

Welcome to the Forest Side Day Program, a component of Forest Side Memory Care and Forest Hills of DC, a private, not-for profit, full-service retirement organization. We are an inclusive community of people with diverse backgrounds and a well-known tradition of providing exceptional person-centered services.

Forest Side Day embodies the Forest Hills’ mission “to create a safe, compassionate and supportive community that inspires seniors to remain active and healthy.”

Person-centered care at Forest Side is designed to address key wellness areas:
 Emotional • Physical • Social • Intellectual • Spiritual • Environmental

Day Membership entitles participants to the following services:

- Medication administration
- One hot meal
- Snacks & beverages throughout the day
- Regular hydration
- Exercise & walking program
- Life Enrichment programming & events
- Toileting and personal hygiene assistance
- Incontinence care

Our Membership Fees are as follows*:

Frequency	Fee Per Day	Fee Per Month
5 days/week (20 days/4 weeks)	\$121.00 / day	\$2,420.00 / 4 weeks
3 days/week (12 days/4 weeks)	\$133.00 / day	\$1,596.00 / 4 weeks
2 days/week (8 days/4 weeks)	\$139.00 / day	\$1,112.00 / 4 weeks

Minimum advanced payment of 4 weeks required. VISA, MasterCard and personal checks accepted. Make-up days must be used within 8 weeks of purchase.

**Fees are subject to additional charges for more advanced dementia care services
 Any increase in the daily rate is subject to 30-day advanced written notice*

Forest Side Day Procedures:

Program starts at 8:30am. Pick-up time is 4:30pm, with a 15 minute grace period. All pick-ups after 4:45pm will be charged in 1-hour increments at \$50.00/hour.

Please note, membership fees do **not include:**

- Transportation
- Medications
- Incontinence products & supplies
- Dietary Supplements

Rates as of October 1, 2017