

## Enrollment

Still Waters ADC is open 8:00 am to 5:00 pm  
Monday through Friday.

Guests may attend either full or half days.

Please call for our rates and payment options. One full or half day per week is the minimum attendance required. Regular attendance helps our guests develop familiarity with the program and staff, so they look forward to visiting their Home away from Home.

To learn more about Adult Day Services and Still Waters Adult Day Center, please call 317.284.0837 or email us at [info@stillwatersadc.org](mailto:info@stillwatersadc.org).

Our Director is available to answer your questions and help you decide if Still Waters is the right choice. We encourage caregivers and prospective guests to visit and experience Still Waters for themselves. Please call to schedule a tour and be our guest for lunch.

Each guest goes through an assessment by Still Waters' staff to make sure Adult Day Services is a good fit. You may also qualify for financial assistance in paying for care at Still Waters.

Still Waters  
Adult Day Center

Castleton United Methodist Church  
7160 Shadeland Station  
Indianapolis, IN 46256  
Phone: 317.284.0837  
[www.stillwatersadc.org](http://www.stillwatersadc.org)

# Still Waters

## Adult Day Center



*...a Home away from Home  
for senior adults who need  
supervised care*

- Supporting
- Stimulating
- Safe

*Located at Castleton United Methodist  
Church in Northeast Indianapolis*

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## What are Adult Day Services?

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Adult day services are community-based group programs designed to meet the needs of adults (seniors and other adults) who need supervised care. Adult day services provide a variety of health, social, recreational and therapeutic activities. These services help the participants to live in the community, relieve the stress on caregivers, and reduce the cost of care by preventing or delaying nursing home placement.

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## About Still Waters ADC

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Our goal is to promote the maximum degree of independence and dignity of each guest, while attending to their physical, mental, social, and spiritual needs. Equally important is our mission to families, offering needed support and respite from the stress and responsibilities of caregiving.

Still Waters ADC is located in a fully accessible, newly remodeled building, on the campus of Castleton United Methodist Church, at the corner of 71st St. and Shadeland Ave., in Northeast Indianapolis. We are a ministry of the church and a part of its mission of outreach to the surrounding community.

Still Waters is a member of the Indiana Association of Adult Day Services, an organization devoted to promoting and improving adult day services throughout the state.

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## Our Program

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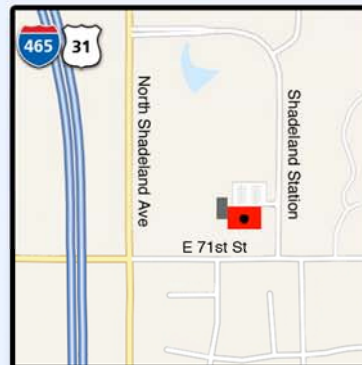
Each day, Still Waters offers a complete range of activities, designed to challenge and strengthen the mind, body, and spirit. Our varied program stimulates all five senses, helping our guests engage with life in as many ways as possible.

Individuals and groups of all ages come to Still Waters to entertain, visit, and provide additional care for our guests. From Podiatrist Care to Pet Therapy—Line Dancing to Wii Games—Cooking class to Movie dates with pre-schoolers, our list of activities is continuously being expanded.

Please check our website,  
[www.stillwatersadc.org](http://www.stillwatersadc.org)  
or call for a current schedule.

We serve a nutritious, delicious noon meal, prepared by one of the area's leading caterers. Quiet and restful times in our home-like lounge are also a part of the day.

We help our guests take any over the counter or prescription medicine at the appropriate times. Assistance with walking, transferring, and using the bathroom are always available, as are special dietary needs.



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## Faith in Action—Castleton United Methodist Church

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At Still Waters, we understand that caring for a special family member is a challenging but rewarding experience. While all adult day centers share our mission of serving older adults and supporting caregivers, Still Waters ADC, as a ministry of Castleton United Methodist Church, brings an added dimension to care—sharing the Good News of Christ's redeeming love.

We invite our guests to explore and share their spiritual beliefs. Our staff is trained to listen, offer prayers, and help our guests and their caregivers cope with the inevitable changes that aging brings about—all in the spirit of Christian caring. Our ministerial staff is also available when needed.

The Castleton United Methodist Church "family" is a vital partner in Still Waters ADC. Volunteers from the church serve a variety of important roles—serving as our governing board and helping run the Center. The church also supports Still Waters financially and underwrites a special Scholarship Fund.

For more information about Castleton United Methodist Church, visit [www.CastletonUMC.org](http://www.CastletonUMC.org).



We hope you will consider Still Waters Adult Day Center your Home away from Home—and a special place where you can experience Faith in Action.