



News-Democrat & LEADER

John Page

Active Day provides outlet for seniors, disabled

by Pam Cassady Staff Reporter pamcndl@bellsouth.net

August 12, 2009

RUSSELLVILLE--Linda Lemeli and Faye Poole sat at a table in the sunlight chatting away and waiting for the daily bingo game to start. At the next table over, Charles Lockhart and Lucille Finch engaged in good-natured banter while enjoying their muffins. Throughout the room, others played games, watched TV and worked puzzles. These simple activities may not seem like much, but for the people who come to Russellville's Active Day Medical Adult Day Care facility, they are very important.

"I could find something to do at home," said Lemeli, "but it's better to come here."

"It's tiresome staying at home," said Poole. "If I didn't come here I don't know what I'd do."

"It gets me out of the house," agreed John Page. "If I didn't come here I'd sit there and be bored all day."

Some who come to Active Day are in pretty good health and attend mostly for the social interaction and activities it provides. Others may need some assistance getting around and with daily activities, and a few require total care, including assistance eating and going to the bathroom. Whatever the extent of the need, Active Day employees are trained and ready to help.

"We are an option for people instead of a nursing home," said Tammy Dauley, center director. "And it's great peace of mind for families."

For ten years now, Active Day has been helping the elderly and disabled remain in their homes and stay

active in their community, Dauley said. They will be celebrating this milestone with a luau on Thursday, Aug. 13 from 9 to 11 a.m. The Clay Bilyeu Band and Lon "Big Daddy Bobalou" Sosh of WRUS Radio will entertain Active Day clients, families and friends during the luau. There will also be tours of the center and refreshments.

Dauley said they've invited many local leaders and they welcome anyone to stop by.

"We want to show everybody what we're about and what we do," Dauley said.

Active Day has 21 locations in Kentucky and provides nursing care, health services, meals, therapeutic activities and socialization for its clients. More than 30 clients ranging in age from 21 to 90 attend Active Day in Russellville on a weekly basis.

Dauley said Active Day is a great alternative for families facing difficult decisions about how to care for an elderly or disabled relative. If a family is considering hiring a private in-home nurse or caregiver or putting a relative in a nursing home, Dauley said they should consider Active Day which can provide many levels of care for individuals during the daytime hours. This allows the clients to remain in their own home but still receive the care they need.

Adult day health is a planned program that includes a variety of health, social and supportive services in a safe, protective environment. Active Day's staff includes a registered nurse, an activities director, an aide and others. Each day clients receive the health care they need as well as a meal and snacks and various activities, including games, crafts, music and more.

Steve Denney said he enjoys playing cards and other games. Poole said she likes it when people come to the center and provide special music. Lemeli said she enjoys playing bingo and talking.

Dauley said that the center is more than just a place to go for many of the clients.

"It's like another family here," Dauley said. "They call each other at night. Their concern for each other is amazing. And they're concerned about the staff."

The staff is also concerned about them. "We have a great staff," Dauley said. "Very compassionate."

To be a client at Active Day, a person must qualify. Clients may pay privately, but many qualify through Medicaid. Dauley said if anyone is interested in learning more about the services they provide, they can call her at 726-2100, stop by the center at 767 North Main Street in Russellville, or go to the web site www.activeday.com.

Thursday's luau would be a great time to stop by, Dauley said. "This is a great facility and a great alternative to a nursing home or hiring someone," Dauley said.