



Institute on Aging

Helping Bay Area Seniors Live Independently

Irene Swindells Center for Adult Day Services

The number of individuals diagnosed with Alzheimer's disease, or some form of dementia, is rapidly increasing. The Irene Swindells Center for Adult Day Services, in partnership with California Pacific Medical Center, helps those with beginning to moderate memory loss meet their mental, emotional and physical needs by:

- ◆ Promoting physical health and increased mental stimulation through a variety of **indoor and outdoor games, exercise, and dance.**
- ◆ Encouraging creativity through a mixture of **visual and performing arts activities.**
- ◆ Decreasing isolation through **socialization and sharing of experiences.**
- ◆ Developing specialized activities based on **individual abilities and interests.**

Irene Swindells Center also provides **education and support** for the families and caregivers of those in beginning stages of Alzheimer's and dementia.

Volunteers will receive training on understanding and interacting with people experiencing memory loss. Volunteers are a welcome to join staff and clients in all program activities, between the hours of 9:30am and 3:30pm. The center is located at 3696 California Street, within the California Pacific Medical Center.

Please fill out our [Volunteer Application](#) and return to volunteer@ioaging.org or fax to 415-750-4127.

For more information about this and other IOA programs and volunteer opportunities, please contact Susan Lee Lindeman.

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