

Sharing the Care

Jim and Mary's Story



In 2018, Mary was diagnosed with Alzheimer's, and Jim, her husband, became her full-time caregiver. As Mary's symptoms progressed, Jim began looking for a program where Mary could feel connected to a community, have fun, and engage in activities to strengthen her mind and body. Jim was primarily focused on finding somewhere for Mary to thrive socially because he had seen firsthand how beneficial social connections can be for someone experiencing memory loss. "Mary's social life is so important to me," says Jim. "It's the most important thing right now."

A close friend whose wife had attended the Adult Day program recommended Easterseals to Jim. Immediately, Jim remembered the Easterseals office on Auburn Street that he had visited as a fireman in his earlier years on the job.

"I've walked through this building many times, so I had a basic understanding that this was the kind of place where folks of all ages came to be cared for," Jim says. "I knew early on that we had this place to come to when we needed it."

Mary has been attending Adult Day since 2021, and she loves participating in group activities,

Jim (left) and Mary (right) in the Adult Day conference room

creating art projects, enjoying music, playing games, and chatting with friends. As a retired nurse who dedicated over 45 years to caring for her patients, Mary also goes out of her way to help fellow Adult Day participants when they need extra support. Staff has found that giving Mary these opportunities has made all the difference for her mental well-being.

"Mary assists others and always wants to help us, which boosts her self-esteem, making her feel capable and useful," says Adult Day Program Assistant Joan. "She enjoys all the activities, whether it be baseball, bowling, puzzles, or art. Mary is also very easy to get along with and has quite a few friends she loves to sit with as they share stories and small talk."

As Mary enjoys the many benefits of Adult Day, Jim can take the breaks he needs to rebalance and recover. Staff at Adult Day work daily to provide reliable, safe, and trustworthy care so that dedicated caregivers like Jim have the opportunity to rest. “Having Mary here with us means that Jim can have some respite from the daily task of caring for Mary,” says Joan. “Adult Day offers families peace of mind knowing that their loved ones are in a caring program where

there is no right or wrong, and everyone can participate to their best ability.”

As Jim tenderly holds Mary’s hands, it’s clear how much love exists between them. “You’re the best,” Mary says to her husband. “Thanks, cutie,” he says back to her with a wink. Jim and Mary may not know what the future holds. But thanks to their team at Easterseals, they know that they are not alone in the journey.

Adult Day Services

Care you can feel good about

Open 5 days a week in Manchester, NH

9:00 AM to 3:00 PM

With extended flexible hours 7:30 AM – 5:30 PM

Imagine that all the things you might worry about for your loved one—fall hazards, isolation, memory loss, depression, and more—are our concern as much as they are yours, and your loved one is in capable and caring hands while you work, tend to other family members, or take a break from caregiving. That’s Easterseals Adult Day.

The benefits of having preventative care, programming, and health services all in one place are many:

- Peace of mind knowing that your loved one is in a safe and caring environment with immediate access to medical care should the need arise
- Respite, resources, and support for you and other family members
- Choice of locations in Rochester and Manchester, so you can be close to work or home
- Flexible options for attendance, two to five days per week
- Social work services and assistance with long-term care planning available on-site

Have your loved one come try a **FREE TRIAL DAY** with us! Call us today at (603) 621-3591

To learn more about the Adult Day Program at Easterseals, please visit:

www.easterseals.com/nh/our-programs/senior-services/adult-day-services.html.

Adult Day Services

Rochester, NH

215 Rochester Hill Road

Rochester, NH

(603) 335-1770

Manchester, NH

555 Auburn Street

Manchester, NH

(603) 621-3591

