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“Aging is not lost youth  
but a new stage of  
opportunity and strength.”

—BETTY FRIEDAN

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**Yolo Adult Day Health Center** strives to address issues that impact independent living by developing individualized care plans tailored to meet the needs of each participant. The goal is to maximize independence and enhance management of chronic health conditions.

**Yolo Adult Day Health Center**  
20 N. Cottonwood Street  
Woodland, CA 95695  
530.669.3700  
[woodlandhealthcare.org](http://woodlandhealthcare.org)



# Yolo Adult Day Health Center

**A Program Promoting  
Independence and Community**

20 N. Cottonwood Street  
Woodland, CA 95695  
530.669.3700



# Yolo Adult Day Health Center

A Program Promoting Independence and Community

## Programs Offered

### Adult Day Health Care

- Registered nurse
- Medical social work
- Physical, occupational and speech therapy
- Psychiatric support
- Registered dietitian
- Therapeutic activities
- Personal care assistance
- Round-trip transportation to center
- Med-Cal, VA and private-pay funded

### Adult Day Care

- Supervised social engagement
- Personal care assistance
- Caregiver respite
- Dementia-focused care
- Round-trip transportation to center
- Private-pay funded

Hello humankindness®

### Senior Transportation Voucher Program (STVP)

Free Yolo Bus Special Vouchers for Adults 60+.

For additional information please call YADHC Funded by Agency on Aging Area 4.

### Caregiver Support Group

Every 2nd Tuesday  
5:30-7:00pm

Facilitated through the Alzheimer's Association

For more information contact Denise Davis, at 800.272.3900 or visit [www.alz.org/norcal](http://www.alz.org/norcal)



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### Program Hours

7:30am – 5:00pm

### Office Hours

8:00am – 4:30pm

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“You are never too old to set another goal or to dream a new dream.”

—C.S. LEWIS

### How do I Enroll?

Individuals wanting to learn more about adult day services can call Yolo Adult Day Health Center at **530.669.3700**.

### Check us Out!

Friends of Yolo Adult Day Health Center  
[www.friendsofadhc.org](http://www.friendsofadhc.org)

[www.woodlandhealthcare.org](http://www.woodlandhealthcare.org)

(under Services - View all services)

[www.facebook.com/yoloaduldayhealthcenter](https://www.facebook.com/yoloaduldayhealthcenter)



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