



# Adult Day Services inc.

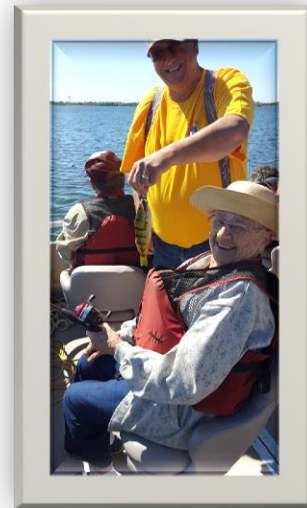
**"Promoting healthy aging with the focus to improve and enhance overall wellness"**

Hello All from Adult Day Services Bemidji.  
We have been busy with outings and activities so far this summer.

Here are just a couple of our outings.  
First we would like to thank the ["Bemidji Area Let's Go Fishing"](#) chapter for making every trip so enjoyable for our weekly fishing and pontoon rides.




**"Great fishing Lake Bemidji"**



**Adult Day Services, Inc. 620 Carr Lake Rd. S. Bemidji, MN. 56601 PH# 218-751-1324**

**Website - [www.adulldayservicesbemidji.com](http://www.adulldayservicesbemidji.com)**

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Adult Day Services is supported, in part, by United Way, George W. Neilson Foundation, Northwest Minnesota Foundation, Minnesota Department of Transportation, and a Live Well at Home grant from, the Minnesota Department of Human Services.



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We go to [Great River Rescue](#) once a month. Visiting with the animals is so therapeutic and who doesn't love animals? Brandon Mustful has been great and we appreciate him so much.



**“Animal Therapy/Unconditional Love”**



We also take trips to the [Science Center](#) to learn new things, interact with the animals and of course feed the fish. Personally, I can't do the whole snake thing. EEEekkkk!



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So now that we have shared some of the fun things we do, I'd like to share with you who can benefit from our program...Everyone!

Many choose to utilize Adult Day Services because they are less active due to changes in health, which influences their ability to manage activities of daily living. Our goal is to ultimately help our participants stay independent and that is what we've been doing since 1981.

Some of the health histories addressed in care at Adult Day Services are Stroke, Diabetes, Heart disease, Dementia, Chronic pain, Osteoporosis, Arthritis, Sight and Hearing challenges and Loneliness (We have a RN on staff daily).

Someone you know may qualify for benefits through Veterans Administration, Medical Assistance, United Way Scholarship Fund, Adult Day Services Subsidy, and/or Long Term Care Insurance. You may be thinking about a relative, neighbor or friend that could use a little support.

We are happy to meet with you and anyone that may benefit from our program is welcome to make an appointment to come in and visit with us. We are open Monday thru Friday 7:30 A.M. to 5:00 P.M

In closing, I'd like to mention that we just had our 11th Annual "First City River Duck Race" fundraiser.

We had great weather and a good turnout. Thank you to our sponsors and volunteers. We couldn't pull this off without you.



**"View of bridge from one of the pontoons"**

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