

# SAM

Stimulate ▶ Activate ▶ Motivate

SAM is a community program offering a day out for seniors and adults unable to participate in their usual social and recreational activities. It has served Hamilton since 1981 and Halton since 1993.

## ~ SAM Central ~

Good Shepherd

Bishop Tonnos Seniors Building

10 Pearl Street, Unit A

Hamilton ON

Monday to Friday, 8:00 am to 3:00 pm

## ~ SAM East ~

Church of the Nativity

1831 King Street East

Hamilton ON

Monday to Friday, 8:00 am to 3:00 pm

## ~ SAM Flamborough ~

Notre Dame Centre

1921 Snake Road

Waterdown ON

Monday to Thursday, 8:00 am to 3:00 pm

*Funding support is provided by the Hamilton Niagara Haldimand Brant Local Health Integration Network (HNHB LHIN) and the Hamilton City Enrichment Fund.*

## Contact SAM

SAM Administration Office

10 Pearl Street North, Unit A

Hamilton ON L8R 2Y8

Phone: 905.525.5632

Email: SAMProgramOffice@gσχ.ca

Website: goodshepherdcentres.ca

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## Our Transportation Partners

DARTS • 905.529.1717

Handi-Van • 905.639.5158

Red Cross Toll-Free

1.844.843.7331



Good Shepherd  
Faith in people.



Hospitaller Order of Saint John of God  
Province of the Good Shepherd in North America

## What it means to have Faith in People

It means seeing the whole person. It means hearing warmth and humanity in their voices – not just despair.

We see potential and promise.

For the people we serve, our *faith in people* means all of this. It also means helping people discover their faith in themselves.

For information on how you can help, contact

Good Shepherd Development Office  
400 King Street West, Hamilton ON

905.572.6435 (905.57.ANGEL)  
www.goodshepherdcentres.ca



 Good Shepherd  
Faith in people.

# Stimulate



## SAM Adult Day Program

The saying, **“Use It or Lose It”** not only applies to our bodies but also to our brains. Any physical or cognitive limitations are accommodated at SAM with a focus on what a person **“can do”** not what they **“can’t do”**.

### We offer ...

- A variety of physical, social, creative and mentally stimulating activities
- Safe SAM STEPS exercise programs
- A hot, full-course noon meal
- Assistance with personal care needs, including medications
- Transportation assistance
- A registered nurse for health assessments and counselling
- Respite from caregiving responsibilities

*Note: There is a daily program cost. A subsidy may be available for those who qualify.*

# Activate



## SAM STEPS to Exercise

As you grow older, an active lifestyle is more important than ever. Many older adults feel discouraged by fitness barriers such as chronic health conditions or concerns about injury. A person may not know where to begin.

Regular exercise improves strength, flexibility, balance and mood. It reduces fall risk and helps maintain independence.

### We offer ...

- Group exercise programs designed for older adults, regardless of abilities
- Ongoing direction and support from qualified staff



# Motivate



## SAM Aphasia Program

Aphasia is a language disorder which affects a person’s ability to communicate. Aphasia can lead to social isolation and depression. Our conversation groups and aphasia-friendly day program enable people with aphasia to socialize and feel more connected.

### We offer ...

- Conversation groups run by a speech language pathologist, communicative disorder assistant, trained staff and volunteers
- Aphasia-friendly social, recreational and exercise activities
- Aphasia education and partner training
- Ongoing access to a social worker

*Note: There is a daily program cost. A subsidy may be available to those who qualify.*

In partnership with

Saint Elizabeth

