

# Memory Care

## AT ITS BEST



## EACH DAY BEGINS WITH PURPOSE.

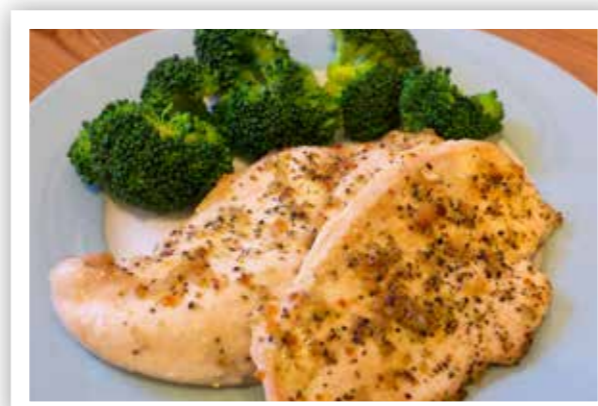
**THE HARBOR** is an innovative specialized memory care community, and is the result of years of research in design to best serve residents and families affected by Alzheimer's and related memory disorders. Everything you can imagine has been thought through—from nationally certified dementia training for every caregiver, to a professionally landscaped secure courtyard, to the mid-century décor that takes residents back to 'happier times.'



Our mission is to create new opportunities for our residents to experience fresh beginnings everyday. Our memory care wing is called The Harbor, a refuge for residents and families from the storms that frequently accompany Alzheimer's or other dementia related disorders.

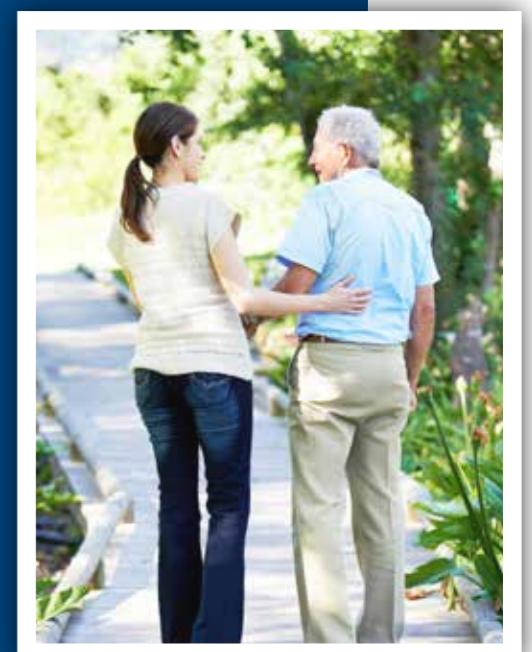
### DINING & MEALS

Dining at our community is a great time to enjoy delicious, home-style meals. Whether in our dining room for scheduled meals, having coffee and dessert with friends, or enjoying a family party, meals are always a highlight of a resident's day.



### AMENITIES

- A community specifically designed to meet the needs of seniors
- Utilities included (telephone excluded)
- Smoke detectors and sprinkler system
- Gathering areas to socialize with others
- Secure courtyards and outdoor walking areas
- Gardening and outdoor activities
- 14-Passenger activity bus



### SERVICES

- A highly trained team will be available 24-hours a day
- Alzheimer's and dementia-related disorders program
- Support and supervision of medications and coordination of refills
- Assistance with bathing, dressing, and grooming
- Scheduling and transportation for medical appointments
- Three healthy home-cooked meals daily, with snacks and beverages anytime
- Housekeeping and laundry services provided
- Activities program designed for a Purposeful Day<sup>SM</sup>
- Convenient access to local physical therapy partners

## TYPICAL SCHEDULE OF A PURPOSEFUL DAY<sup>SM</sup>

### MORNING ACTIVITIES

- 5:00 - 6:00 Rise and Shine for Early Risers**  
Assist with Activities of Daily Living (ADL's), coffee, tea, juice while awaiting breakfast
- 6:00 - 7:30 Rise and Shine**  
Assist with ADL's, coffee, tea, juice, light snack, morning music
- 7:30 - 8:30 Breakfast Dining Experience**  
Enjoy dining experience with other residents, socialization
- 8:30 Freshen Up After Meal**  
Assist with ADL's after breakfast and prepare for the day
- 9:00 - 11:30 Individual, Small, and Large Group Activities**  
Devotions, exercise, orientation, walking club, poetry, art lessons, beauty and barber time, reminiscing using SimpleC, church services, gardening, outdoor time, all while utilizing staff and volunteers
- 10:00 Hydration and Snacks**  
Nutritious snacks and hydration available during activities and upon request



- 11:30 Freshen Up for Lunch**  
Assist with ADL's for lunch

### AFTERNOON ACTIVITIES

- Noon Lunch Dining Experience**  
Quiet music, dining with residents and guests
- 1:00 Rest, Relaxation, and Visitation**  
Quiet music, time for rest or nap. Visitors are welcome.
- 2:00 - 4:00 "Brain Better" Time, Individual, Small, and Group Activities**  
Pet Therapy, music therapy, movies, entertainment, manicures, relaxation/aroma therapy, bingo, word games, garden and porch activities, small groups in themed areas, one-on-one activities
- 3:00 Mid afternoon Snacks and Hydration**  
Nutritious snacks and hydration available during activities and upon request
- 4:30 Quiet Time to Prepare for Dinner**  
Quiet music, assist with ADL's, aroma therapy, hand massages



- 5:00 - 6:00 Evening Dining Experience**  
Dine with residents and guests, dinner music

- 6:00 Freshen Up After Meal**  
Assist with ADL's

### EVENING ACTIVITIES

- 7:00 - 8:30 Evening Transition**  
Group activities including volunteer engagement, movie time, gospel videos, family and guest visits
- 7:30 Snacks and Hydration**  
Nutritious snacks and hydration available during activities and upon request
- 8:30 - 9:30 Prepare for Bedtime**  
Assist with bedtime ADL's, quiet time, calm TV, reading and relaxation, lights dimmed



### MEMORY CARE SERVICES

Our secure memory care community tailors all the services and amenities of assisted living to the ever-changing needs of Alzheimer's residents:

- A safe, secure environment
- A loving and dignified atmosphere
- Specially trained and certified dementia caregivers who are dedicated to each resident's individuality and dignity
- Stimulating activities to keep cherished memories alive for as long as possible.
- Innovative technology including SimpleC, a personalized, electronic tablet storyboard to assist with memory therapies



### A CARING STAFF MEANS PEACE OF MIND

The staff is comprised of experienced dementia professionals who are motivated to assist each resident as needs arise. Whether it's the administration of medication, or help with bathing and dressing, each member of our team respects the worth of the individual and is dedicated to the resident's comfort and security.

