

Your Path to Independent Living

Pleasant Day Medical Adult Day Care was founded to aid people to remain independent longer. By providing door-to-door transportation, social activities, medical supervision and care, Pleasant Day can be an alternative to a 24-care facility or nursing home by allowing you to continue to live at home.

If the daily requirements of taking care of your loved one is becoming difficult, or you wish to continue to live independently but need a little help, Pleasant Day can be a positive force in your life.

Pleasant Day Can...

- Provide medical supervision and care for your loved one while you are at work or attending to business.
- Provide medical care, including lab work and medicine management, by registered nurses, under the direction of your personal physician.
- Help with nutritional counseling needs and provide special diets for breakfast, lunch, and snack with home-like cooked meals.
- Provide transportation to and from the center, and to doctor's appointments, physical therapy, and more.
- Assist with carrying out the Activities of Daily Living, including bathing and incontinence.



Celebrating 35 Years of Caring



Proudly Serving the Tri-County Area since 1987

Pleasant Day Medical Adult Day Care
2474 Cambridge Beltway
Cambridge, MD 21613

t: (410) 228-0190
f: (410) 221-8064
e: care@pleasantday.com

www.pleasantday.com

Pleasant Day Medical Adult Day Care

Operated by Dorchester County Commission on the Aging, Inc.

Your Care Is Our Business

Door-to-Door Transportation

Activities and Socialization

Daily Exercise

Breakfast, Lunch, and Snacks Approved
by a Registered Dietitian

Medical Health Monitoring by Registered
Nurses and Licensed/Certified Staff

Respite Care

Referrals and Counseling by Licensed
Social Workers

There is Always Something to Do

Pleasant Day provides a wide range of stimulating social activities designed to appeal to everyone. Participants may pick and choose from the following, all at no extra cost:

Stimulating intellectual and physical activities, i.e., Wii games and contests; exercise classes; computer classes; ceramics; billiards and more.

- Regularly scheduled special events such as day trips to Ocean City, the Salisbury Zoo, a Shorebirds game, fishing trips, picnics and center events: fashion shows, holiday dinners, historic tours, front yard picnics, and more
- Classes in a number of subjects including literature, music, and art
- Guest speakers and visiting musicians from the community volunteer to provide information on local history and current events. Live music performances, including jazz, gospel and old favorites
- Visits from local schools & other children's groups
- Reminiscing and re-motivating social activities
- Creative arts and crafts
- Pet Therapy



Skilled Care Begins at Your Door

All Pleasant Day transportation vehicles meet Americans with Disabilities Act standards for safety. Regular transportation is arranged to and from the Pleasant Day center five days a week. Trained and certified drivers provide tender, loving care to and from the center. All drivers are trained in CPR/ARD and First Aid and carry phones to contact the Center in case of emergencies or schedule changes.



Affordable Care

Funding for Pleasant Day can be acquired from various means. The most common forms of payment are the following:

- Private fees are accepted and a limited number of scholarships for half days are available.
- The Pleasant Day Center meets all standards for funding by the US Department of Veteran's Affairs.
- If eligible, Maryland Medical Assistance will pay for attendance when ordered by your physician.



Make a Referral

Caring for someone in your home 24-hours a day can be wearing, no matter how much you love them. Just call the center and ask for a social worker to learn how we can help.

Anyone can make a referral to our social work department. When you know or sense someone could use our help, our social workers will be glad to talk to you and offer their advice.

You don't have to be a professional, or even a member of the family, to notice when someone who lives alone needs assistance.

Anyone can make a referral, at any time; meter readers, repairmen, postal or over delivery persons. If you know someone whom you believe should not be left alone, call the Center or contact us confidentially through our Internet site at www.pleasantday.com or our email address at care@pleasantday.com.

Pleasant Day Medical Adult Day Care does not discriminate on the basis of race, color, national origin or for any other reason.