



MATURE SERVICES

*Keeping pace with the changing
needs of older adults since 1975.*

The logo graphic consists of three overlapping, curved brushstrokes in shades of blue and teal, forming a partial circle around the text.

MATURE SERVICES

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Avenues to Recovery,
A Division of Mature Services Inc.

A top-down view of a desk with a spiral notebook, a pen, a water bottle, a keyboard, and a mouse. The notebook is open and has a teal banner across the middle. The banner contains a quote and the name Betty Friedan. The desk is made of light-colored wood. There is a white water bottle on the left, a white keyboard on the right, and a white mouse on the bottom left. A pen is lying on the right page of the notebook.

*“Aging is not “lost youth” but a new stage of
opportunity and strength”*

Betty Friedan



MATURE SERVICES

Provides high-quality programs to empower the economic, social, physical, and mental well-being of adults as they age.



Vision

All people should be able to age with the greatest degree of dignity, independence, and health possible.



Our Vision

All people should be able to age with the greatest degree of dignity, independence, and health possible.

We are compassionate and empathetic to the needs of others. Regardless of difficulties or challenges, we see the person first and then determine the best way to help them.



Mission Fulfillment

Mature Services fulfills its mission as an umbrella organization serving the holistic needs of older adults through:

- Employment and Training: assessing, training and assisting in securing employment.
- Addiction treatment, prevention, recovery, support and mental health counseling.
- Homecare services to help people stay independent in their own homes.
- Nutrition to meet individual needs through Meals on Wheels, Emergency Food Pantry assistance, and Farmer's Market Vouchers.
- Retired and Senior Volunteer Program (RSVP) to connect older adults with opportunities to stay active and make a difference in their communities.



Integrated and Coordinated Care for the Specific Needs of Older Adults

With our holistic approach to caring for our aging population, we are able to identify additional needs and provide complementary services including homecare, Meals on Wheels, and employment and job training.

We also work closely with other community partners and provide referrals to other service providers when necessary.

WE OFFER SOLUTIONS TO ASSIST WITH AGING WELL AND LIVING WELL



Employment & Training Solutions

Assists older adults with job training and placement.



Avenues to Recovery

Specializes in mental health and addiction counseling for older adults and their families.



Homecare

Provides personal care, chore services, and household services so older adults can remain at home.



Nutrition

Offers home delivered and congregate meals as well as Farmer's Market Vouchers and an Emergency Food Pantry.



RSVP

Volunteer program for older adults wishing to remain active in their communities.



Avenues to Recovery

Committed to eliminating barriers to recovery for middle age and older adults.

→Counseling for:

- Anxiety and Depression
- Grief
- Mental Health
- Individuals and Groups

→Case Management

→Family Support

→Home Visits

→Outreach

→Community Presentations

- 20% of people age 55 and older experience some type of mental health concern
- Most common are anxiety, depression and cognitive impairment
- Psychosocial factors such as isolation, loss, and facing own mortality must be considered

Mental Health Counseling



Alcohol and Substance Use Counseling

- Difficult to diagnose as can be masked by existing physical conditions.
- Greater risk of harmful interaction by mixing with alcohol or other drugs.
- Increased risk of falling, respiratory disease, drug - induced delirium or dementia.



Alcohol and Substance Use Counseling

- Intensive Outpatient Program
- Individual and Group Counseling
- Holistic Case Management
- Peer Recovery Support



Prevention Programs

→ Focus on issues directly affecting older population including:

- Social isolation
- Declining health
- Nutrition
- Ageism
- Multiple prescriptions and drug interactions

Providing programs such as Brown Bag Medication Review and Women's Programs that include individual and group counseling and case management.



avenues to
recovery

www.matureservices.org



Thank you!