



# EMERALD MEADOWS

Assisted Living

## MEMORY SUPPORT AT EMERALD MEADOWS

Emerald Meadows is here to help. With creative programming and credentialed staff, we are helping families find a better way through Alzheimer's.

### THE GILEAD PROGRAM ❁

We call our Memory Support program "Gilead," after an area mentioned in the Bible as a source of medicinal herbs such as balm, which was used to provide soothing solace and relief. Our Gilead Program is a source of relief to families who need additional emotional or medical resources in order to give their loved one needed care.



### SPECIALIZED TRAINING

Caregiving staff who work in our Gilead Program all receive a minimum of 12 hours of training each year. They learn about the pathology of Alzheimer's Disease, the types and causes of memory loss, the latest forms of treatment, and strategies for communicating with people whose language skills have been diminished by the disease. This training equips our staff to design customized service plans that improve quality of life.

### CUSTOMIZED SERVICE PLANS

Assuring that your loved one's needs are met is a priority that Emerald Meadows is equipped to handle. We build relationships with our residents to learn as much as possible about their interests and background, so we can make meaningful connections through relevant activities. Studies have shown that involving multiple senses can activate memories in different ways, so we make a variety of activities available. We design activities that engage residents physically, intellectually, and socially. Creative arts, Bible studies, dancing, baking, singing, and more — all provide opportunities for daily success and enjoyment. The service plans we create are customized according to resident needs, family schedules, and personal preferences.

### WITH YOU, FOR YOU

Both the Gilead program and the Emerald Meadows community provide a peace of mind you can *feel*. Family members are as involved as they choose to be, and Gilead staff become an extension of the care each family knows their loved one deserves.

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# A SAMPLING OF GILEAD PROGRAMMING

A typical day of Memory Support at Emerald Meadows involves a predictable structure — because routine is important to people with memory impairments. Within that structure, a range of activities is available.

## MONDAY ❁

**6:30–9:00am** Morning Greetings  
Daily Life Skills & Routines <sup>1</sup>  
Breakfast

**9:30–10:30am** Finishing Touches  
SeniorFITness

**10:30–11:15am** News Brief  
Morning Duties  
Coffee Club & Freshen Up  
Morning Strolls

**12:30–1:00pm** Lunch  
Quiet Times and Rest

**1:30–4:30pm** Group Activities and  
Structured Programs or  
Individual Pursuits, such as:

- Creative Arts
- Music, Music, Music
- Tea Time
- Poetry Group
- Cookie Club
- Mind Fitness

**4:30–6:00pm** Freshen Up & Dress for  
Dinner  
My Favorite Things  
Reminisce Time

**6:00–7:00pm** Group Activities with Staff:

- Brain Teasers
- Music & “I Remember When”
- Art Therapy

**7:30–9:30pm** Personal Time  
Daily Life Skills & Routines  
Late Night Snacks  
Enchanted Evenings <sup>2</sup>

**9:30pm** Bedtime Programming <sup>3</sup>  
continues based on individual  
preferences and needs

<sup>1</sup> Daily Life Skills & Routines include personal care, setting the table, light housekeeping in the common areas, and dressing for the day.

<sup>2</sup> Enchanted Evenings routines include bathing, brushing teeth, pajamas, and snack.

