and a soothing ambiance.

Grasmere by the Sea also offers handicap-accessible bathing services to assist caregivers unable to bathe their loved one at home. Certified Nursing Assistants provide these personal care and grooming services on a personalized basis. A unisex hair salon is available weekly with a range of services offered by our hairdresser.

Clients enjoy a nutritious morning breakfast and afternoon snack as well as a hot noontime meal, which is varied from soup to dessert in our picturesque dining room overlooking the water. All food is Kosher in keeping with the Home's precepts.

Wheelchair-accessible buses offer convenient door-to-door transportation to our participants serving numerous towns throughout Fairfield County including Bridgeport, Easton, Fairfield, Stratford, Trumbull and Westport.

Grasmere by the Sea offers a spacious secured patio overlooking the waterfront of Ash Creek. This serene setting enables our participants to enjoy a variety of outdoor activities along with experiencing the seasonal changes and wildlife of this tidal area.



**Scenic waterfront view of Ash Creek from Grasmere by the Sea's dining room and terrace.**

The Director and Registered Nurses of Grasmere by the Sea offer free information and counseling to clients and caregivers regarding public financial resources, long-term care planning, and medical management. Caregivers can also access literature, receive a monthly newsletter, and attend a monthly support group.

**Make The Jewish Home's Grasmere by the Sea an extension of your home. Please call (203) 365-6470 today to schedule a no-obligation tour and assessment. Grasmere by the Sea is funded in part by the Older Americans' Act through the Southwestern Connecticut Area Agency on Aging (SWCAA), Bigelow Tea, The Bridgeport Ladies Charitable Society, Fairfield County Community Foundation, Greenfield Hill Congregational Church, Near & Far Aid, Southport Congregational Church, Town of Fairfield and other local charities.**