

## WHO WE ARE

Harmony House is a vibrant daytime social and wellness environment designed to enhance the quality of life for adults who are frail, disabled, or impaired. We are a comfortable and safe place for loved ones who need socialization, structured stimulation, or those who can no longer stay home alone.

## OUR STAFF

### MICHELINE HILL, ADC

As the Director of Harmony House Adult Day Center, Micheline brings over 20 years of experience establishing and implementing social and therapeutic programs for those with cognitive and/or physical disabilities, dementia, and Alzheimer's disease.

Micheline develops innovative and diverse activities that engage and stimulate Harmony House community members to socialize with others and be mentally and physically active. She also supervises our caring and patient staff who have been specially trained to encourage and interact with participants.

Micheline is an **Activity Directory Certified (ADC)** by the **National Certification Council for Activity Professionals (NCCAP)**. This certification requires extensive field experience as well as specific course work in over 15 disciplines including the Sociology of Aging, the Psychology of Aging and Leisure and Aging, just to name a few.

Micheline may be reached at **973.514.1400** or via email at: [director@harmonyhouseadultcare.org](mailto:director@harmonyhouseadultcare.org).



THE GREATER MORRISTOWN YMCA  
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# HARMONY HOUSE

## ADULT DAY CENTER



4 Division Avenue (near Main Street)  
Madison, New Jersey 07940  
[HarmonyHouseAdultCare.org](http://HarmonyHouseAdultCare.org)

973.514.1400

## HARMONY HOUSE

Our staff engages members of the Harmony House community with respect and warmth, creating an interesting and fun place to socialize and connect with others. Loved ones also receive individual attention that is customized to personal needs and interests.

Supervised daily and special activities are designed to stimulate Harmony House community members to keep them interested and active so they maintain their optimum physical and mental well-being, giving them the best possible quality of life.

Families gain serenity knowing that their loved one is in a protected and pleasant setting with the support of a caring and specially-trained staff. We have an open door policy and provide each client with a daily written log that includes activity level, mood, and eating habits.

## OUR PHILOSOPHY

Our goal is to enhance the quality of life for everyone in our care. Participation in an adult care center can often delay or eliminate the need for nursing homes or assisted living facilities, allowing loved ones to remain in their homes or current living arrangements as long as possible.

We believe in cognitive and physical exercise that is customized to individual ability. Our staff treats our participants as members of a community: sharing stories, celebrating birthdays and holidays, and inspiring all to have fun and be safe. Community members are treated in a dignified manner, giving them the respect they deserve.

We welcome adults with physical or cognitive

difficulties such as dementia, early to mid-stage Alzheimer's or brain injuries who can manage bladder and bowel functions. Admission is based on an assessment by our experienced Director. Movement-assisting devices such as wheelchairs, walkers, canes, and crutches are welcomed.

## OUR ACTIVITIES

Adult day programs are usually described as either social or medical (health) model programs. Harmony House is a social model program providing socialization as well as cultural, educational, and recreational activities.

### DAILY ACTIVITIES INCLUDE:

- Nutritious lunch and snacks
- Supervision of self-medication
- Cognitive Skills Activities
- Current Events
- "This Day in History"
- Trivia and Word Games
- Cards and Puzzles
- Age-appropriate crafts
- Adaptive Physical Activity Based on Individual Ability
- Movement and Flexibility
- Exercise
- Yoga
- Discussion Groups

### SPECIAL ACTIVITIES INCLUDE:

- Cooking and baking
- Musical Entertainment
- Speakers and Lecture
- Holiday Parties & Monthly Birthday Parties
- Offsite Activities (intergenerational activities with local schools and preschools)
- Outings to museums, theatres, and restaurants
- Community Involvement (Food Drives,

Community Outreach)

- Pet Therapy for those who wish to participate
- Caregiver Support Programs

## OUR FEES: EFFECTIVE 7-1-19

### ENROLLED PARTICIPANT

Full Day (8:00am-4:30pm) with lunch.....\$65.00

Half Day (8:00am-12:00pm) no lunch.....\$30.00

Half Day (12:00-4:30pm) with lunch.....\$40.00

### DROP-IN SERVICE:

Based on availability and requires 24 hour advanced notice.

Full Day (8:00am-4:30pm) with lunch.....\$75.00

Half Day (8:00am-12:00pm) no lunch.....\$35.00

Half Day (12:00-4:30pm) with lunch.....\$45.00

Pick-up service is available for Full Day clients for an additional fee of \$5.00 for:

- Only on Fridays
- Only in the Madison area
- Requires two days of advanced notice

