Being a caregiver is one of the most challenging, yet most rewarding jobs that one could have. Caregivers can range from a spouse, adult child, extended family member, friend or someone of trust. No matter the type of caregiver you are, you need a break, both mentally and physically. Adult day services can provide a much- needed break for both the caregiver and the participant.

Adult day services, or adult day care, provides a safe environment for the participant. Bremo Pharmacy would like to introduce Heather Turbyne-Pollard, CEO of Circle Center Adult Day Services. Heather brings over twenty years of

"Every aging adult should have the right to aging services" — Heather Turbyne-Pollard, CEO

> /ices Personal. Quality. Care.

experience in the local Richmond nonprofit arena. She believes in fulfilling the needs of the whole person. Circle Center Adult Day Services prioritizes its clientele over anything else. Working with adults in need, Heather shows her dedication to those around her and her staff follows suit.

Heather and the staff at the Circle Center provide a comprehensive, personalized care plan for daily life to each individual. The Circle Center is aware of the physical and emotional needs of each participant and employ social workers, full time nurses and recreation therapists along with other staff to achieve their commitment to each participant.

The Circle Center provides an abundance of affordable long term care options that help folks live at home longer. They also manage individuals' health and disability needs while at the Circle Center. Heather and her team provide respite and support to family and care partners. Patients are active, social and engaged. The Circle Center is love, one patient at a time.

Please call (804) 355-5717, visit <u>www.circlecenterrva.org</u> or stop by Bremo Pharmacy for more information.

