

New Adult Day Center Opens in Glencoe

As the owners of Guardian In Home Health & Security in Glencoe, Allan and Sonya Borg have a passion for helping seniors live their best life, even as they require daily assistance. The Borgs know it's not enough to only care for someone's physical health, people need mental, spiritual and emotional support to maintain a zest for each new day.

With that goal in mind, Allan and Sonya are excited to announce the opening of Touch of Gray Adult Day Center, a new enterprise aimed at providing community, security and dignity to people living at home and in need of daily assistance.

"We want people to enjoy their life," Allan said about Touch of Gray, which opens October 17 and is accepting clients. "Our goal is to keep people living as independently as they possibly can, because when you lose all independence, it's a hopeless feeling."

Working in home health care for the past 13 years, Allan and Sonya felt something was missing from the Mcleod County area. While home health care services such as Guardian provide excellent one-on-one attention, they're missing some of the activities and social interaction with peers that bring joy in life. That's where an adult day center is a great fit, but until now there were no local options.

With the opening of Touch of Gray Adult Day Center in Glencoe, those wanting to take care of loved ones at home, have a new resource.

"Many families want to be involved in their loved one's lives and caring for them, and this gives another option to make that possible," Sonya said. "A lot of people who care for their spouse or their parent or grandparent, they either need to be able to work, or they need a day to do things around the house and attend

appointments of their own. So that respite care is needed."

Touch of Gray is for seniors age 55 or older. Participants may require daily assistance for various reasons such as they have some level of dementia or cognitive concerns, or they need help with mobility and wouldn't normally be able to attend social functions without assistance.

At Touch of Gray, qualified nursing assistants will provide compassionate care at a rate of one staff member per four or fewer participants, which exceeds state requirements. By doing so, clients will receive the excellent care expected, but at about half the cost of home health care.

"We want that immediate assistance. We don't want someone who needs help using the bathroom to have to wait, or any of those other demeaning types of things that can happen if you don't have enough people to help," Sonya said. "And we do want to give choices, and in order to give choices you need to have staff to do multiple activities."

That's right, when it comes to activities at Touch of Gray, participants will have an array of options to tailor their schedule to their own interests. That may include crafts, games, sports, gardening and exercise, as well as field trips such as museums, libraries, fishing expeditions or theater shows. Allan and Sonya want people to feel independent and in control of their decisions. The same is true for meals. While at Touch of Gray, participants



The large activity kitchen ensures all visitors will feel right at home

can enjoy morning and afternoon snacks, as well as lunch ordered through Bump's Family Restaurant.

"It's very individualized," Sonya said. "You're an adult who's making decisions about what you want to do with your day, not a kid going to school being given a rigid schedule."

Comfort is also important, and at Touch of Gray visitors can expect to feel like they're on vacation, putting their feet up in a plush leather recliner while reading next to the fireplace or watching a movie on the 90" TV, going for a walk around town or participating in one of the many activities. From the friendly staff to the up-North, cabin decor, clients will feel like they're at home when visiting Touch of Gray.

Touch of Gray is also there to serve family caregivers. That means they can assist with scheduling transportation for clients to and from the adult day center through services such as Trailblazer Transit and create scheduling that gives the best times for breaks.

"Burnout is a real thing for caregivers if you're caring for a loved one 24/7," Sonya said. "If you want to keep on doing that and be able to do that until the end of someone's life, you're going to need breaks."



A comfy recliner for each participant

Josephine Wheeler of Silver Lake knows all about the difficulties of being a home caregiver. She cares for her husband, Ernest, and up until two years ago she was taking him to an adult day center in Chanhassen. When it shut down due to COVID, she became his sole caregiver.

"I've had no break, no nothing," she said. "I've been on 24/7 the last 2-and-a-half years."

Josephine works weekly in Chanhassen and has had to bring Ernest with her to work. She is looking forward to having Touch of Gray as a place where Ernest can interact with others while she works or takes care of other daily business.



A game of sheephead, anyone?

"He needs someone to talk to besides me," Josephine said.

If you are interested in learning more about Touch of Gray, scheduling a private tour or nurse assessment, you can email Sonya at sonya@touchofgraydaycenter.com or call 320-864-2979.

You can also take a tour of Touch of Gray during its Grand Opening celebration and Family Fun Fall Festival 3-6 p.m. Thursday, October 27, at 2031 10th Street East, Glencoe. This free event includes a bounce barn & slide, face painting, pumpkin and scarecrow contests, games, food, music, llamas and much more.

Allan and Sonya hope you will join them at Touch of Gray to celebrate the start of a new era in local care for our loved ones.