

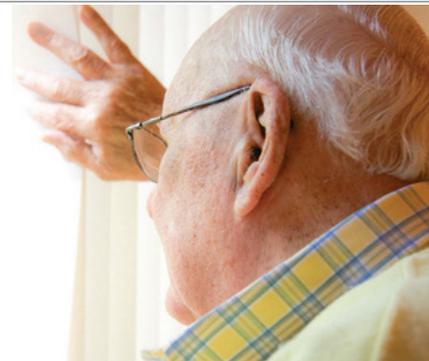


MEMORY CARE AT PROVIDENCE COMMUNITIES

Providence Life Services 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 Care 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 Providence communities are 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

The Gilead program at Providence communities provides 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.

A SAMPLING OF GILEAD PROGRAMMING

A typical day of Memory Care at a Providence community 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 ¹
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 ²

9:30pm Bedtime Programming ³
continues based on individual
preferences and needs

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

² Enchanted Evenings routines include bathing, brushing teeth, pajamas, and snack.

³ Bedtime Programming is provided throughout the night, for our Night Owls.



PROVIDENCE LIFE SERVICES

www.providenceliveservices.com/options/memory-care