Caring for a loved one who has health limitations can be a challenging task. It is important that caregivers make sure they still set aside time to take care of themselves. Perham Living’s Adult Day Services provides a much-needed break for caregivers, while also offering the flexible, safe, life enhancing support their loved ones require.

Eighty-four-year-old Charlie Schumacher first learned about Adult Day Services when he was staying in Transitions, Perham Living’s short-stay rehabilitation unit. Charlie, who has Parkinson’s and diabetes, is well-known in the community as a former coach, driver’s ed instructor, and long-time math and English teacher at Perham High School. He first started participating in Adult Day Services in November last year.

“We started using Adult Day Services mainly because I have cancer and I was going to chemotherapy in Fergus Falls,” Charlie’s wife, Lorene, explains. “Charlie has a broken back and he was riding with me to Fergus Falls. The bouncy trip over there was difficult for him. I really didn’t feel that he was safe home alone for the whole day. I needed a safe environment for him.”

Since April 2015, Adult Day Services are available at Perham Living, located at 735 Third Street SW in Perham. “Participants enjoy coming to the center to experience intergenerational exchanges, engage in activities, participate in outings, spend time with other participants, and share their stories and memories,” says Janet Severson, Adult Day Services coordinator.

She continues, “It also gives caregivers a much-needed break from caregiving, allowing them the freedom to spend a day as they choose, knowing their loved one is in a safe, secure environment with competent, caring staff who will provide them with meals, activities, socialization, and more.”

Lorene agrees, “It is very important to me to know that Charlie is in a safe environment. I always know that he is safe here and his needs are being taken care of.”

Charlie says he enjoys the opportunity to get out and meet other people. Some days it’s just talking with other participants or enjoying a game of dominos. “I also bring my John Wayne movies with me, although I usually sleep through most of them,” he concedes. Another favorite activity of his is the chair yoga held in the mornings at Perham Living’s Town Center. He enjoys Happy Hour on Friday afternoons there also, where he gets to connect with many of his former students and their families. Everyone knows, loves, and enjoys visiting Charlie!

“We get to know our participants and try to find things they like and ‘custom build’ to their likings. We offer Wii gaming, computer games, bean bag toss, billiards, cards, and more, as well as outings in the community,” Severson continues.

Adult Day Services makes it possible for Charlie Schumacher to receive the care he requires in a fun and engaging environment. Having this service available in Perham also allows Charlie’s wife, Lorene, the opportunity to schedule appointments and find some time to take care of herself.
Charlie Schumacher, Adult Day Services coordinator, enjoy a beautiful day cruising around Frazee Maple Hills Golf Course. Community outings are just some of the many customized activities staff members plan based on the varied interests of Adult Day Services participants.

Charlie is such a smart, intelligent man. I have really learned a lot from him. He is so kind and just fun to be with!” Severson says.

Both Charlie and his wife say they would highly recommend Perham Living’s Adult Day Services to anyone in the community facing a situation similar to their own. Those who are interested may contact Janet Severson at (218) 347-1940 to set up an appointment to complete the paperwork required for participation. Drop-ins are accepted, if staffing allows, as long as paperwork is completed. Adult Day Services is contracted with the U.S. Department of Veterans Affairs (VA) and accepts long-term insurance, county waiver, and private pay.
Senior living and care options

Whether you are considering joining a vibrant nursing home community or seeking to remain at home but could use some additional help, Perham Living offers a wide array of services to help you and your family. Transitional care, home care, assisted living services, apartment living, and adult day services are just a few examples of the services provided to the community.

This month, a new memory care assisted living facility will open on the Perham Living campus. Northwinds will feature programming targeted to meet individual needs, provided in a safe and secure facility. Other recent improvements on the Perham Living campus include a new main entrance and an expanded therapy center in Transitions.

Listed here are the senior living and care options available through Perham Living.

**Adult Day Services**  
(218) 347-1940

Our Adult Day Services offer life enhancing support in a safe, flexible, and fun environment. Your loved one benefits from socialization and planned activities, while you receive a much-needed break from your caregiver role.

**Independent Living**  
Briarwood (218) 347-1865  
St. James Manor (218) 347-1854

Briarwood features apartments in a variety of designs with one and two bedrooms and optional services for adults 55 years and older. Features include weekly light housekeeping, recreational and social activities, daily noon meal, utilities, laundry facilities, and a 24-hour emergency call system.

St. James Manor offers one bedroom apartments for seniors 62 years and older and handicapped/disabled individuals. Features include subsidized housing, utilities, laundry facilities, recreational and social activities, and a 24-hour emergency call system.

**Catered Services**  
Briarwood (218) 347-1865  
St. James Manor (218) 347-1854

Catered Services offers additional assistance to help maintain independent living and aging in place. Provided by Perham Living Home Care and available as needed, services include full housekeeping, three daily meals, personal cares, medication management, laundry, and a personal response line. Access to an on-site caregiver is available as needed. Access to an on-call registered nurse is available 24 hours a day.

**Northwinds**  
Memory Care Assisted Living (218) 347-1945

Northwinds is specially designed to provide comfort and security in a supportive environment for those in need of memory care. Structured and stimulating activities are delivered by staff members trained specifically on caring for those with memory impairment. Professional caregivers are on-site and available 24-hours a day with a licensed nurse available for staff consult 24-hours a day, seven days a week. Located on the Perham Living campus, Northwinds provides an alternative for people living with Alzheimer’s and related dementias.

**Home Care**  
(218) 347-1880

Perham Living Home Care delivers high-quality care in the comfort of your home. Our team includes nurses, therapists, aides, and a licensed medical social worker to provide physical, occupational, and speech therapy, wound care, IV therapy, medication management, and illness management. Perham Living Home Care provides services in Otter Tail, Wadena, and Becker Counties.

**Transitions**  
(218) 347-1800

Transitions provides post-acute care and short-stay rehabilitation for patients with medically complex needs who are recovering from surgery, injury, or illness. Our rehabilitation team includes occupational, physical, and speech therapists and skilled nurses who work on goals that will help individuals return back to their homes and lifestyles as quickly as possible.

**Long Term Care**  
(218) 347-1800

Embracing the household model and resident-directed care, Perham Living resembles a small community. Living in beautiful and spacious private rooms, residents are very involved in determining how they wish to live: what time they want to get up, what they like to eat, what they want to do for the day, and when they want to go to bed. The Town Center with its barber/beauty shop, theatre, gift store, chapel, and Courtyard Café create a common meeting area for all residents.
just for WOMEN

Tuesday, October 18
5-8 p.m.
Perham High School
200 5th St SE

FREE ADMISSION
To register or for additional information, call 218.347.1640 or email information@perhamhealth.org

5-6 p.m. Free health screenings
Educational booths
Chair massage
Flu shots
Distracted driving simulator
Refreshments

Presentations
6:15 p.m. WOMEN & CANCER
Dr. Rand Stolee, surgeon

6:45 p.m. COOKING WITH VEGETABLES
Dr. Andrea Westby, family medicine

7:15 p.m. PROTECTING YOURSELF FROM IDENTITY THEFT
Chief Jason Hoaby, Perham Police Department