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ALPS Adult Day Services is a non-profit serving families in Hamblen, Jefferson, Grainger, Greene, Hawkins and Cocke Counties.

ALPS Festival of trees and Holiday Marketplace
Saturday, November 2nd
600 N. Daisy Street
Morristown, TN 37814
(423)587-9149

Please Join our Caregiver Support Group on the first Tuesday of the month from 10 a.m.-12 p.m. at our Facility, call 423-587-9149

Proud Member of!
Tennessee Association of Adult Day Services

ALPS
A Unified Voice in Tennessee

ALPS Adult Day Services
600 N. Daisy Street
Morristown, TN 37814

ALPS Festival of trees and Holiday Marketplace
Saturday, November 2nd
600 N. Daisy Street
Morristown, TN 37814
(423)587-9149

Mobile Bidding Ends @ 3pm / Item Pick Up Immediately Follows

Bid on fabulous one-of-a-kind trees and holiday items!
FREE Admission
Donations accepted at the door
Dine In with us or Carry Out

Proud Member of!
Tennessee Association of Adult Day Services

New This Year
Holiday HANDMADE
With Crafts & Vendors

Now, Bigger and Better Things are Coming to This Year’s Festival of Trees and Holiday Marketplace. Contact ALPS for more details.
In Memory of:

James Gilliam
Desiree White
Jen sized
Oscar Hicks
Fountain Rx
Doris Peoples
Mabel S. Dennis

In Kind:

Department of Human Services
Polly Potter
John-Paul Copus
Joy Reedy
Mike Heller
Fatemia Simely
Christina Mahan
Destine White
Georgia Hicks
Mabel S. Dennis

Monetary:

Polly Potter
Doris Peoples
Mabel S. Dennis

Beautiful memories
silently kept of one that we
loved and will never forget.

ALPS relies on your
generous donations to provide services to the most
vulnerable in our communities.

Thank you! Very Much!
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The Best Country Ever! AM 1060

Three convenient locations near you:

Morristown East Branch
3101 Miller’s Point Drive
Morristown, TN 37813

Morristown South Branch
5327 Winners Circle Road
Morristown, TN 37813

Morristown West Branch
4310 Winkler Avenue
Morristown, TN 37814

Reflections

- Secure unit with only one door entry and exit
- Key pad entry with passcode that is updated monthly
- Cameras in hallways and on each exit door
- Cameras are constantly monitored by nursing staff
- Alarms on all exit doors to signal attempted exits without code
  - One hour resident checks 24/7
  - Sign in and sign out sheet each shift
- 24/7 nursing staff (one nurse and 4 caregivers)
- Secure courtyard and 8 foot fence with gated alarm
- Regency VIP escorts available for residents doctor appointments
  or any other appointments needed.

For more information on this Reflections unit contact Regency Retirement Village at 423-581-7075
We want to help you make the right decision for your loved one and their safe well-being.

Regency
Retirement Village

735 E. 2nd North Street
Morristown, TN 37814
423-581-7075
regencymorristown.com

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"Not a day goes by without my heartfelt gratitude going out to all the staff at ALPS. My wife has been battling several life changing health issues for several years and I have attempted to be her caregiver. Recently that job has become overwhelming and I felt that it was time to reach out to find someone who could help.

From the first time I entered ALPS and every day since I knew this was the place for her. They welcomed her, as well as me, as if we’re family members. We felt like we were being welcomed into their home. Their smiles and caring are genuine, and the facility is immaculate. It is all my wife can talk about is how much fun she has going to ALPS. Finding this place has been a blessing. Love truly does grow there.” - D. McGregor
Who Are We?
M.D. Pharmacy is a state-of-the-art custom compounding facility. Compounding is the art and science of preparing personalized medications for each patient’s unique needs. Unlike the one-size-fits-all nature of mass-produced medications, compounded medications are customized for each patient’s unique treatment. Our caring, hard-working staff strives to meet all of our patients’ needs. We want our customers to enter as patients and leave as friends!

Medicine-On-Time
A Medication Management System that takes the hassle out of taking multiple medications.

