At LIFE’s Adult Day Health, we practice a philosophy of person-centered care. Activities are geared toward each individual’s needs and preferences and are designed to maintain and enhance physical and mental capabilities. Participants look forward to spending the day with friends in a fun, and engaging environment.

Three nationally accredited Adult Day Health locations in Tulsa and Broken Arrow.

- **Central Tulsa**
  5950 E. 31st. St.
  Tulsa, OK 74135

- **North Tulsa**
  902 E. Pine St.
  Tulsa, OK 74106

- **Broken Arrow**
  3106 S. Juniper Ave.
  Broken Arrow, OK 74012

(918) 664-9000
www.LIFEseniorservices.org

**About LIFE’s Adult Day Health**

“LIFE’s Adult Day Health allowed my grandmother to have the support that she needed during the day so that she could continue living at home, which is where she wanted to stay. The Center provided her with activities and friendships, helping her maintain the sense of humor that I have cherished my whole life. I’m thankful that we have LIFE’s Adult Day Health in our community and for the way it enriches seniors’ lives and helps them stay in their homes longer.”

- Senator Jabar Shumate

**The Shumate Family Enriching Seniors’ Lives**

For more information or to schedule a tour or Free Visit Day, call LIFE’s SeniorLine at (918) 664-9000.

LIFE’s Adult Day Centers are nationally CARF-accredited adult day providers.
In 2001, after working and being independent all of his life, John Irons had a stroke and suddenly found himself in a wheelchair and dependent on everyone around him. He was depressed, bored and lonely, while his wife, Dorothy, was managing a home child care business and trying to juggle taking care of him. John’s ADvantage Case Manager recognized the couple’s daily struggles and recommended LIFE’s Adult Day Health. Though doubtful that Adult Day would help, John and Dorothy decided to give it a try. John says, “I was wheelchair bound when I first started coming to Adult Day about ten years ago, but now I walk on my own with a cane and can do the same things that others can do.”

With continued exercise and physical therapy at the Center, John was able to gain mobility and participate in activities that he couldn’t do when he first started attending. He continues to enjoy Adult Day and encourages others to join him in overcoming their obstacles.

In 2004, the Meadors family received the distressing news that Sherry had been diagnosed with Multiple Sclerosis. At first, Sherry was able to stay at home safely while Keenan worked. Soon, however, and very quickly she was unable to walk and required assistance throughout the day. After 30 years of marriage, the couple was suddenly faced with difficult questions. They turned to LIFE’s Adult Day Health for answers.

More than nine years later, the couple is overflowing with appreciation. If Adult Day hadn’t been there for them, Keenan would have had no other choice but to retire early. Instead Keenan is able to continue working as a Tulsa police officer while Sherry attends Adult Day.

Two years ago, Keenan noticed that his mother, Verda, was having symptoms of dementia. The family was already familiar with LIFE’s Adult Day Health as Keenan’s wife, Sherry, was attending. The family once again turned to Adult Day for help.

“It’s been great for her to be around other people her age and to be in a safe, and structured environment. She really enjoys going, so it gives her something to look forward to each day,” Keenan says. “My dad, Hudson, has benefitted as well. He’s able to keep working because Adult Day gives him time to focus on his job without having to care for my mom at the same time.”

Both Keenan and Hudson have recommended LIFE’s Adult Day Health to their friends and family.

“My friends at Adult Day are like my family now. It’s a place where everyone cares about one another.”

- John Irons

“It gives me peace of mind knowing that my wife is safe and having a great time with her friends at Adult Day.”

- Keenan Meadors

“Adult Day is a meaningful care option for families because they can take back ownership of their life for several necessary hours each day.”

- Hudson Meadors
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Bill and Carolyn Shoemaker

Overcoming Obstacles

Bill and Carolyn needed help soon after their home was destroyed by a fire. Caregiving became difficult for Carolyn to juggle with all of the details involved in rebuilding. Their church referred them to LIFE’s Adult Day Health in Broken Arrow. Shortly after he began attending, Bill’s care was approved for funding by the Veteran’s Administration. Bill is enjoying the program so much that he plans on continuing to attend even after their new home is constructed.

“I was taking care of my husband, but needed help when a fire destroyed our home.”
- Carolyn Shoemaker

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Enjoy LIFE

LIFE’s Adult Day Centers are nationally CARF-accredited adult day providers.
Willie Faye Ward  
Celebrating LIFE’s Moments
Willie always enjoyed being active and interacting with her family and friends. She also enjoyed working, but her health issues advanced to the point where she was unable to continue.
Willie’s daughter, Eileen, wanted to help her, so she immediately took on the role as primary caregiver and enlisted the added support of LIFE’s Adult Day Health.
From the beginning, the mental stimulation and social interaction at the Center helped Willie. Her balance also improved as she participated in exercise and Tai Chi classes.
Eileen is thankful to LIFE’s Adult Day Health for enabling her to take care of her mom while continuing to work. She may even begin taking advantage of weekend services available at LIFE’s Central Adult Day Health in order to spend a little more time with her husband.

“Thank you to LIFE’s Adult Day for making my mom’s smiles even brighter.”
- Eileen Knecht

Maurene Reagor  
Supporting Families
Maurene was a pioneer in her field as a female chemist. She also had several hobbies that she enjoyed, including being active in church, gardening, doing crafts, and enjoying music.
After a distinguished career, it was difficult for Maurene to lose some of her abilities after a stroke. But her son, Joey, is part of a loving support and care system for his mom Maurene.
When they enlisted the help of LIFE’s Adult Day Health, they were surprised by how quickly she enjoyed coming to the Center. She continues her active lifestyle with singing, exercising, gardening and doing crafts. Joey also notices at home she’s become a little more independent - asking for things and doing things on her own that she didn’t attempt to do before.
Not only does Joey acknowledge the benefits of the friends and social interaction, but he sees that it’s good for her soul as well.

“The biggest hurdle for us was letting go and allowing someone else to help us take care of her.”- Joey Reagor

Louis and Mary Easley  
A Great Option for Veterans
Mary was caring for Louis on her own until his doctor recommended that he start interacting with more people.
She learned about LIFE’s Adult Day Health at a seminar and was especially happy to learn that the Veteran’s Administration could fund services like these.
At first Louis was hesitant to go to a new place with new people, but he quickly warmed up to the staff and other participants.
Louis enjoys having coffee and conversation with several of the other veterans who attend LIFE’s Adult Day Health.
When Louis participates in activities at the Center, it gives his wife, Mary, a chance to enjoy activities at her Senior Center, attend a support group, or just take care of errands.

“It is nice for him to interact with people who have similar life experiences.”
- Mary Easley