

“We thought a Nursing Home was our only choice . . .”

These are words that we hear over and over at the Tradewinds Day Health Center. Adult Day Care services can make a positive difference in the lives of elder adults and their continued ability to live at home. Our center offers a warm, friendly place for frail adults to be with friends and to participate in stimulating activities. Our program enriches the lives of all who attend by easing loneliness and providing an opportunity for socialization in a supervised setting.

For more information call, write or visit:

Tradewinds Day Health Center
290 Route 130
Sandwich, MA 02563
508-833-0223
Fax 508-833-4643

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.



**VISITING NURSE
ASSOCIATION OF CAPE COD**
Cape Cod Healthcare

Tradewinds

VNA Day Health Center
290 Route 130 Box 6
Sandwich, MA 02563



the **VNA** is...

Tradewinds
VNA Day Health Center



**VISITING NURSE
ASSOCIATION OF CAPE COD**
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the VNA is...

Tradewinds VNA Day Health Center

Enabling our elderly to remain at home

The VNA Adult Day Health Center offers frail elders in the upper Cape community a high quality alternative to nursing home placement. By providing a variety of programs and services, the day center enhances the lives of older adults and enables them to live at home, yet receive the therapy and support services they require.

Our Schedule

The VNA Adult Day Health Center is located at the Trade Winds Plaza on Route 130 in Sandwich. Hours of service are Monday through Friday from 9 a.m. to 3 p.m. The center has the capacity to serve 30 participants daily and a minimum attendance of 2 days per week is required.

Services Provided

Respect for the individual marks the VNA Adult Day Health Center. Each person's strengths and needs are evaluated and an individual plan of care is written. Services provided include:

- Health Care Monitoring by a Registered nurse
- Physical, Occupational and Speech Therapy
- Barber / Beauty Shop Services
- Recreational Activities
- Meals and Snacks
- Transportation

Benefits of Adult Day Health Care

For the Participant:

- Restores Physical, Emotional, and Social Well Being.
- Promotes and Maintains Independence.

For the Family:

- Allows family members to continue working.
- Offers respite, support and education to caregivers.
- Delivers cost effective care.

For the Community:

- Serves as an integral part of the Community Service Network and Long Term Care Continuum.

