



## Mature Services continues to grow, celebrates 40 years of service

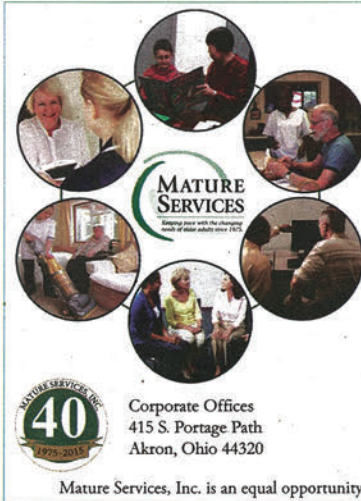
Aug. 6 is the 40th Anniversary of Mature Services. Established in 1975, it is still committed to meeting the needs of older adults, and with 10,000 people turning 65 every day the need for services for older adults has taken a quantum leap forward.

Last fall Mature Services' Avenues to Recovery completed CARF certification (Commission on Accreditation of Rehabilitation Facilities) and now offers integrated mental health and addiction services to older adults.

"This 'no wrong door' approach provides clients with mental health services, addiction programs or both in an integrated setting," pointed out Laura Kidd, director of Mature Services' Avenues to Recovery. "As the population is aging we see a greater number of people who are struggling to deal with depression and grief, and we felt it was important to offer counseling that will help individuals in facing these challenges," said Laura Kidd, Director of Avenues to Recovery. "Similarly, what began as a casual activity can easily rise and overtake a person's

life, so we want to offer some practical assistance to people who are concerned that their gambling is having a negative effect on their everyday lives."

The Employment & Training Solutions program, which focuses on assisting older workers who want to stay in the (See MATURE, Page 17)



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workforce, has expanded to include facilitation of a Job Search Cooperative. In addition to the SCSEP paid training program, Job Club, and Employer Based Training opportunities, this new forum aids job seekers in the final transition to regular employment. Among the advantages individuals will receive are: access to computer support, an exchange of job leads, guidance in researching prospective employers and the chance to enhance their opportunities through cross promotions with other job seekers. "The people in the program become proactive supporters," said Paul Magnus, Mature Services' vice president of Workforce Development, "with individuals sharing job leads and even making calls on behalf of one another. Sometimes people find it easier to promote someone else than themselves, and since they are not competing for the same kind of work, this mutual partnership really works well."

The Nutrition program is another area with significant growth. Thanks to the newly expanded facility, more meals can be prepared fresh, which is important

since the demand for this service has tripled since last year. There are now two chefs and increased staff, with new software that makes it easier to record and fill orders for the home delivered meals program. "We realize that being unable to shop and prepare your own food can leave a person feeling they have no control, so we wanted to restore some of the choices they have lost by giving them a menu," said Catherine Lewis, director of Nutrition for Mature Services. "They create their own meal plan, selecting from a variety of options. We also can customize the meal to meet specific dietary or therapeutic needs, and this new software will enable us to handle the special orders more efficiently."

"This year we will be celebrating 40 years of service to the community, and it is only natural that those services would change and evolve over time," said Linda Valentine, president and CEO of Mature Services. "Each year we evaluate what we offer, and determine what changes need to be made to ensure that we continue to provide high-quality programs to empower the economic, social, physical, and mental well-being of adults as they age."