

Payment

There is a daily fee for participants of the Day Program. Participants may be able to use long-term care insurance benefits to pay program fees. Call 847.242.6250 to learn more.

Community Education

House of Welcome Adult Day Services offers community education at libraries, senior centers, houses of worship and other community groups.

We publish an *Alzheimer's Caregiver Manual*, which includes information about our philosophy of person-centered dementia care, general dementia information and effective communication tips. It is available for download on our website.

Volunteer Opportunities

Volunteers are an integral part of our team and make a real difference in the lives of our participants. We have many volunteer opportunities, including assisting with daily activities, spending one-on-one time with participants, providing music, gardening, pet therapy and more. To learn more about our current volunteer opportunities, contact the volunteer office at 847.242.6257 or volunteer@nssc.org.



Our Mission

The mission of North Shore Senior Center is to foster the independence and well-being of older adults, enhance their dignity and self-respect, and promote their participation in and contribution toward all aspects of community life.

North Shore Senior Center is a 501(c)(3) organization. It is our policy to not discriminate against any person served or person employed or seeking employment based on age, race, color, gender, disability, pregnancy, ethnicity, national origin, genetic information, gender identity, sexual orientation, religious tradition or spiritual practice. If you feel that you have been discriminated against, call the Senior Help Line at 800.252.8966 or 888.206.1327 (TTY).

Funds (in whole/part) for these programs are provided through an award from AgeOptions through grants from the Illinois Department on Aging and/or Administration for Community Living, U.S. Department of Health and Human Services under Title III of the Older Americans Act.



House of Welcome Adult Day Services

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Senior & Family Services
North Shore Senior Options
Adult Day Services-
Dementia Care Specialty



Accredited by 
National Institute of
Senior Centers

House of Welcome Adult Day Services

Specialized memory care



north shore senior center

Support for You and Your Family

House of Welcome (HOW) Adult Day Services provides specialized programs for people living with dementia and their family caregivers. The Day Program offers structured, therapeutic, small-group activities in a homelike setting to people with a wide range of dementias. The program offers participants socialization, meaningful activities and opportunities for friendships.



The Day Program

The Day Program is open weekdays from 9 a.m. to 5 p.m. Caregivers can choose from morning, afternoon, or full-day options (with lunch offered to morning and full-day participants). Families receive supportive care management services and respite from caregiving.

Participants experience stimulating activities, designed especially for people living with dementia, including:

- Art, music and dance
- Spirituality, travel, pop culture and art appreciation discussions
- Baking
- Daily exercise
- Flower arranging and gardening
- Holiday and birthday celebrations
- Poetry, creative storytelling and reminiscence
- Community service projects
- Pet therapy
- Table games, active games, word games and trivia

Caregiver Support

HOW provides supportive care management to family members of Day Program participants. Family members receive a specialized caregiver assessment and can be connected to community resources including respite services and counseling. We also offer workshops for caregivers throughout the year.

Dementia Family Support Group

Designed for family caregivers of people living with Alzheimer's disease and other dementias, this group is a place to find emotional support, share resources and problem solve. There is no cost to attend. A one-time registration is required. To learn more, call 847.242.6250 or email how@nssc.org.

Memory Café

The Memory Café provides a safe, friendly and supportive space where people living with dementia and their care partners can have fun and connect with others.

Participants enjoy different themes such as dance and creative movement, art, music therapy, creative storytelling and more!

Memory Café meets monthly and there is no fee to attend. To learn more, email caregiversupport@nssc.org or call 847.784.6041.

Individuals living with memory loss must attend with a care partner.

