



## ***Guidance to Cope with Life's Challenges***

The issues affecting seniors are uniquely challenging. Declining physical ability, loss of loved ones and isolation can lead to depression, anxiety and other issues. Problems like these are normal at any age.


Senior Life Solutions treatment fosters true healing. Our goal is to help patients safely return to their optimal style of living. Allow us to partner with you in making the future brighter for you and your loved one. Hope is just around the corner.

If you'd like to discover how to handle life's challenges, keep your mind strong, and enjoy life once again—we can help!

***Call 618-357-8811 for a no charge assessment!***

*Pinckneyville Community Hospital contracts with UltraGroup Healthcare to provide Senior Life Solutions at Pinckneyville Community Hospital. Psychiatrists are not employed by Pinckneyville Community Hospital.*

**Monday-Friday • 8:00 a.m. - 4:00 p.m. • Excluding Holidays**

  
**Pinckneyville Community Hospital**  
*Leading the way to a healthier tomorrow.*  
**Senior Life Solutions**  
5383 State Route 154  
Pinckneyville, IL 62274  
618-357-8811



# **Senior Life Solutions**

*Healthy Minds. Peaceful Hearts.*



  
**Pinckneyville  
Community  
Hospital**  
*Leading the way to a healthier tomorrow.*



# Hope is just around the corner.

## *Senior Life Solutions*

Sometimes a helping hand is all you need to get your life back on track. The proper guidance and regular attention of experienced professionals can lead to improved lifestyle as well as better overall health. Consider if one or more of the following apply:

### *Helping Seniors Cope with*

- Depressed Mood
- Unresolved Grief
- Anxiety, Nervousness, Isolation or Loneliness
- Difficulty Coping with Health/Physical Changes
- Difficulty Concentrating
- Sleep or Appetite Changes
- Feelings of Hopelessness or Helplessness
- Anger
- Low Self-Esteem
- Personality Changes

## *Services Include*

- Confidential treatment
- Group, individual, and family therapy as well as medication management for behavioral health diagnosis
- A noon meal during the treatment day
- Coordinating the patient's care with the individual's primary care physician
- 6-12 week program (2-4 days per week)

## *Your Treatment Team*

Your treatment team is multi-disciplinary in design to ensure the best quality patient care possible for those who trust us with their behavioral health needs. Along with the patient, family members, and the family doctor, the team includes:

- Medical Director
- Nurse Manager
- Program Director
- Primary Therapist
- Clerk

*“Senior Life Solutions has helped me so much in my life, where I thought there was no help. They are great people who care, are concerned, are loving, and are always there for you. I have been in therapy before, but never like this.”*

- Senior Life Solutions Alumnus