

## Our Mission

The mission of **Daughters of Sarah Senior Community** is to enhance quality of life of those we serve by assuring maximum independence and dignity through a variety of residential, personal care, health and other quality services, consistent with Jewish tradition.

*For Shirley, Greatdays has provided a stimulating program of interesting activities in a social atmosphere – all administered with nursing supervision and carried out by a competent, caring staff. For myself, Greatdays allows time to continue teaching part-time at the University, and to do other things, while Shirley is safe and under excellent care.*

John M, caregiver for his wife, Shirley

Our Senior Community offers this family of services in our continuum of care, all on one campus:

- The Massry Assisted Living Residence
- Greatdays Adult Day Health Program
- The Rehab Center at Daughters of Sarah
- Respite Care
- Skilled Nursing Center: all private rooms
- Intergenerational Activities
- Memory Enhancement Services
- Hospice at Daughters of Sarah

Greatdays is licensed by the New York State Department of Health. State and federal laws prohibit discrimination based on sex, race, creed, color, national origin, sexual orientation, marital status, blindness, disability, age, source of payment, or sponsorship in admission, retention and care of residents.

# GREATDAYS

Daughters of  
**SARAH**  
SENIOR COMMUNITY

Greatdays is currently accepting applications for openings. You can reach us at (518) 456-7831.

Greatdays services are available Monday through Friday 8:30 am–4:30 pm, with lunch included. Payment by private pay and Medicaid are both welcome.

Enrolled members pay only for days they attend.

Visit our website at  
[www.greatdays.org](http://www.greatdays.org)



# GREATDAYS

Medical Adult Health Day Services



Daughters of  
**SARAH**  
SENIOR COMMUNITY

180 Washington Ave. Ext.  
Albany, NY 12203  
(518) 456-7831  
[info@daughtersofsarah.org](mailto:info@daughtersofsarah.org)  
[www.greatdays.org](http://www.greatdays.org)

A beneficiary agency of the United Jewish Federation of Northeastern New York

# Quality time.

## GREATDAYS

Most people want to maintain their independence for as long as possible. But difficulty with activities of daily living and health issues that come with aging may make independence without assistance impractical.

Greatdays provides a level of medical care, security and stimulation that satisfy the needs of both our enrolled members and their at-home family caregivers, making it possible to eliminate or delay long-term placement away from home.

## Services

- Bathing
- Assistance with Personal Needs
- Beautician/Barber Services
- Medication Supervision
- Whirlpool Bath
- Dental Services
- Podiatry
- Vision Care
- Physical, Occupational and Speech Therapy
- Social Work Services; Case Management; Advocacy
- Diet Monitoring and Counseling
- Nutritious Meals
- Stimulating Activities
- Social Interaction with Peers



Greatdays welcomes enrolled members who are physically impaired or socially isolated, or who can no longer function independently due to the natural process of aging, disease or injury.

Greatdays helps individuals

- **Reconnect** with the community through social interaction, therapeutic recreational programming and stimulating activity.
- **Re-establish** independent routines away from caregivers.
- **Rediscover** the joy of personal choice based on preferences and ability, in activities, meal options and services.
- **Regain** self-worth through new relationships with peers and encouraging, attentive staff, and improved communication with caregivers and family.
- **Reach** new goals through successful experience in an environment dedicated to building self-confidence and trust.

*We have compassion  
for caregivers, too.*

**Greatdays welcomes older people needing our services and can help arrange transportation, even from outlying areas.**

**If you care for a loved one at home** - work, family and personal responsibilities may make it difficult for you to be as attentive as you want to be. That's why we encourage you to consider Greatdays services for the loved one in your constant care.

You can work, attend to other responsibilities, and enjoy time to yourself knowing your loved one is safe, medically supervised and participating in appropriate activities and special events.

To ensure caregivers are involved, communicates in scheduled conferences, newsletters, onsite events, mailings and informal conversations.

We know caregivers sometimes need one or more nights away from home. To assist you, we offer short-term Respite for Greatdays members at Daughters of Sarah Nursing Center.

To learn more about how respite can help your family, call (518) 456-7831.