

PROPOSED

Well & Fit Adult Day Health Care Center

**105 Mercury Circle,
Pomona. Calif. 91768**

BUSINESS OPERATION PLAN

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HISTORY OF WELL & FIT ADULT DAY HEALTH CARE CENTER

The Well and Fit Adult Day Health Care, Inc. was incorporated on September 10, 2001 and operates as a for-profit corporation. Well and Fit Adult Day Health Care Center's incorporators have a background in helping the elderly through volunteerism in church and community.

The objective of the Well and Fit Adult Day Health Care Center is to serve as a liaison between the existing health care systems and the frail elderly and disabled community. The Well and Fit Adult Day Health Care Center will accomplish its objectives by developing and implementing culturally and linguistically appropriate services for low-income families and the elderly. In addition, the Well and Fit ADHC Center also facilitates access and utilization of existing services and information for those that lack the necessary resources to do so. The Well and Fit ADHC Center is privately funded.

The center provides a stimulating, protective environment for persons with Alzheimer's Disease and other mental and physical impairments as well as supplying the support and education families need to continue the difficult job of managing these special people in the home. An activity program has been designed to allow participant success while maintaining an optimal level of functioning.

The agency has established linkages with other long-term care providers and community based services in the area. The agency's linkage with these groups broadens the services offered through the centers.

License by the Health & Human Services Agency of the Department of Social Services, Well & Fit Adult Day Care Health Center was found in October, 2001 at the inaugural location in the City of Diamond Bar.

There were substantial clients on the waiting list to enroll into the center, Well & Fit expanded into a larger (12,000 square feet) facility in 2007 at 820 N. Diamond Bar Blvd, Diamond Bar, California. The lease will expire in 2017 at the location and we are looking forward to establish and implement newer design & equipment into the proposed location.

MISSION STATEMENT OF WELL & FIT ADULT DAY HEALTH CARE CENTER

1. To rehabilitate participants to the maximum extent possible through a variety of therapeutic services.
2. To maintain participants' health and independence by providing comprehensive medical, social and nutritional services in both the day health center and the home.
3. To ameliorate any decline in participants' health by providing these services, along with continuing health education, in a supportive, stimulating environment.

HOUR OF OPERATION

The Adult Day Health Care Program hours will be from 8:00 a.m. to 2:30 p.m., Monday through Friday. Administrative hours will be from 8:00 a.m. – 4:00 p.m.

Days of operation are Monday through Friday excluding New Year's Day, Memorial Day, July 4th, Labor Day, Thanksgiving and Christmas holidays.

MAXIMUM CLIENTS PER SHIFT

75 clients per 4 hour shift.

75 max. clients at any given time.

MAXIMUM EMPLOYEES PER 8 HOUR SHIFT

15 Employees.

TRANSPORTATION

90 % of clients are picked up and return by our mini buses. Occasionally, clients will be dropped off by the family members.

AVAILABLE SERVICES & PROGRAMS

- 1) Nursing care.
- 2) Rehabilitation physical therapy with trained professionals.
- 3) Speech Therapy.
- 4) Daily morning snacks catered by vendors and distributed on site.
- 5) Daily lunch meals catered by vendors and distributed on site.
- 6) Social Service through social workers.
- 7) Barber & manicure services.
- 8) Various art & craft classes, music & dance activities are available for clients to enroll on a daily bases.