



SHARE. CONNECT. AFFIRM.  
ADULT DAY SERVICES



  
Mindful  
Care

# FROM THE FOUNDER

When a person suffers from Alzheimer's disease or other forms of memory loss, the individual and their family members are faced with unique challenges. They have to adjust to a new life where one's sense of self can become a blur. The struggles can lead to depression and burnout.

Mindful Care exists to help preserve as much joy and dignity as possible for these individuals and their families. We become a second family, providing family caregivers time to rest, sort out other responsibilities and, in some cases, continue employment. Our program is offered at a nominal cost compared to other caregiving models, and at day's end, the family member returns home to those he or she knows best.

I hope you enjoy learning about this important program that serves Rutherford County and beyond.



TINA O'BRIEN FOUNDER

**RISING ISSUE:** According to the Alzheimer's Association, 1 in 8 people in the United States age 65+ has Alzheimer's—or approximately 5.3 million people. It is estimated that by 2050, that number will have tripled. Today about 300,000 people live in Rutherford County, and nearly 10% are age 65 and older. It is estimated that approximately 3,500 people who live in Rutherford County have Alzheimer's disease. About 70% of these individuals (2,500) live at home under the care and supervision of family members. Mindful Care provides loving care and stimulating activities for participants—and a much-needed break for the family caregiver. The program also allows some caregivers to continue employment.



**“Knowing that my husband is in a safe and caring environment allows me to enjoy time to myself.”**

—A.S. (A CAREGIVING WIFE)

## WHO WE ARE

Mindful Care is a non-residential daytime adult-care program designed for persons with compromised memory and health, age 55 and older, offering fellowship, exercise, local outings, stimulating games, cooking projects, and engaging conversations while in a safe, loving and caring environment.

## HOW WE'RE UNIQUE

- social model, activity-based program
- operates 5 days a week
- provides personalized attention in a non-institutional, warm environment
- attendees remain living at home
- atmosphere of fun, joy and laughter
- fee-assistance program to help low-income families
- family caregivers may observe before committing to program

**“My grandmother thoroughly enjoys attending  
and **engaging in the activities** you offer.**

**She was virtually isolated except for family until I  
found Mindful Care.”**

–L.S. (A CAREGIVING GRANDDAUGHTER)

# A RECENT SURVEY TAKEN BY MINDFUL CARE FAMILIES

**100%** of responding caregivers reported that the program met the needs of their loved one.

**85%** of responding caregivers reported experiencing a reduction in stress as a result of utilizing adult day services.

**92%** of responding caregivers said the program helped prevent or delay nursing-home placement or other more costly in-home services.

**85%** of responding caregivers reported improvement in their own emotional health.

**92%** of family caregivers reported improvement in their loved one's social and emotional health.

**100%** of responding caregivers were satisfied with the way staff members related to them and family members.

**“The staff at Mindful Care has always been so personable and loving. A personal bond has been developed between mom and the staff over the years.”**

–G.M. (A CAREGIVING SON)



# BEST PRACTICES

We are chartered with the State of Tennessee under the provisions of the Tennessee Nonprofit Corporation Act. We employ Best Practices to engage our participants in stimulating and therapeutic activities during the day. Evidence-based research demonstrates the positive results of daytime, community-based programs such as ours. Mindful Care attendees are more relaxed and sleep better after a day of meaningful and high-spirited activity.



**“Mindful Care has changed my life. I’m able to stay positive even if I have a bad Monday because I know my grandmother will go to her ‘social club’ tomorrow.”**

—R.M. (A CAREGIVING GRANDDAUGHTER)

# OUR MISSION

**To enrich the lives of those afflicted with memory impairment with large doses of love and joy, therefore enhancing their quality of life as much as possible—and to help their family caregivers maintain a healthy balance in their own lives.**

*Mindful Care is open to people age 55+ affected by Alzheimer's disease and other health challenges.*





## MINDFUL CARE ADULT DAY SERVICES

*Located in donated space at New Vision Baptist Church*

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*Online* [mindful-care.org](http://mindful-care.org)

*Hours* Monday-Friday, 8 a.m.-5 p.m.

Mindful Care is a 501(c)3 nonprofit organization, not affiliated with a particular faith or religious tradition. Contact us or visit [mindful-care.org](http://mindful-care.org) for current program rates and other important information.

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