

## Adult Day Services

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- Skilled Nursing & Assessment
- Coordination with Physicians & Agencies
- Medication Management
- Personal Care Assistance/ Showers
- Skilled Rehabilitation
- Dental Services
- Podiatry Services
- Case Management services
- Door to Door Transportation available
- Community Outings
- Recreational & Social programs
- Breakfast, lunch and healthy snacks

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### Bethel Adult Day Services

19 Narragansett Avenue  
Ossining, NY 10562  
&  
51 Grasslands Road  
Valhalla, NY 10595  
914-941-7300

## A Community of Services At your Doorstep

Since 1911, Bethel has been serving the senior community with innovative programs and services. Today, Bethel is the only not-for-profit full continuum of senior services in Northern Westchester to offer:

- ◆ Adult Day Services
- ◆ Home Care
- ◆ The Pines at Narragansett *Independent Living*
- ◆ The Springvale Inn *Assisted Living*
- ◆ The Knolls *Continuing Care Retirement Community*
- ◆ Bethel Nursing and Rehabilitation Centers
- ◆ Outpatient Rehabilitation
- ◆ Respite

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### BETHEL HOMES & SERVICES

#### Croton

62 & 67 Springvale Rd.  
2042 Albany Post Rd.

#### Ossining

17 & 19 Narragansett Avenue

#### Valhalla

51 & 55 Grasslands Rd.

914-739-6700 / [bethelwell.org](http://bethelwell.org)

## Adult Day Services

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*Getting By With a Little Help  
from Your Friends!*

*Bethel*

At the Heart of Senior Living

## About Bethel's Adult Day Services

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Bethel's Adult Day Services program is for seniors who may live with a spouse or other family members, but who cannot be left alone during the day while their caregivers are at work or unavailable.

These seniors, who need a safe, supervised setting for social and/or medical reasons, can find structure and security at Bethel's Adult Day Services program. It is the perfect solution for enabling seniors to remain living in their communities.

Barbecues, strolls along the Hudson River, ice cream socials, parties, holiday celebrations and so much more await participants each day. In addition, a hot breakfast and nutritious lunch are provided. Door to door transportation is also available (within a 10 mile radius).



## When to Consider Adult Day Services

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Bethel's Adult Day Services provides help for seniors who:

- ◆ Are functionally impaired;
- ◆ Require assistance with bathing, toileting, personal care;
- ◆ Require physical, occupational/speech therapy;
- ◆ Do not live in an assisted living facility;
- ◆ Do not require 24/7 care;
- ◆ Are not homebound

## Why Choose Bethel?

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Bethel's Adult Day Services Program is offered at two of its campuses, in Ossining and Valhalla. The Ossining program is located in a quiet, picturesque neighborhood of beautiful homes, landscaped properties and accessible sidewalks.

Campus life there also includes The Pines, Bethel's Independent Senior Living residence as well as Bethel's Nursing Home.

In Valhalla, the program is located on 30 acres of beautifully landscaped and wooded surroundings, and easily accessible by major highways. That campus also includes The Knolls, Bethel's Continuing Care Retirement Community.

### Ossining Hours:

Mon- Sat 8 a.m.- 4 p.m.

### Valhalla Hours:

Mon-Sun 8 a.m.—4 p.m.

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