

General Information

The center is staffed from 7:30 a.m. to 3:30 p.m., Monday through Friday. Members attend for approximately six hours per day for between two and five days per week.

Anyone can make a referral by calling the center. Arrangements are made for a visit and for the staff to evaluate the member. The primary physician is contacted and provides all pertinent medical information and MD orders. Transportation is arranged by the staff.

For further information or to schedule a visit please call 508-833-2255

"A prospective member once asked how we gauge our success rate. It took some thought but the answer is twofold. It's both the member who leaves the center after a few weeks because he/she did so well AND the member who stays with us for twenty years, still at home, still with the family."

– *Connie Tulloch*
Seabreeze Manager

How You Can Help

The Visiting Nurse Association of Cape Cod is a not-for-profit agency dependent on the philanthropy of our community. If you are interested in supporting the work of the VNA, please contact the foundation office at 508-957-7700.



the VNA is...

Seabreeze Day Health Center

Tel: 508-833-2255
290 Rte. 130 Box 7
Sandwich, MA 02563

Seabreeze

Day Health

Center



VISITING NURSE
ASSOCIATION OF CAPE COD
Cape Cod Healthcare



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the VNA is...

Seabreeze Day Health Center

The center started as one of six pilot programs in the state in 1976. Seabreeze Day Health Center provides quality, cost-effective, daytime care to people who might not otherwise be able to remain in the community. Issues range from physical, emotional and/or memory impairments to frailty and loneliness.

Seabreeze offers a safe and comfortable setting. Social, recreational and physical activities can be adapted to accommodate the needs of most members. There is a high level of social interaction between members and a healthy focus on maintaining independence.

Program Services:

- Health monitoring by a registered nurse
- Social and recreational activities
- Breakfast, lunch and snack
- Social services and referrals
- Coordinating care with home health and community service agencies

Ancillary Services:

- Physical therapy, occupational therapy and speech therapies
- Podiatry services
- Barber/beauty shop services
- Transportation

Members May Include:

- People regaining independence following a hospitalization
- People at risk for long term care placements due to chronic physical and/or emotional problems
- People in nursing homes who MIGHT go home with ADH SERVICES
- Adults 18 and over - unlike most other ADH centers serving seniors only.



ADH Can Help Members:

- Enhance physical and emotional health
- Prevent or delay the need for hospitalization or long term care placements
- Provide intensive nursing services with individual care plans
- Encourage and support independence in a safe environment through social and recreational activities and appropriate, supervised exercises

ADH Can Help Families:

- Provide enough respite and support to enable care givers to work and/or maintain their own health and well being
- Ensure delivery of the most cost-effective care
- Prevent or delay the need for long term care
- Aid in researching insurance or other payment options
- Offer emotional support and technical advice when changes occur toward greater independence or greater disability