

UCMJ Adult Day Activity Center Employee Training How the Program Is Run



Our Mission

Our mission is to provide an adult day activity center that emphasizes the values and wellness practices that have long sustained military veterans-strength, resilience, and discipline-while creating a supportive community for all aging and retired adults. We are dedicated to offering meaningful activities that promote health, purpose, and connection, helping every participant navigate the challenges of aging with dignity, vitality, and a renewed sense of belonging.

Our Culture

- UCMJ is NOT a daycare.
- We are a structured senior wellness program.

- We operate with:
 - • Structure
 - • Consistency
 - • Intentional programming
 - • Respect

Our Program Model

- UCMJ operates under a structured 5-Pillar Model:
 - 1. Physical Wellness
 - 2. Cognitive Enrichment
 - 3. Behavioral & Emotional Support
 - 4. Social Engagement
 - 5. Community Integration

Productivity, Quality, and Innovation

Structured daily programming
with measurable engagement and
consistent documentation.

Safe, compliant, and person-centered
care focused on dignity and improved
outcomes

Creative therapeutic
programming incorporating
technology, wellness, and
community integration.

Group Structure: Air • Land • Sea

-  AIR – Physical Wellness
 -  LAND – Cognitive & Creative Growth
 -  SEA – Social & Reflective Engagement
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- Participates rotate through all three groups.
 - Staff remain assigned for consistency.

Documentation Standards

- Staff must document:
 - - Participation level
 - - Behavior changes
 - - Mood shifts
 - - Refusals
 - - Incidents
- If it is not documented, it did not happen.

Staff Expectations

- ✓ Arrive prepared
- ✓ Know your assigned group
- ✓ Have materials ready
- ✓ Maintain professionalism
- ✓ Protect seniors dignity

Safety & Supervision

- - No veteran left unattended
- - Monitor hydration
- - Equipment safety in AIR
- - Immediate reporting of incidents

Chain of Command

- Owner – Stephen Williams
- Director – Shevita Williams-Townsend
- Program Staff- Kiera Williams, Aiesha Dickey
- Support Staff-Curtis Patton

- Concerns flow upward immediately.

Daily Flow

- 8:00 – 9:00 Arrival & Breakfast
- 9:00 – 10:00 Check-in & Light Engagement
- 10:00 – 12:00 Group Rotation
- 12:00 – 1:00 Lunch
- 1:00 – 3:00 Second Rotation
- 3:00 – 4:00 Wind Down & Dismissal