



Are you increasingly worried about the health and safety of an elderly loved one who:

- Cannot take prescribed medications without supervision?
- Can no longer be left alone at home safely?
- Requires assistance with personal care, such as eating, bathing, or dressing?
- Is more and more confused or forgetful?
- Has dementia or memory loss?
- Is becoming increasingly dependent on your time and energy?

Are you increasingly worried about the isolation or inactivity of a family member who:

- Has lost interest in hobbies or trying something new?
- Does not socialize or stay in touch with friends?
- Needs something to do with his or her time?
- Isn't eating well unless you plan for or prepare meals?
- Is alone a lot, and doesn't get out of the house much?
- Is losing physical strength, in part due to lack of exercise?

Are you providing care for – or worrying about – an elderly family member? If so:

- Are you neglecting your own health?
- Do you have outstanding errands on your "To Do List?"
- Are you working or wanting to find a job?
- Do you feel overwhelmed, or like you're falling behind?
- Have you cut back on your own personal interests?
- Do you keep postponing your visits with friends and family, or other interests you have?
- Would rest from full-time care help you to be an even better caregiver?

*If you answered "yes" to any of these questions,
you and your loved one could benefit from
quality care in the safe, supportive environment at the*

**Ruby Pardue Blackburn Adult Day Care Center
1915 West Park Drive, Suite 200
North Wilkesboro, NC 28659**

***Let Us Help You.
Call Today (336)667-2541***

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An affordable alternative to in-home care, assisted living or nursing home placement.

Choose the days and hours that best suit your needs.

**We are open
Monday-Friday**

6:00am-6:pm

(hours may vary depending on need)

***Changing how you live,
not where you live.***

- ❖ See **friendships grow** through carefully structured activities that **promote a sense of belonging**.
- ❖ Learn how **physical wellness** is improved with a daily exercise program designed to enhance mobility and independence.
- ❖ Enjoy **peace of mind** knowing your family member receives **increased personal safety** with supervision in a protective environment.
- ❖ Meet our **dedicated, professional staff** who make personal care a top priority.
- ❖ **Continue to work**, or go back to work again.
- ❖ **Rest and relax** to help maintain your own health and strength, which your loved one depends on.
- ❖ **Revitalize yourself**, so that your loved one continues to benefit from the care that only you can provide.
- ❖ **Feel caught-up again**, less frustrated. You can take care of other business, household chores, or complete the errands on your “To Do List.”
- ❖ **Get to know the professionals on our staff**, our quality of care and our commitment.
- ❖ Enjoy the **convenient location and daily hours** of operation to meet your needs.
- ❖ **Visit at your convenience for a tour of our facility**.

For More Information, or to schedule a Free Trial Visit

Call Today

(336)667-2541



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