
A Typical Day in the LIFE Program

7:15 a.m.

Maude wakes and dresses for a day at the Center. She has breakfast with her family before they're off to school and work.



8:35 a.m.

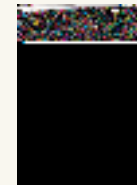
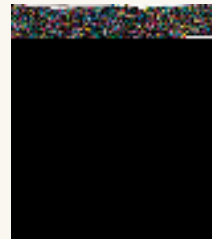
The LIFE van picks Maude up at her home. Since Maude will receive a shower later in the day, she brings with her clean clothes that her daughter helped to pack the night before.

9:05 a.m.

Maude and her friends Bob and Alice, who were also picked up at their homes, arrive at the LIFE Center.

9:07 a.m.

They are met by Marcia, the receptionist. She welcomes them all with a hearty good morning and makes sure they have everything they need, including a reminder of their appointments for the day.



Angie, a LIFE personal care aide, also comes to greet them. She escorts them to the living area, and stores their clean laundry for them for use later.

9:10 a.m.

Maude helps herself to a cup of coffee and sits in the living room to watch the morning news and talk with others at the Center.



Her LIFE nurse, Carly, comes to say hello and they move to a private area in the Center. She asks if she is taking her medications and if she is eating and sleeping well. She also asks how Maude's grandchildren's new puppy is doing!

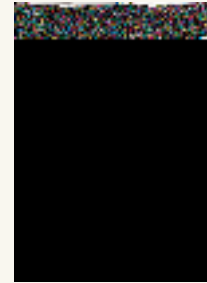
9:45 a.m.

Angie comes to help Maude with her personal care needs. Since Maude has a doctor's appointment later this morning, Maude decides on a shower today, rather than a bath in LIFE's fabulous walk-in tub!

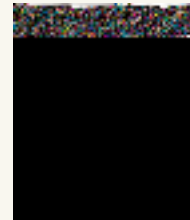
After her shower, Angie helps her to dress in her clean clothes and takes her soiled clothes for laundering.

10:30 a.m.

Maude meets with the LIFE primary care physician, Dr. Carter, to discuss the results of a recent blood test. She learns that her medication will be altered. Since LIFE provides all of her medications, she will have her new medications by the end of the day.



Maude tells Dr. Carter that her bunion has been bothering her, so Dr. Carter has the staff schedule an appointment with the visiting podiatrist later in the week.



11:00 a.m.

Maude joins the group for exercises in the social room. The music is great and they all laugh when Bob says that he has two left feet and neither one of them are working right!

12:00 noon

Lunch is served! Since on Monday she had a sandwich and some pickles, today, she chooses a delicious hot meal and joins her friends at the dining table.

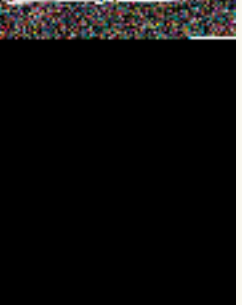


12:30 p.m.

Maude sits in the living room and enjoys reading a large print version of a good book.

1:00 p.m.

Maude joins the activities group today. Since it is a beautiful day, everyone goes outside to begin planting the container garden. Today they plant marigolds, petunias and some tomato plants! While planting, Maude and her friends discuss tomorrow's pottery class and look forward to the new hand-made vases they will take home with them!



1:45 p.m.

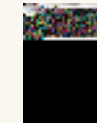
Maude helps herself to a nice cold glass of vegetable juice and enjoys a wholesome chewy granola bar. Bob and Alice join her with their chosen oatmeal cookies and tea.

2:15 p.m.

Angie helps Maude, Bob and Alice gather their belongings, and ensures that Maude has her new prescription and her freshly laundered clothes. Together, the three friends leave with the van taking them home.

3:30 p.m.

Maude is welcomed by her grandchildren and Ernie, their new puppy. Maude settles into her recliner and takes a nice long nap until she hears Jane preparing dinner.



5:30 p.m.

Maude and her family enjoy dinner together where Maude excitedly shares her hopes of enjoying those fresh tomatoes from the LIFE Center in a few months!



8:30 p.m.

Jane helps Maude into bed for a good night's rest after putting Maude's clean clothes from the LIFE Center away. She reads the instructions for Maude's change in prescription and gives her a glass of water with her new medication.