Custom Compounding
- Pain Therapy
- Podiatry
- Women’s/Men’s Health
- Hormone Replacement
- Ear, Nose & Throat
- Dermatology/Wound

The Dose Cup
- The right dose, at the right time

The Calendar
- Organized, color-coded convenience

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- One visit, all your prescriptions

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702 W Highway 25-70
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Love Grows Here
In the end, it’s not what you have that matters. It’s who you have....

Amedisys Hospice

Phone: (423) 587-9484
Fax: (423) 587-9408
www.amedisys.com/discoverhospice
1423 West Morris Blvd, Suite C
Morristown, TN 37813

Hospice care is a compassionate, patient-centered approach to care and support for people at the end of life and their families. It is care focused on maintaining dignity, increasing quality of life, and providing comfort, including pain control and symptom management. This is achieved through a team of physicians, nurses, social workers, spiritual care coordinators, nursing assistants, volunteers, and other healthcare professionals that deliver individualized care in the home setting. We specialize in assistance with Advanced Alzheimer’s/Dementia management.
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THE UNIVERSITY OF TENNESSEE MEDICAL CENTER

HOME CARE SERVICES

If you or a loved one are faced with a new diagnosis, recent surgery, short-term condition, or are suffering with the challenges of a long-term illness, we can help.

OUR HOME HEALTH SERVICES INCLUDE:
- Skilled Nursing – Registered Nurse
- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Dietician and Nutritional Consultations
- Medical Social Services
- Home Health Aides

It's our mission to support physical and emotional well-being, provide excellent care, education, and help maintain independence at home.

We bring healing HOME.

Quality of Patient Care

Morristsown
3301 West Andrew Johnson Hwy, Ste 102
Morristown, TN 37814
Phone: 423.586.3291
Fax: 423.586.1463

Jefferson City
1123 North Chucky Pike
Jefferson City, TN 37760
Phone: 865.475.8630
Fax: 865.475.9603

Newport
415 West Broadway
Newport, TN 37821
Phone: 423.623.4100
Fax: 423.623.4188

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(423) 586-5888

WCRK FM
105.7
Local News
The Greatest Hits Of All Time
AM 1150

ALPS Adult Day Services is a non-profit 501(c)(3) organization. We began operation in 1986. Adult day service programs are the most cost effective means of serving our aging population.

What are your Days and Hours of Operation? How do I get there?
Monday through Friday 7:30 am to 5:30 pm
Participants can attend any number of days per week and any number of hours per day. There is no contract. We recommend a minimum of 2 days per week. Many attend 5 days per week because their family member(s) are working and/or because they enjoy the opportunity to socialize and be with other people. Families most often bring their loved ones to ALPS. ETHRA will pick up individuals, assisted living communities deliver people, and other public transportation is available.

Who Do You Serve?
We serve adults from 18 to 100 who suffer from either cognitive and/or physical disabilities and who should not be left alone during the day time. Included are individuals with Intellectual Disabilities, Physical Disabilities, Cerebral Palsy, Autism, Down’s Syndrome, and other diagnosis. We serve people from Hamblen, Jefferson, Grainger, Cocke, Hawkins and Greene Counties.

What Does it Cost To Come To ALPS Adult Day Services?
While our cost of service is $125 per day, our daily rates are based on a sliding scale from $30 to $60, with our average client paying $36. There are several funding options that may pay your entire fee, such as:
1) Long-term Care Insurance usually covers Adult Day Services
2) TennCare – Choices program (Medicaid)
3) Family Caregiver Program is a federal program that is available
4) Scholarship program
5) Life Care Funding program

Participants pay only 30-60% of our actual cost of services provided. The remainder is supplemented with fundraising, donations, and grants. Please visit/call us and we can help identify individual funding options on a case-by-case basis, no obligation.

What Kind of Services Are Provided?
- Medication Management
- Vital Sign Monitoring and Health Checks
- Breakfast, Lunch, Snacks, and Hydration
- Personal Care and Hygiene Assistance
- Adaptive Exercises
- Memory and Language Therapies
- Expressive Arts and Crafts
- Music Therapy, Pet Therapy
- Validation Therapy
- Hair care, manicures, hand and arm massages
- Current and Historic Event Discussions

We have a caring and compassionate staff, including 2 nurses. All programs are designed to ensure the safety and well-being of each participant.
Be A Part of the Fun!
Crafts, Cooking Activities, Pet Visits, Singing, Dancing, Games, Exercise, Meals & Snacks and much more!