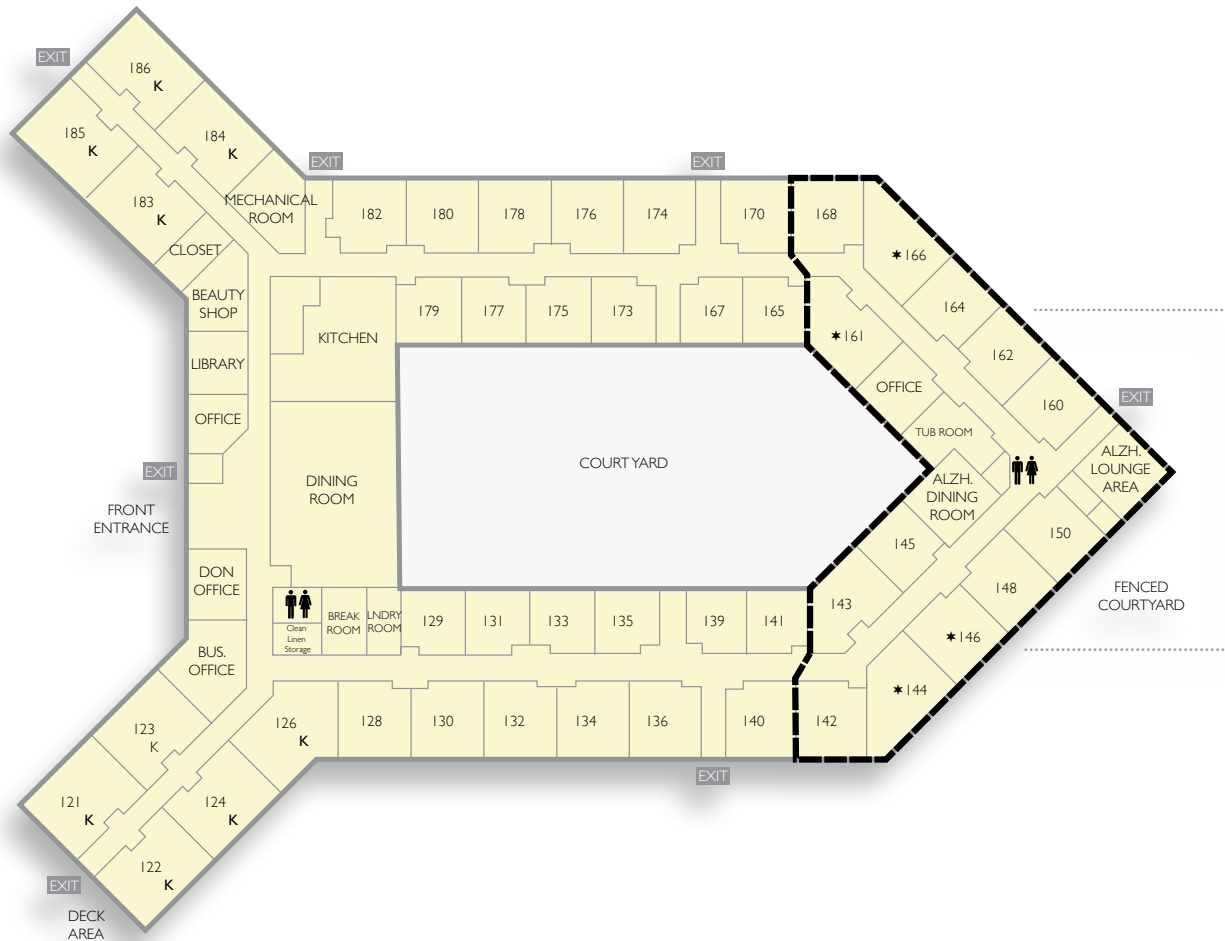
<sup>3</sup> Bedtime Programming is provided throughout the night, for our Night Owls.



EMERALD MEADOWS

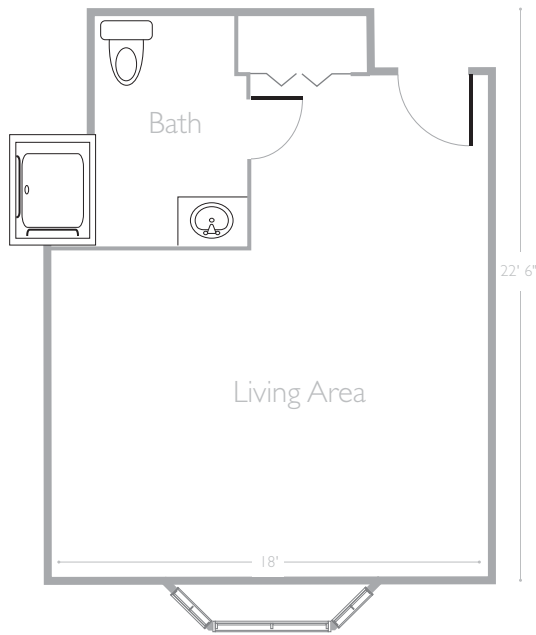
# Memory Support GILEAD PROGRAM

The entire west wing of Emerald Meadows is designed to create an atmosphere of comfortable familiarity, so residents who live there will have the visual cues they need and the landmarks they remember. Freedom and creativity are combined with safety and security, so you and your family member can enjoy peace of mind.



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# STUDIO FLOOR PLAN



## *Bluestem Apartment* (396 sq. ft.)

with Level 1 assistance, semi-private	\$3,587/month
with Level 2 assistance, semi-private	\$4,172/month
with Level 1 assistance, private	\$4,659/month
with Level 2 assistance, private	\$5,363/month

## *Included in Monthly Rate:*

Enhanced staffing levels
Specialized programming
Three meals daily, and snacks
Housekeeping and linens
All utilities
Cable television package
Personalized fitness program
Morning and evening assistance
Bathing services
Garment assistance
Emergency call system
Recreational activities

## *Other services, available to all residents and paid for as needed*

Beauty and barber shop
On-site visits by doctor, podiatrist, and optometrist
Various recreational outings

Prices effective as of 8/1/12



**EMERALD MEADOWS**