

Contact

Us at:

Ashe Services for Aging
180 Chattyrob Lane
West Jefferson, NC 28694

Phone: (336) 246-2461

Fax: (336) 246-5724

www.AsheAging.org

E-mail: gillianhampton@asheaging.org

Hours of Operation

Monday-Friday

7:15am-5:00pm

Our Staff

Director

Nurse

3 Certified Nursing Assistants

2 Volunteers with the Appalachian
Senior Companion Program

**FOR MORE INFORMATION
CONTACT GILLIAN
HAMPTON, DIRECTOR**



GENERATIONS
ADULT DAY
CARE/DAY HEALTH
CARE CENTER



A Family
Away From
Home

Do You...

..worry about a loved one sitting at home during the day?

..worry whether they have eaten or taken their medicine?

..need help providing personal care to a loved one?

..need some time for yourself to do errands or rest?

..currently pay someone to sit with a family member?



Allow Your Loved One To Attend Our Adult Day Center

We Serve Those 18 & Over
Who:

- Need transportation to the facility & physicians offices
- Need a supervised & stimulating environment
- Need health, medicine, or diet monitoring
- Need personal care
- Need suitable exercise
- Want to spend time with friends



Our Daily

Activities Include:

- Hot Lunch
- Morning & Afternoon Snacks
- Bingo
- Art
- Crafts
- Cooking
- Movies
- Flower & Vegetable Gardening
- Birthday Parties
- Field Trips
- Special Guests (Singers, Musicians, Story Tellers)
- Senior Aerobics
- Walking Trail
- Activities with Kids from Adjacent Child Day Care

And Many More.....