

# Memory Care Programming

AT CEDAR CREST

## A day in the life.

We draw from each resident's unique personal story to create programming that's meaningful and enjoyable. Here's an example of programming designed for Mary, a fictional resident of our memory care neighborhood.

### Mary's story

*Born in 1929, Mary grew up on her family's farm during the Great Depression and World War II. Eventually, she married her high school sweetheart and moved to the suburbs to raise their three sons. The family enjoyed vacations at the beach and trips to the ballpark.*

*Mary's husband served in the Korean War. While he was overseas, Mary took an administrative job in a local government office to help support her three growing boys until his return.*

*Friendly and outgoing, Mary was active in her church and neighborhood, leading the youth choir and the book club. She enjoys crosswords, puzzles, baking, and gardening.*

### Mary's day

#### Morning

- With the support of her care associate, Mary selects an outfit for the day, fixes her hair, and makes the bed. (Mary never leaves home without lipstick, so her care associate makes sure there's an extra tube in her purse for touch-ups.)
- After breakfast, Mary and her care associate read a new book together on the screened porch.

#### Midmorning

- Mary enjoys a program tailored to her personal interests, such as listening to music, baking a dessert for lunch, or stuffing envelopes at the self-directed office station.

#### Afternoon

- Mary may choose to relax in her private residence, enjoy exploring the garden and walking paths with a friend, making an ice cream float with her neighbors, picking herbs for dinner, or looking through a recipe box or baseball card collection.

#### Evening

- As Mary did at home, when she is ready for bed she will unwind with relaxing lavender aromatherapy and begin her nighttime routine. Otherwise, she'll engage with her care associate by reminiscing about the beach and family vacations or sort fabric and patterns at the self-directed sewing station.

# MEMORY CARE PROGRAMMING AT CEDAR CREST



**Personalized  
engagement is  
an essential part  
of memory care.**

Cedar Crest offers far more than just daily activities and events. We provide a combination of structured, guided, and self-directed programming tailored to your loved one's individual needs and interests.

**Learn more about programming at Cedar Crest.** Call **973-831-3755** to schedule your tour of our memory care neighborhood.



*Add more Living to your Life®*

4 Cedar Crest Drive, Pompton Plains, NJ 07444

[CedarCrestCommunity.com](http://CedarCrestCommunity.com)



# Memory Care Programming AT CEDAR CREST

## What makes our memory care programming different?

Three things: (1) our specially trained staff, (2) our unique programming philosophy, and (3) our strengths-based approach, which supports the individual resident's strengths through both physical and cognitive programming. We believe that every action or expression, verbal or nonverbal, is an attempt to communicate. We work with each individual to understand their needs and bring pleasure and meaning to their daily life.

## Personalized attention from a caring staff.

Our program manager gets to know each resident's life story, routines, and preferences. The program manager works with your family, our care associates, and the memory care manager to create a daily schedule that reflects your loved one's interests and creates meaningful experiences.



We provide three levels of programming that work together to promote independence and assist each resident in building or retaining skills.

### 1. Structured programming

*Planned daily schedules usually centered on fitness, recreational, or cognitive programs.*

- Comprised of small groups of four to six participants
- Customized to meet the interests of residents in the neighborhood
- Held in smaller rooms to reduce distraction
- Led by a dedicated, trained programming team member seven days a week
- Programs that stimulate cognitive skills include storytelling, reminiscing, music therapy, puzzles, word games, board games, dominoes, and menu planning
- Fitness and recreational programs include stretching, gardening, walking, special events, shopping, dancing, community service, and intergenerational programs
- Programs that assist with everyday life include making the bed, writing and mailing a letter, setting the table, making apple pies, outdoor picnics, and calling a loved one

### 2. Guided programming

*Daily support provided by our care associates throughout the entire day to encourage independence utilizing a strengths based approach.*

- Flexible staff who incorporate the residents' preferences into daily living tasks
- Supplies stored throughout the neighborhood are relevant to your loved one's interests and preferences to encourage engagement
- Examples of guided programs include selecting an outfit for the day, applying makeup, manicures, doing laundry, looking at recipes, planting flowers, making lemonade, reminiscing through baseball cards or sport memorabilia, browsing magazines, and coffee or tea tastings

### 3. Self-directed programming

*Interactive stations throughout the neighborhood provide an opportunity for residents to explore independently and enjoy tasks that bring satisfaction and a sense of purpose.*

- Strategic use of way-finding cues such as colors and themes to encourage exploration and neighborhood orientation
- Private rooms customized with decorations and keepsakes from home to help with orientation to their past and familiarity
- Cozy living room, kitchen, sunroom, and interactive stations create a homelike environment that provides opportunities to continue with previous daily routines
- Examples of interactive stations include a nursery, gardening, office, and sewing



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