

**The Adult Day Services Network** promotes adult day services throughout Contra Costa County. We provide referrals to the programs, caregiver training, and support the individual programs with projects such as these:

### **EMERGENCY RESPITE PROJECT**



When a person who attends an adult day program or their unpaid family caregivers in Contra Costa experiences a family emergency or crisis, the Emergency Respite Fund can pay for temporary additional days at the program while the situation is resolved.

Your support to assist frail elders and their family caregivers in your local community is often the only way they can afford the additional days at a program and also support the family during a difficult time.

An average of \$500 would support one attendee for a few days, depending on the type of adult day program in which they are already enrolled. There are over 250 people in adult day programs in Contra Costa County! **Please consider a donation to support more than one attendee.**

**Adult Day Social Programs** provide socialization, structured activities, such as seated exercise, current events discussion, music therapy, and other special presentations. Some centers also offer a hot lunch at noon. **Adult Day Health Care Programs** (there are three in the county) also provide medical management while at the program. Programs are available from one to five days a week depending on the center.

**The Adult Day Services Network** supports the Adult Day Social and Adult Day Health Care programs and can be reached at 925.682.1000 or info@adultdaycc.org. Please complete the contribution form below to help support frail elders in Contra Costa.

### **FORGET ME NOT MUSIC MEMORIES**

Imagine the look of recognition, smiles, and pure joy when the person hears songs from years ago that bring back happy memories from their younger years.

*Forget Me Not Music Memories* creates a special playlist for each person to listen to while at the program.

To make personalized music available on an iPod to our frail elders with memory loss or who experience restlessness, we need your contribution to fund iPods, headphones, and other accessories.

Want to volunteer? Or know a teen working on a service project? Please contact us about our Forget Me Not Music Memories project to gather used iPods and / or work with our team to interview the attendees and family members to develop a playlist for them.



490 Golf Club Rd, Pleasant Hill CA 94523

Name (please print):

\_\_\_\_\_

Address:

\_\_\_\_\_

City \_\_\_\_\_ ST \_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_

**If you have questions or are a foundation / nonprofit providing grants, please contact the Network at 925.682.1000 or [info@adulthoodcc.org](mailto:info@adulthoodcc.org).**

**YES!** I want to support the Adult Day Services Network of Contra Costa with my gift of:

\$25       \$50       \$100

Other \$ \_\_\_\_\_

**Please apply my contribution to:**

- Emergency Respite Project
- Forget-Me-Not Music Memories
- General
- Check enclosed: payable to (and mail address)

Adult Day Services Network of Contra Costa  
490 Golf Club Rd  
Pleasant Hill CA 94523

A 501(c)(3) organization registered with the State of California.