

## Vital Link Adult Day Care

Vital Link Adult Day Care is for any adult requiring care during the day. The center is open from 8 a.m. to 3:30 p.m. Monday through Friday.

Our well-trained staff provides understanding and loving care for each individual's needs according to your doctor's advice.

We delight in each person's improved well-being and feelings of accomplishment by providing nutritious home-cooked meals in a relaxed, social atmosphere and by participating in activities with other adults, visiting with children and by countless ways our staff provides thoughtful help.

Vital Link is a smoke-free facility that is licensed by the State of Minnesota Department of Human Services. Financial assistance is available to qualified applicants.

## Adult Day Care Is Designed To:

- Provide spouse or other caregiver the opportunity for personal time
- Provide social stimulation for the adult living alone
- Provide assistance with hygiene care
- Provide assistance with medication and monitoring

We welcome tours and all inquiries. Please make arrangements by calling the Vital Link Adult Day Care Director at 507-664-8863.



## Services

- FREE Transportation (10-mile radius). The Vital Link Van is equipped with a hydraulic lift for wheelchairs
- Flexible hours
- Privacy and rest as needed
- On-site nutritional home-cooked meals and snacks with assistance of participants, served family-style
- Socialization with a variety of ages

## Nursing Supervision

- Assistance with medications
- Weight monitoring monthly
- Blood pressure, pulse and respiration monitored weekly
- Physicians consulted when needed
- Bathing services

## Meaningful Activities

- Exercise
- Arts, crafts and activities
- Chapel service and Bible study
- Holiday parties
- Monthly birthday party
- Pet visits
- Intergenerational activities



Three Links Care Center