

## *Our Mission*

*A New Beginning for You welcomes all backgrounds and all ways of life.*

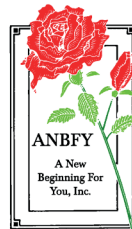
*We provide a "Home Away from Home" atmosphere and believe in giving our clients their flowers.*

*For us, "Finally, you have a Choice" is a way of life. A New Beginning for You works with you to identify your specific needs as a caregiver by providing homecare & day care solutions right for you. It is a big promise, but we're prepared to out perform your expectations, and that's a promise.*

*Remember, we are here to serve you.*



**There is never an ending, only a  
New Beginning**



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609 North Three Notch Street  
Troy, AL 36081-0193

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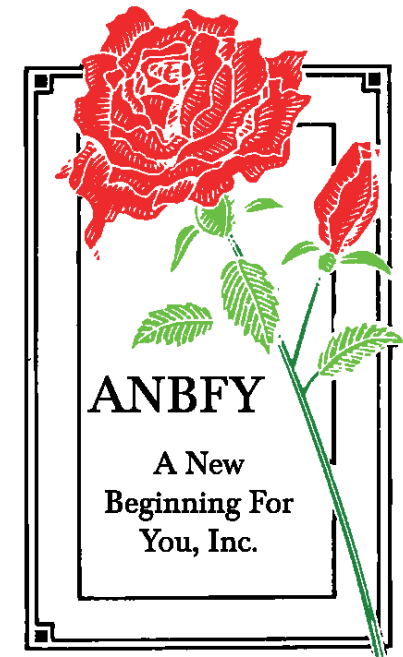
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For all your Adult Day Care & Home Health  
service needs, please give us a call.  
**We Are Here to Serve You!!!**

# ***A New Beginning For You, Inc.***

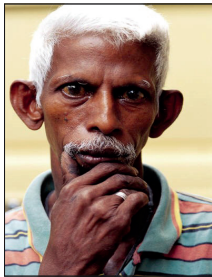
**Adult Day Health  
Alzheimer's Intervention Program  
Homemaker Services**



**Motto**  
**"A Home Away From Home"**

## Who uses adult day health services?

A New Beginning for You, Inc.—Adult Day Health Center is a nonprofit business designed to prevent unnecessary institutionalization of adults with physical and/or psychological challenges. The Center serves people ages 18 and older who require daily living assistance due to conditions such as stroke, arthritis, vision-loss, dementia, multiple sclerosis, depression, and Alzheimer's disease. A multidisciplinary team of professionals work together to create a nurturing environment and provide a comprehensive array of services. A New Beginning for You will greatly enhance the quality of life for dependent family members. Social, recreational, health activities, and services will be available to help individuals maintain or improve their level of functioning. Efforts are also made to prevent further deterioration of a person's capabilities so they may remain as independent as possible.



The environment is fun and enjoyable while at the same time providing security and inclusion.

Professional staff members will encourage socialization and peer intervention while ensuring each client receives appropriate attention, care and love. This outstanding program allows participants to preserve their precious independence through involvement with the Center during the day while being able to continue to live at home with their loved ones.

**“Finally, You Have A Choice”**

## Team Members Include:

- Executive Director (owner and operator)
- Program Director
- ADHR Social Workers
- Certified Nurse Practitioner, RN, LPN
- Consulting Physical Therapist
- Consulting Physicians
- Consulting Psychologist
- Activity Coordinator, Van drivers, Custodians, Cooks, Worker Aides/Interns

## Core Services Offered:

- Transportation to and from your home, grocery shopping, doctor's appointments, & bill paying
- Breakfast, Lunch and Snack
- Case Management
- Socialization
- Medication Reminders
- Community Outings
- Religious Services
- Homemaker/Companion
- Light Exercising
- Educational programs, art center, and more

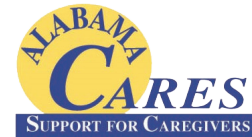


If you know someone who would benefit from the services of A New Beginning Adult Day Health, a referral can be made from your local physician's office, local agency, family member, or yourself. For additional information please contact us. If you are interested in our array of services please feel free to drop by at any time. Visitors are always welcome.

## Contract Providers

### Alabama Cares and Alzheimer's Disease Intervention Program

Alabama Cares provides temporary care, for a brief period of relief for caregivers. It can be in the form of in-home Unskilled Respite, adult day care Unskilled Respite, and Personal Care. This service is for individual, one-on-one contact between a service contractor and a client. Services provided include: personal care & chore (feeding, bathing, housekeeping, and lawn services)



### Veteran Affairs (VA) Community Care

A New Beginning for You is a VA Community Care provider. The VA and A New Beginning's mission is to provide health care to Veterans in the local community. At A New Beginning for You, Veterans are eligible to attend day care services on behalf of the VA.



### Alabama Department of Human Resources



A New Beginning for You has a contract with the Alabama Department of Human Resources. ADHR has a program for adults 18 years of age and older. This service is for adults who needs care during the day, meals provided, and supervision to individuals who cannot live or manage totally on their own. This service is designated to prevent abuse, neglect, exploitation, and unnecessary institutionalization.

### Other Services ANBFY provide:

- **Home Modifications**  
Handrails, wheelchair ramps, grab bars, doorway expansions, and other approved by SCADC.
- **Assisted Technology**  
Grippers, enlarged telephone numbers, weighted utensils, long handles shoehorns, etc.

**Service areas include the following Alabama counties:  
Pike & Crenshaw**