

W.I.S.E. SENIOR SERVICES

WELLNESS,
INDEPENDENCE AND
SOcialization FOR OUR
ELDERS

The WISE Center YMCA Branch impacts the lives of people with physical challenges and memory impairment as well as their caregivers by providing a warm, loving and supportive environment with dedicated staff so that each can live life to the fullest. We are committed to the idea that each person, despite challenges, can continue to discover, learn, create and flourish and not be defined by their limitations.



THE GATEWAY FAMILY YMCA
WISE Center YMCA Branch
2095B Berwyn Street
Union, NJ 07083
tgfymca.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WE CARE LIKE YOU DO



W.I.S.E.
SENIOR SERVICES
THE GATEWAY FAMILY YMCA
WISE CENTER YMCA BRANCH

WE'RE HERE FOR YOU

OVER 30 YEARS OF IMPACTING OUR COMMUNITY

Specialists in Dementia Care Personal Emergency Response Caregiver Support

ADULT DAY SERVICES

The W.I.S.E. Adult Social Day Services Program helps adults maintain their independence and improve their quality of life through programs designed to meet their special needs. Assisted by a highly trained staff of social workers, activities specialists, nurses and others specially trained in elder care, members take part in activities that stimulate and enhance their mental, physical and social skills. Caregivers benefit from the respite provided and gain peace of mind through the knowledge that their loved one is in a safe, secure and supportive environment.

THE WISE CENTER OFFERS:

- Exceptional staff to member ratio of 1:5
- Monday through Friday schedule with extended hours for working caregivers = 7am to 6pm
- Saturday Respite program open 9am to 4pm
- Members can attend 1 to 6 days per week
- Tiered system of programming to meet each member's individual needs and abilities
- Hot lunch and healthy snacks throughout the day
- Transportation assistance within Union County

PERSYS

Personal Emergency Response System

Live independently, freely and confidently with the peace of mind made possible by installing a Personal Emergency Response System in your home. If you are isolated, have a medical condition or are physically challenged, the PERSYS provides emergency help at the touch of button on the water-proof transmitter worn around your neck or wrist. The system connects to your home telephone line and automatically places a call for help whenever you need assistance, any time of day or night. Professionally-trained operators verify the emergency with you through voice-to-voice contact, check your medical data, notify local police and ambulance, and contact pre-designated family members, friends, or neighbors to respond to your call.



FAMILY SUPPORT

CAREGIVER SUPPORT AND EDUCATION

Caregiving can be one of the most rewarding, yet most stressful, of life's tasks. It is our belief that assisting the caregiver is just as important as assisting the senior. With this in mind, the WISE Center YMCA Branch sponsors many programs focused on the caregiver.

CAREGIVER SUPPORT GROUP

- Monthly meetings with convenient early evening schedule
- Care provided to your loved one by WISE Center staff
- Facilitated by WISE Center social workers
- Ongoing mutual support model
- Open to the community

BEREAVEMENT SUPPORT GROUP

- Monthly meetings with convenient early evening schedule
- Facilitated by WISE Center social workers
- Mutual support for those anticipating or experiencing loss and grief
- Open to the community

CAREGIVER EDUCATION AND WELLNESS

- Presentations by speakers with expertise and experience in issues of aging and disabilities
- Healthy living topics such as nutrition, stress reduction and integrative medicine
- Active Older Adult Wellness Classes such as Yoga, Tai Chi, Aquatics, Circuit and Zumba
- Caregiving topics including community resources, financial/legal concerns, end-of-life issues, body mechanics and managing challenging behaviors
- Speakers available for community groups
- Telephone and e-mail support, including information for individual and professional caregivers in the community
- Complimentary family membership to The Gateway Family YMCA for full time WISE members to support caregiver health and wellness

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