



## Award-Winning Memory Care at Prestige

*A friend to turn to...* One of the biggest challenges a family can face is finding help for a parent or loved one with Alzheimer's Disease or other form of dementia. It can be difficult to find a community that not only provides quality care, but also creates an environment in which the affected individual can thrive and live a productive, active and meaningful life. It's important to find a community that can truly help your loved one, while always treating them with dignity and respect.

At Prestige, our award-winning Expressions memory care program is different. We believe a resident's well-being is directly related to how they feel and interact with the world around them. We have designed a program that makes our residents feel accepted, important and comfortable. Our goal is to become an extended family, creating a buffer against the fear and stress of the illness.

On top of providing industry-leading care, it's also our job to keep our residents engaged and fulfilled. Expressions focuses on turning daily activities into memorable and meaningful events.

Using innovative care techniques and life enrichment programming, Expressions provides people with dementia an outlet for creativity through five aspects of healthy aging. Most importantly, we take care of the details so that you can focus on the more positive aspects of your relationship with your loved one.



Prestige Senior Living, L.L.C.

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# Expressions

of My Life

## *Life is an activity!*



The activities and passions we pursue are a big factor in making us who we are. At Prestige, we believe that memory care residents should be able to continue engaging in the things that bring them joy. Based on that philosophy, we have developed an award-winning program that nurtures body, heart, soul, and mind: **Expressions of My Life.**

All of our Expressions communities use the following Expressions of my Life activities to keep our residents engaged and fulfilled, ultimately improving their quality of life.

**HEALTHY EXPRESSIONS:** Exercise is critical for those with Alzheimer's Disease and related dementias, as research shows that exercise can slow the progression of the disease. Our residents engage in regular physical activities led by trained staff who can help them stay fit and active.

**TASTY EXPRESSIONS:** Tasty Expressions activities celebrate the joy and pleasure that can come from food. Food provides nutrition, a chance for socialization and an opportunity to reminisce about favorite foods and recipes. It's a wonderful way to stimulate the senses and build social bonds with other residents and caregivers.

**ARTISTIC EXPRESSIONS:** These activities celebrate the creative spirit in us all. Research has established that those with Alzheimer's and related dementias often experience a spike in creativity. Artistic Expressions celebrates and encourages imagination involving the arts, poetry and music.

**EDUCATIONAL EXPRESSIONS:** These Expressions activities emphasize the value and benefit that comes from lifelong learning. We used to believe that those with dementia could not learn and retain information, however, new research indicates that many actually can continue learning. Even those who are profoundly forgetful can still enjoy the experience of learning. Our team helps find appropriate opportunities for our residents to continue their educational journey.

**SPIRITUAL EXPRESSIONS:** Spirituality means different things to different people. For some people, it is a connection with God, or a higher being. For others, it is an experience of awe, focused attention, or mental discipline. Spiritual Expressions activities enable each person to develop inner peace through their own spiritual journey.



### MY LIFE STORY

Knowing our resident's Life Story is a key element in our Memory Care Program.



### David Troxel, MPH

Author of *The Best Friends Approach to Alzheimer's*

Care Consultant to Prestige's Expressions Program

*"Prestige's dementia care program, Expressions, focuses on turning daily activities into memorable events and meaningful moments. It's all about creating a caring community."*



Our communities do not discriminate on the basis of sex, age, race and color, religion, marital status, national origin, political ideology, disability or veteran status.