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).

Payment

There is an application fee and a daily fee for participants of the Day Program and Mind Matters. We offer a sliding fee scale for people who have limited income and assets. Veterans may qualify for funding from the U.S. Department of Veterans Affairs. Participants also 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 under Caregiver Resources: www.houseofwelcome.nssc.org.

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.
House of Welcome 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. Our Mind Matters program is a support group-based program, specifically for people living with early stage cognitive impairment. Both programs offer participants socialization, meaningful activities, and opportunities for friendships.

**The Day Program**

The Day Program is open weekdays from 8:30 a.m. to 4:00 p.m. Lunch is provided. Families receive supportive case management services and respite from caregiving.

Participants experience a full day of stimulating activities, designed especially for people living with dementia, including:

- Creative arts therapies (art, music, and dance/movement therapy)
- Spirituality, travel, popular culture, and art appreciation discussions
- Baking
- Daily exercise, including seated yoga
- Flower arranging and gardening
- Holiday and birthday celebrations
- Poetry, creative storytelling and reminiscence
- Intergenerational activities
- Community service projects
- Pet therapy
- Table games, active games, word games and trivia

**Mind Matters Early Memory Loss Program**

Mind Matters meets on Tuesdays and Thursdays from 10:00 a.m. to 3:00 p.m. An evidence-based program designed for people with early stage cognitive impairment, Mind Matters focuses on socialization, cognitive and physical stimulation, and creative arts therapies. Activities include:

- Daily support group
- Cognitive exercises and memory support
- Creative art therapies (art, music, and dance/movement therapy)
- Exercise, including yoga, tai chi, meditation and dance
- Weekly focus themes, including brain health science, spirituality, memory techniques, changing roles, relaxation and stress management, exercise and nutrition

**Alzheimer’s Family Support Group**

Designed for family caregivers of people living with Alzheimer’s disease and other dementias, this support group meets monthly at North Shore Senior Center. This group is a place to find emotional support, share resources and problem solve. There is no cost to attend, and registration is not required. To learn more, call 847.242.6250.