



ACCESS



CARE



ENGAGEMENT

Proposal to Establish the Generations Adult Day Program at The City of Madison Park and Recreation

Executive Summary

The Legacy Center, Inc., a nonprofit organization dedicated to serving Madison County's older adults, proposes establishing the **Generations Adult Day Program** in partnership with The City of Madison Park and Recreation in Madison, Alabama. As Madison County's first intergenerational day program, we focus on adults over 55 who are at risk of social isolation or nutritional deficits, particularly those with Dementia, other cognitive issues, and chronic mobility conditions.

Our mission is to see, serve, and support our aging community and those who care for them by ensuring they have access to quality care through intentional engagement and advocacy. The Generations Adult Day Program will provide a safe, supportive, and engaging environment for participants, offering a variety of activities including arts, sensory engagement, physical activities, and daily meals.

We propose to use the following spaces at the center: the back room, the covered fenced outdoor area. The kitchen and other rooms may be used when and if they are available, with the exception of the ceramics room and the pool table room. The back room will remain flexible so the center may continue to use it for other events outside program hours. This partnership will help seniors and adults with disabilities remain in the least restrictive environment while maintaining their dignity, independence, and quality of life.

Overview of The Legacy Center, Inc.

The Legacy Center is a nonprofit organization based in Huntsville, Alabama, dedicated to serving marginalized seniors. As the county's first intergenerational day program for adults with dementia, Alzheimer's, and we believe that every individual deserves meaningful days filled with purpose, laughter, and love.

Guided by our mission to **serve and support aging adults and their caregivers through access to quality care**, this proposal establishes an Adult Day Program that offers a safe and engaging environment with structured activities, sensory engagement, physical exercise, and daily meals.

Purpose and Goals of the Program

The **Generations Adult Day Program** will address the needs of seniors and disabled adults in a holistic manner, combining social engagement, physical activities, and cognitive support. The specific goals of the program are:

1. **Arts and Creative Expression:** Encourage cognitive stimulation and emotional well-being through hands-on arts and crafts projects.
2. **Sensory Stimulation:** Provide therapeutic sensory activities to help ease anxiety and stimulate focus for individuals with cognitive impairments.
3. **Physical Activity:** Offer opportunities for physical exercise to promote strength, mobility, and overall health.
4. **Sundown Relaxation:** Create a homelike "living room" environment to help seniors relax and socialize during the late afternoon, particularly beneficial for those experiencing sundowning.
5. **Nutritious Meals:** Provide healthy breakfast, lunch, and snacks, ensuring participants receive proper nutrition throughout the day.

These activities will be designed to keep individuals in the least restrictive environment possible, maximizing their quality of life while giving their caregivers valuable respite.

Request for Partnership with The City of Madison Parks and Recreation

We respectfully request the use of the following rooms at The City of Madison Parks and Recreation for the Generations Adult Day Program:

- **The back room as our primary program space,**
- **The covered fenced outdoor area**
- **The kitchen for assembly when available**
- **Additional rooms may be used for activities when and if they are available, with the exception of the ceramics room and the pool table room.**
- **The back room will remain flexible so the center may continue to utilize it for other events and activities outside of program hours.**

These rooms will be "flippable" to accommodate other events/activities when not in use for the Generations Program.

Expectations and Responsibilities

The Legacy Center's Contributions:

1. **Program Management:** The Legacy Center will manage all day-to-day operations of the program, including staffing, supervision, and activity facilitation.
2. **Program Supplies:** We will provide all necessary materials for arts, sensory engagement, physical activities, and meals, ensuring the program runs smoothly.
3. **Facility Care:** Our team will ensure that all spaces are kept clean and returned to their original condition after each day's use, making the rooms available for others to use..
4. **Insurance and Liability:** The Legacy Center will maintain adequate liability insurance and assume responsibility for any incidents that occur during our use of the facilities.
5. **Communication:** We will coordinate closely with Madison Park and Recreation to ensure seamless room scheduling and resolve any issues that may arise.

The Madison Parks and Recreation Contributions:

1. **Provision of Space:** The City of Madison Parks and Recreation will provide access to the designated back room and the covered fenced outdoor area for the Generations Program, including other rooms upon their availability, with the exception of the ceramic and pool table rooms
 2. **Utilities and Maintenance:** The City of Madison Parks and Recreation will provide utilities (electricity, water, heating, and cooling) and maintain the general upkeep of the facility, including shared areas and restrooms.
 3. **Flexible Scheduling:** The City of Madison Parks and Recreation will collaborate with The Legacy Center to ensure flexible room usage, allowing other events/activities to be held in the spaces outside of program hours.
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Benefits to The City of Madison Park and Recreation:

Partnering with The Legacy Center offers significant benefits to The City of Madison Parks and Recreation

1. **Community Engagement:** The center will enhance its mission by serving a vulnerable and often overlooked segment of the community—seniors and disabled adults with dementia and other skilable needs.
2. **Support for Caregivers:** The program provides much-needed respite to caregivers, allowing them to have peace of mind while their loved ones engage in meaningful, enriching activities.
3. **Maximized Use of Facilities:** By partnering with The Legacy Center, The Madison Parks and Recreation will maximize the use of its spaces, ensuring they support both center programming and broader community benefit.
4. **Increased Visibility:** This collaboration will position the City of Madison Park and Recreation as a leading partner in providing services to seniors and their families, enhancing the center's visibility and impact within the Madison community.

Timeline

- **Planning and Setup:** TBA – TBA The Legacy Center will work closely with Madison Park and Recreation to prepare the spaces, finalize scheduling, and ensure all necessary equipment and materials are in place.
 - **Program Launch:** TBA
The Generations Adult Day Program will begin serving seniors and disabled adults on this date.
 - **Ongoing Evaluation:** The Legacy Center will conduct regular assessments to ensure the program is meeting the needs of participants, The Madison Park and Recreation, and the wider community.
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Conclusion

The Legacy Center, Inc. is excited about the opportunity to partner with The City of Madison Park and Recreation, to launch the **Generations Adult Day Program**. Together, we can provide vital services to seniors with Alzheimer's, dementia, isolation needs, routine meal intake, mobility assistance and a host of other support systems to their caregivers. Our mission aligns with the center's commitment to service, and we believe that through this partnership, we can make a lasting impact on the lives of seniors and their families in Madison..