



SAGEBROOK

SENIOR LIVING AT BELLEVUE

New Day Memory Support Neighborhood

Every day is a new beginning, a new day to reflect on the great things that greet us as we meet new people and enjoy the company of those that we've known for years. In a New Day Neighbors Memory Support, we are more than just people living together, we are friends and neighbors; we enjoy the good morning conversation over a cup of coffee, we engage in pre-planned events throughout the day and so much more. As neighbors we spend time together doing the things we love, living life to the fullest while keeping our minds and bodies healthy, and our souls happy.

Our team mates are one of the greatest blessings we have in our New Day Memory Support. Our exceptionally trained team members are one of the many wonderful things that come with living in a New Day Neighborhood. Each of our team members receive specialty training prior to working in our Neighborhoods; they are educated about the changes our neighbors experience day to day during their journeys, as well as the 5 principles of care we build our neighborhoods around.

Principals of Care:

- **Communication:** We believe that communication is the key to happiness and quality care. To know what it is our neighbor's needs, likes and dis-likes, it takes communication. Communication not only with the resident but also with medical providers as well as families and friends. With open and honest communication, we will be successful in communication.
- **Programing:** Programing is more than just a calendar on the wall with a list of activities or the tossing of a balloon. We want to ensure that all of neighbors are a part of our programing and that they all have several options to engage in throughout the day. Therefore we take the time to meet with each of our neighbors as well as their families to learn about them individually at the time of move in, by doing this we can customize our programing as well as their day to ensure we participation; we want to know their personal story.
- **Individualization:** We are all unique in our own ways, and the same goes for the neighbors that live with us. Some people like to wake up early and enjoy a warm cup of tea, others like to sleep in and wake up late and that's ok; whatever your preferences are it's our goal to create an individualized plan for care based off your preferences and needs, not those of others.
- **Patience, Understanding and Safety:** Every one of our neighbors is at a different stage in their journey when they join our neighborhoods. Our team mates understand the patients and understanding when providing care and support and ensuring safety to our neighbors.
- **Choices:** Life is made up of choices, we make several of them daily; and this is no different for our neighbors. Although making choices can sometimes be difficult at this point in their journey, it doesn't mean that they aren't still given the ability to chose what they want, what they eat, what programs they participate in and when they go to bed. Life is a choice and that's something you will never lose by living in our Neighborhood.

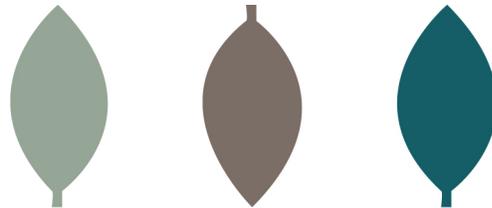
Sample Calendar:

9:15am 9:45am- Movement- Stretch it out/exercise
10:30am 11:00am- Mind- Brain games/trivia
11:15am 12:00- Travel with me
1:30pm 2:30pm- Brain game/reading group
3:00pm Taste/ chat and chew/snacks
3:30pm- 4:00pm Movement
4:15 Mind/Soul- Music therapy/relaxation with hot wash clothes
5:00pm 6:00 pm Dinner
6:30-7:15- Brain Games/Trivia
8:00pm-9:00pm Movie

Just a few sample activities:

- ***Use It or Lose It-*** That's exactly what happens when we stop "thinking". This is a program that keeps the mind moving, discussions of what's in the news, political topics, history, science discussions of all kinds to keep our minds working.
- ***Chat and Chew-*** Let's chat about what we are eating, how it was made, where it came from, the textures, flavors and more. Our Chef will explain the process as well as demonstrate how it is prepared, cooked and the history of the foods we are enjoying.
- ***Body's in Motion-*** The key to staying healthy and strong is exercise, with Body's in Motion we will focus on chair exercise, tai chi, yoga from either standing or sitting; as long as we are moving we are exercising.
- ***Mind and Movement-*** This program incorporates use of the mind with trivia, puzzles, word games but also encourages the movement of your upper and lower bodies by passing items around a group setting or from hand to hand.
- ***Pet Therapy*** – Pet therapy is very important and stimulating to our neighbors in a Memory Support Neighborhood. I mean who doesn't love to pet a dog a cat or even a pony; we might enjoy pets as much as they enjoy us humans.
- ***Pencil Pen & Paper-*** Pencil, pen and paper is a variety of different art classes. PPP is for every skill set, it varies from water painting, drawing, coloring, painting to also canvas painting. You don't have to be an artist to participate, you just need to like to have fun.
- ***Color the World-*** Our world is made up of some very colorful beautiful bodies of water, forests, beaches and mountains. In our color the world program we will visit all the colorful parts of the world. We discuss all the aspects of areas we visit everything from the weather, flowers, trees, animals and all the wonderful creatures and habitat that we would see there.
- ***Bingo and Brews-*** What's a day of fun without some bingo and a brew, that brew might be a coffee, ice tea, soda or a beer; the choice is yours.
- ***Jet Setters:*** The cabin doors have been closed, so please fasten your seatbelts for takeoff, let's go travel the world. Monthly we will focus on one of our 50 states and discuss the cities within each state, the state animal, population and all the wonderful things that make that state amazing. This is an interactive program that encourages participation, neighbors can share their travel stories and experiences with each other. Bonus, for each state we visit our chef will prepare a special treat that represents that state; hope you're hungry!
- ***B&B (books and bibles) club-*** At books and Bibles reading club we will engage in a book that is enjoyed by all. We will read but also discuss the book we are engaged in.

- **Space Setters-** 1-2-3 blast off, let's head into space! In our space setters program, we will discuss outer space, earth, all the wonderful plants and in addition to these discussions we have incorporated art and science projects; let's get our hands dirty.
- **Wine and Unwind Meditation-** After a long day sometimes it's nice to have a glass of wine and just unwind. Our aromatherapy mediation is just one of the ways you can relax and enjoy the quiet times. Aromatherapy oils and warm wash clothes while taking deep breaths and listening to holistic melodies is invigorating, this program is sure to be a group favorite.
- **Reminiscent-** Let's travel back in time, maybe back into the early 1920's when we were using buggies and horses as transportation, or when cars were first invented, and gas was 10 cents a gallon; let's reminisce on the times and how they have changed.
- **Walking Club-** Get those shoes laced up and let's get moving. Walking club is a great way to stay active while taking in the fresh air and enjoying some vitamin D.
- **Board Games:** What's your favorite board game: Sorry, chess, checkers, clue, life, boggle you pick the game and we will play.
- **Backyard Games:** Who doesn't love warm summer nights in the backyard playing corn hole, or badminton. Well we don't need to wait for summer or a warm night, let's play.
- **Movie Night:** Grab a blanket, some popcorn and a soda and let's watch a movie.
- **Hammer & Nails:** This is exactly what it sounds like, let's build something. Maybe it's a bird house, or a castle; eye and hand coordination is important and something many enjoy putting to work; grab your gloves and let's get to work.
- **Baking Club:** Who doesn't love to bake, ok maybe some don't enjoy baking, but most enjoy the smells and tastes of fresh baked goods. We will whip up some fresh baked chocolate chip cookies, or maybe some strawberry crepes, a birthday cake or some yummy warm sugar cookies with frosting and sprinkles; I mean who doesn't love sprinkles.



SAGEBROOK

SENIOR LIVING AT BELLEVUE