

# Aged to Perfection

*An Adult Day Care*

**Wahiawa Site**  
**1445 California Ave.**  
**Wahiawa, HI 96786**

**Waipahu Site**  
**94-330 Mokuola St.**  
**Waipahu, HI 96797**

**Phone: (808) 622 – 4717; Fax: (808) 622-4717**

## Program Features

**\* We provide licensed Adult Day Care at the LOWEST rates in Central Oahu!!!!**

• **Hours:** Monday - Friday, 6:30 am to 5:30 pm; Saturdays-8 am to 4 pm. **Extended Hours:** For a small additional fee, you can have your participant start at 6 am or as stay until 6 pm. We are open most holidays, we are only closed on New Year's, Thanksgiving, and Christmas Day.

• **Staff:** We have a Medical Doctor on our board and reviews participant charts. We also have an RN nurse come in periodically. 98% of our front line staff are Certified Nursing Aide trained. We are the only adult day care to have had a licensed music therapist incorporate music appreciation into our program and train our staff. See below we also have a licensed massage therapist. None of these positions are required by our license. No other adult day care has this combination of highly qualified staff.

• **Exercise/Massage/Stretching:** We offer 3 levels of exercise geared to seniors. We have exercise twice a day, a half an hour in the morning and half an hour in the afternoon. Once a month we have a licensed Massage Therapist provide massage and stretching classes. No other Adult Day Care offers a total of 1 hour exercise and the variety of exercises, massage, and stretching that we offer.

• **Meals:** We offer at LEAST two choices of entrees for lunch, sometimes three choices. A light snack for breakfast and mid-afternoon, and hydration throughout the day. We can provide any type of special diet at no additional cost.

• **Activities:** We offer a wide variety of activities throughout the day. During our craft or activity times, we offer at least 2 different activities or 2 levels of the same activity during most of our activity times. Often times we have 3 activities/crafts or levels going on at the same time. That means we offer some the most variety and types of activities and crafts of any adult day care in Hawaii.

• **Intergenerational Programming:** We offer the widest variety of interactions with students from pre-schools, elementary, intermediate, high schools, and colleges. The University of Hawaii, Nursing undergraduate and graduate schools, use us as part of their rotation of clinical experiences! We also have UH-Hilo nursing students; graduate students from the University of Southern California and the University of Arizona. We have

also had medical doctors from the John A. Burns School of Medicine, studying Geriatrics. Students even come to us all the way from Mie University in Japan every year!

- **Spiritual Programs:** We have been told by our seniors that spiritual things are important to them. So we have the widest variety of church/religious activities/programming of any adult day care in the state. All religious type sessions are optional, an alternative activity is always offered.

- **AAA+ rating:** We have been told that we have a AA+ rating from the Better Business Bureau of Hawaii. That is their highest and best rating!