

# Dorothy C. Benson Senior Multipurpose Complex

## Fulton County Human Services Office of Aging



### Working together to serve our community!

The Benson Complex serves North Fulton County residents through three distinct levels of service to independent, semi-independent and semi-dependent individuals and their families. You will find informative classes and programs to enhance your life as well as keep you socially active and healthy. We wish to welcome you and hope you will join our circle of members.



#### Adult Day Care Facility

Fulton County Human Services, Office of Aging  
Senior Multipurpose Facility

Adult day care offers a structured, comprehensive program for adults with functional impairments for all or part of the day. These impairments (difficulty dressing, feeding oneself, using the bathroom) may be caused by physical or cognitive problems. The staff offers a variety of health, social and related support services in a protective setting. Individuals attend adult day care on pre-arranged days and for pre-arranged hours. This facility supports frail adults who choose to remain in the community rather than move to a personal care home or prematurely entering a nursing facility. Our program also supports caregivers who prefer to continue caring at home for a physically or cognitively impaired adult. Adult day care centers operate with varying levels of professional services and staffing.

#### Programs feature:

- A dedicated space for the program
- Standard hours of operation
- Nutritious meals (breakfast, lunch and snacks throughout the day)
- Therapeutic and social activities and instruction
- Medication monitoring
- Aquatics and other fitness programs
- Individualized care plans
- Transportation
- Supervision and health care monitoring
- Caregiver support services



#### Dorothy C. Benson Multipurpose Facility

Fulton County Human Services, Office of Aging  
Senior Multipurpose Facility

The Multipurpose Facility goal is to serve independent participants 55 years of age or older through various cutting edge programs, services and events. The Multipurpose Facility programming is geared to participants who are looking for classes and opportunities to build and maintain social networks. The facility's programs also include health and nutritional support as well as travel opportunities for independently active participants making the best of their retirement years.

#### Programs feature:

- Classes in the Arts and Computer Sciences.
- Social networking opportunities.
- Nutritious meals (breakfast and lunch)
- Therapeutic and social activities and instruction
- Health Services
- Aquatics and other fitness programs
- Transportation
- Caregiver support services



#### Neighborhood Facility

The Neighborhood Center is designed for those ages 60 and older who seek opportunities for socialization. Transportation is available for seniors who do not drive. A van will pick seniors up at home on week days and bring them to the Neighborhood Center for a wide range of programs and activities, including a daily hot lunch. The individual will be assessed for the program. There is no charge for the programs or lunch, although seniors who participate in the programs are encouraged to make voluntary donations to help support the center. The Sandy Springs Neighborhood Center is managed by Senior Services North Fulton, a non-profit organization contracted by Fulton County Government. Senior Services North Fulton's mission is to serve seniors throughout North Fulton County.

#### Daily activities include:

- Fitness and exercise classes, Aquatics, Bowling outings, Walking Groups
- Ceramics class, Glass painting and card making
- Mahjong and bridge
- Lectures on topics relevant to older adult populations
- Weekly trips to area retailers, malls and cultural events
- Crocheting and sewing projects benefiting area charities and military servicemen overseas
- Nutritious meals (breakfast, snacks and hot lunch)
- Seasonal parties and events such as a Farmers Market, Vision Clinics, Flu Shots and Tax Preparation Assistance
- Transportation to doctors' appointments

