



**Meadow  
Ridge**

*A Distinctive Lifecare Community*

**MIND & MEMORY CARE**

# Engaging and Purposeful Interactions for Loved Ones with Memory Loss

At Meadow Ridge, we recognize the profound impact meaningful activities can have on individuals with memory issues. Our Mind & Memory Care program goes beyond the ordinary, focusing on personalized plans and activities to support and fulfill each resident's unique needs. Our primary goal is to help residents find joy and success every day through our carefully crafted programming.

## Specialized Care Through Human Connection

Our Care Partners are carefully selected and undergo specialized training, including a "Connect First" approach, to provide the tailored support required of those with memory loss. Care Partners prioritize individualized attention, ensuring residents experience purpose-filled days that enhance their well-being.

## Activities for Holistic Well-Being

Our award-winning program addresses the six dimensions of wellness, with a diverse range of activities designed to address the whole individual. We empower residents, emphasizing activities that address physical, social, intellectual, emotional, purposeful and spiritual needs. We also cater to the varying sensory needs and cognitive abilities of our Mind & Memory Care residents through specialized programming.


















## A Thoughtfully Structured Day

Consistent daily routines with predictable start times create a familiar environment for our Mind & Memory Care residents. While maintaining a level of routine, we also introduce some variety and diverse instructions to stimulate learning and instill a sense of accomplishment.





## Sample Daily Schedule of Activities:








- 9:30 a.m.   **Mobile Hydration Station:** A blend of hydration and socialization.
- 10:00 a.m.   **Daily Chronicle & Weather Report:** Brain-stimulating activities to keep residents connected, stay informed and reinforce the day and month.
- 10:30 a.m.  **Benchmark Strong:** A comprehensive exercise program that addresses aging-related musculoskeletal changes.
- 11:00 a.m.  **Trivia:** A chance to exercise the brain after exercising the body.
- 12:00 p.m.    **Lunch**
- 1:30 p.m.   **Relax & Renew by the Aquarium:** Residents can unwind, relax and renew either by the aquarium or in their apartment. Care Partners use this time to connect with residents individually to help fulfill their personal needs.
- 2:00 p.m.  **Spiritual Service:** Nourishing and soothing the soul with spiritual services.
- 2:30 p.m.  **Word Games:** Residents can play mind-stimulating games like Scrabble.
- 3:00 p.m.   **Walking Group:** Emphasizing an active lifestyle, walking through the community, both indoors and outdoors.
- 3:30 p.m.  **Social Gathering:** Snacks and refreshments with friends and neighbors, fostering a sense of community.
- 4:00 p.m.   **Music Sing-Along:** Ending the day on a musical note with sing-alongs and live music sparks memories, enhances cognitive functions and helps residents go into the evening hours with an improved mood and mindset.

## The Six Dimensions of Wellness

-  INTELLECTUAL
-  SENSE OF PURPOSE
-  PHYSICAL
-  SPIRITUAL
-  SOCIAL
-  EMOTIONAL
-  +SENSORY

## Beyond Daily Activities

In addition to our daily schedule, our Care Partners offer various enrichment programs:

-   **World Cultures Program:** Themed exploration of different cultures. Residents watch documentaries and engage in special days throughout the month.
-   **Art at Heart:** Guided art sessions, like painting, allow residents to explore their creativity.
-   **Trips:** Twice-weekly excursions, both off campus and within our expansive community, connect residents with the local community.
-   **Sensory Programs:** Daily sensory experiences, including tea time, where residents can explore different smells and tastes.