We’re Having a Ball!

Fundraising Events
ALPS Basket Bonanza
April 26th
28th Annual Walk To Remember
July 27th
Holiday Marketplace & Festival of Trees
November 2nd
23rd Annual Holiday Tour of Homes
December 1st

Your support and participation is most appreciated. Contact Tina Kilgore at (423) 587-9149 with questions on the specifics of how you can help.

“There is only ONE WAY to LOOK at things until SOMEONE shows us HOW to look at them with DIFFERENT EYES” - Paulo Coelho

FountainRx

Hours of Operation: Monday-Friday 8:30am-5:30pm
www.FountainRx.com
Phone: (423) 307-5757 Toll-Free (844) 990-9993
Fax: (423) 307-5241

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WJDT FM 106.5
ALPS Adult Day Services
Family Testimonials

ALPS is a true blessing. They care for my mother who is 66 and has dementia. She attends ALPS Monday thru Friday so I can work. They treat her good. Everyone there is always friendly and patient. My mom can be very difficult at time and they all handle her so well. They keep her occupied, doing crafts and games throughout the day. They are very informative and are always concerned about her health and well-being. I know she is taken care of there. I trust them and that means a lot to me! - S. Sims

ALPS, has been a blessing to my sister and myself. I didn’t understand what responsibilities came with caring for a 69 year old with the mentality of an 8 year old. My sister needed others she could relate to. She didn’t want to do anything, now she says “Can I go to ALPS.” - Helen & Patty Kukich
ALPS Adult Day Services
2019 HOLIDAY Home Tours

The Taylor - Ford Home

Featuring Homes in Morristown and Newport

Sunday, December 1

You Can Count on Covenant Health

The landscape of healthcare continues to evolve, but one thing hasn’t changed: Covenant Health’s unwavering Pledge of Excellence – our covenant – to put our patients first every day, strive for excellence in everything we do, and make Covenant Health the first and best choice as we continue our mission of improving the quality of life in our region.

- Committed to Our Patients
- Committed to Our Employees
- Locally Owned and Financially Strong

Your Trusted Healthcare Partner

Covenant Health

www.covenanthealth.com/count-on-covenant-health
Caregiver Facts

• 71 percent of caregivers are female.
• 55 percent of caregivers are a daughter or son, or daughter-in-law or son-in-law.
• 97 percent of millennial and Gen X caregivers have children (18 years and younger) living in their home.
• 75 percent of those with Alzheimer’s or related dementia remain home or in a private residence despite the disease’s progression.
• 59 percent of those with Alzheimer’s or related dementia say a cognition-related event (e.g., memory loss, confusion, impaired thinking) triggered a medical visit/evaluation.
• 72 percent of caregivers say their health has worsened since becoming caregivers.
• 59 percent of caregivers experience depression or anxiety.
• 42 percent of caregivers use in-person support groups, online communities, and forums.
• 50 percent of caregivers have had their career and finances impacted due to caregiving responsibilities.
• 44 percent of caregivers have difficulty saving for retirement.
• 34 percent of caregivers say caring for a loved one with Alzheimer’s disease has prompted them to test for the gene.
• 63 percent of caregivers would take medication to delay the onset of memory loss by at least 6 months if it were affordable and free of side effects.

-Healthline.com
HELPING PEOPLE TAKE THEIR NEXT STEP WITH JESUS

COME VISIT:
1401 Maple Valley rd.
Morristown, TN 37813
Sunday 9:30; 11:00AM

CONTACT US:
hello@arrowhead.church
423-254-3710
@arrowheadmtown

Proud Supporter of ALPS Adult Day Services
Employee of the Trimester Award!

It is my honor to present to you the Employee of the Trimester award, nominated through our new “Act of Kindness” box. Ashley is ALPS Activities Director and always makes each day fun and exciting for our participants through the activities she plans. She is always willing to help out, and goes out of her way to be a team player. She continually goes above the call to ensure that our participants have a great day while attending. Ashley was the overwhelming choice this trimester and here is what some of her nominators had to say about her:

- She helped to get snack ready.
- She helped to get breakfast served.
- She always makes everyone laugh.
- She is always willing to help with projects & ideas when asked.