



Tailored Living

At Waterford Place Memory Care, we believe each resident should be able to participate in a full life, based on their individual interests and needs. Our team of professionals creates tailored living options for residents by using: assessments, leisure interests, hobbies and work schedules. We use this information to establish care plans and create resident goals. To encompass these areas we also provide inter-department and family education and support. Our personal assessments will unlock specific needs and interests of each resident to help us build a calendar to encourage new connections and increased enjoyment in life. The goal is for a resident's day to resemble the lifestyle they were used to at home. It also includes group and individualized tasks and activities, sets a level of participation to encourage success, and incorporates all of their senses for meeting their individual goals. We also encourage the community to volunteer to help residents rediscover the world around them and maximize their opportunities to stay connected. A resident's calendar may include:

- Natural sleep/wake patterns
- Music, learning, physical activities, spiritual engagement, and brain exercises
- Focus groups specific to an individual's past (i.e. farming), and interests (i.e. music program)
- Daily options based on the resident's mood
- Community outings
- Montessori based activities to support both the person and the environment they live in. These activities may include: gardening, cooking/baking, handiwork, creating/building, helping others, contributing to the community, and intergenerational programs

HOPE
for Dementia is here

WP MC Leadership Team

Executive Director
Ben Leavell

Director of Clinical Services
Melinda Haight

Director of Recreational Therapy
Angie Russo

Admissions Counselor
Kris Hartney

Director of Food Service
Chef Justin Ely

Director of Housekeeping & Laundry
Tim Vesterfelt

Maintenance
Brian Nienhuis & Dave Horjus

Front Desk Lead
Martha Kitler



March 2019

A few of the specialty areas that we have created for programming to highlight some of our tailored living opportunities include:

- Serenity Pointe - This tranquil space offers a peaceful environment with a variety of sensory interventions including: dim lighting, soft music, relaxing videos, tactile objects, essential oils, interactive visual displays and comfortable seating. All of which can enhance feelings of comfort and well-being, relieve stress, and maximize the individual's potential to focus.
- Community Room - The Community Room is often buzzing with excitement. This is where we hold services, group activities, music programs, exercise, SAIDO Learning, "Cooking up Memories", movies, and many other fun events.
- Cooking Up Memories - "Cooking up Memories" is a great activity for residents to prepare and share their favorite family recipes with the community. This is facilitated right in our very own kitchen space within the memory care community. Our Chef and recreational therapy team come together to assist the residents for an interactive experience with good food, good aromas, and good times.
- Courtyards - Our beautiful expansive courtyards provide a fantastic opportunity to enjoy God's creation in a safe and accessible environment. Each courtyard is designed to offer a unique and serene experience for all of our residents, friends, and family. In our Courtyards we have accessible areas for gardening and tending to plants, flowers and vegetables. This is also an area for outdoor socials and family gatherings.
- Grandpa's Woodshop - We have created a special space within our memory care community for any of our residents with a past or present interest in woodworking. Whether it is assembling bird houses, painting, assisting our maintenance department, working on an individual project, or just spending time with the guys, this area is designed for all of these hobbies.

-Angie Russo, Director of Recreational Therapy



Join us for a Cooking up Memories— Cooking Class

*Dates/Times: Wednesday, 3/27/19 from 2:00-3:00pm or Friday, 3/29/19 from 10:30-11:30am

*Call 616.667.6000 (between 8:30-5) to reserve a time slot. When you call you will be given a specific time to arrive.

*Please enter through door T and you will be instructed on where to go.

*Please plan on staying about 1 hour

Questions? Would you like a tour?

Please contact Kris Hartney,
Admissions Counselor.
khartney@sunsetmanor.org
616.667.6000

Waterford Place
Memory Care