

## Live with friends.

As part of the **Abundant Life**® model for those dealing with Alzheimer's, dementia or other cognitive limitations, all staff members are trained to engage residents at an individual's level of ability. If it is arranging flowers, one resident may hold a flower; another may create an entire arrangement; another may just smile and enjoy.

All activities are targeted for the individual resident. If they wake at 6 a.m., that's when we start their day. If they like to sleep until 11 a.m., that's when their day begins.

Staff members always dress casually, because they are part of the family environment. Families of residents did not wear medical scrubs when they were at home; our staff dresses so that they can become part of each resident's support structure.



# Life®

**Lutheran SeniorLife**  
**RoseCrest**  
*Assisted living with memory support*

## Live an Abundant Life®



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**RoseCrest**  
*Assisted living with memory support*

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For information on employment opportunities at Lutheran SeniorLife, visit our website:

[www.lutheranseniorlife.org](http://www.lutheranseniorlife.org)

## Live...



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## Live your memories.

Generously designed suites allow each resident to personalize their living space.

As with every feature of RoseCrest, suites are designed to assist residents who need memory stimulation. This is particularly helpful for those dealing with Alzheimer's or dementia at any stage. Memory boxes outside each suite can hold photos and items of precious memories that reflect the interest of each resident.

Bathrooms can be seen easily from every angle of the suite to promote recognition and utilization and are large enough to allow for assistance. Contrasting colors also maximize bathroom recognition.

Each suite has an emergency call system with staff trained to respond immediately.

# Live an Abundant





### Live to grow.

Residents dealing with Alzheimer's and dementia often have trouble processing new information and creating "new memories." Those advancing through the stages of dementia are fine; they are living "in the moment," but it is often a struggle for family members, whom the resident may not recognize.

Residents' memories can be stimulated with old photos, old songs, etc. and staff works with them constantly. There also are family support groups to help them deal with issues such as not being recognized by a resident. This is difficult for families, but residents, regardless of their stage of dementia, still continue to experience the emotion of recognition, and we strive to make those all positive.

### Live in "your neighborhood."

Our staff members constantly engage with the resident to stimulate thoughts and activities. In a group setting, a simple word, sentence, or input from another resident can stimulate a thought, a memory, and a smile. All staff members actively pursue those moments.



This all happens in a household and neighborhood concept that is part of beautifully-designed ranch-style residences that emulate household familiarity with two small households joined by a shared common area referred to as **The Neighborhood**.

Each small household fosters socialization and camaraderie for activities like the Memory Sing-a-long, where words and phrases from old favorites like "Old MacDonald" can spark a variety of reflections, from a memory of a pet, to a parent who farmed or a simple smile of recognition of singing with friends and family as a child.

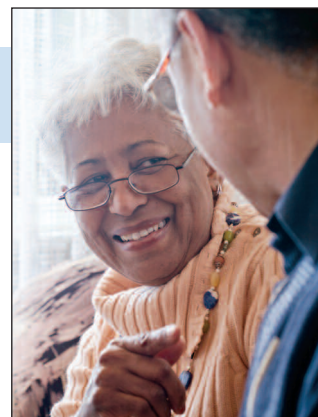
In the midst of all of these activities, living rooms, country kitchens, dining rooms, courtyard, a Great Room, chapel, and activity room are all easily accessible.

Colors and décor are specifically designed to foster a harmonious ambiance and balance of emotional stimuli with a goal toward the resident's happiness and contentment.

### Live in safety.

A resident-centered monitoring system is part of the philosophy that places a priority on safety and security, without a feeling of restriction. RoseCrest uses a wireless monitoring system for those residents who need that.

This system allows the resident the freedom and dignity to be active, mobile, and safe. Outdoor courtyards are easily accessible, with a secure outdoor walking path, garden area and water feature for relaxation, with a view from the porch.



A resident wears a **Personal Watcher** – a wristwatch designed to send a continuous signal to a wireless network, which notifies a staff member if a resident tries to leave the building.



### Live to dine.

Intimate dining areas include a home-like country kitchen with staff members and programs that "remove the confusion" for residents. For example, while the state requires a meal alternative, we choose not to put it out because it often confuses residents. But if they want an alternative, there are always several options available, if requested.

Staff members also sit with residents at meals, much like at home, where family members don't serve meals and walk away, but sit with residents and enjoy time with them.

Meals are prepared by an executive chef and dietician who provide three nutritional meals a day, and always with a resident's individual preferences in mind. Special diets can be accommodated.



### Amenities

- Private suites, each with a private bath and sitting area with a flat-screen television
- 24-hour care
- Resident-centered monitoring system
- Three delicious and nutritious meals daily, including snacks
- Emergency response system
- Secured outdoor courtyard and walking path
- Weekly housekeeping
- Full-service hair salon (fee for service)
- Daily social and recreational programs
- 24-hour RN and LPN service
- Bed and bath linens
- Monthly wellness checks
- Health spa and activities center
- Transportation coordination
- Cognitive support

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