



TOUCH OF GRACE

MEMORY CARE

Creating meaningful moments in life.

Grace {Gras}

noun

Grace is truly a simple elegance of our action and movements with all we do. Our guiding principles in our Memory Care neighborhoods have a guiding philosophy called “Touch of Grace” where we engage the five senses of sight, smell, hearing, taste and touch during our moment to moment interactions with our residents, families and other peer members. Through grace we focus on bridging the mental gap with enduring sense to reconnect with the memories from one’s lifetime by enriching the moments ahead.

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Guiding Philosophy

Often the mind may find difficulty in remembering details of the past but is able to recall the sensations that were experienced. Our sensory moments philosophy, lovingly called “A Touch Of Grace”, focuses on bridging the mental gaps by utilizing our ever-enduring senses to reconnect with the memories of the past, thereby enriching the moments in our futures.

We believe that keeping aging loved ones active in the hobbies and interests that gave them pleasure in the past is important as they age and especially after a disease diagnosis. These features are a part of our guiding principles.

- Engage the 5 senses of sight, smell, hearing, taste & touch during each day & our moment to moment interactions with our residents, families & other peer members.
- Stir positive memories from the past
- Foster emotional connections with others
- Encourage self-expression by meeting the residents at the point they are experiencing
- Lessen the anxiety & irritability that dementia may bring
- Facilitate those with Alzheimer's/dementia to feel more engaged with life
- Speaking & communicating in a calm peacefulness manner with others.



Touch

Crafting - making scrapbooks of their photos or pictures that reflect fond memories

Painting, coloring, flower arranging and other hands on creative projects

Exercise - stretching or simple chair exercises **EVERY MORNING** to increase blood flow!

Animal therapy increases emotional connections thorough hands on petting and grooming of visiting pets

Taste

Holiday events featuring holiday favorites from their family traditions

Cuisine – residents involved in making and eating some of their favorite foods from the past.

The cuisine at the community is top notch and professionally crafted by our community Chefs. This ensure consistency in meals for residents.

Sound

News Around the World is shared through reading the newspaper together and discussing the events.

Music Therapy with resident involved in singing and instrumental groups as well as musical guests.

Book Clubs to read on individual or group basis and provide a sharing of thoughts. Educational programs where resident talk about history - events, presidents, etc. to educate them and help them re-learn things or even seems like a story to them.



Smell

Aromatherapy – allows the resident to connect with smells from their past from both inside and outside environments.

Essential oil aromas incorporated into activity times and massage therapy.

Planned Moments

Our planned moments within our days and bedtime routines, engage the brain to connect to those enduring positive memories (old or newly created), keeping the brain from being stagnant through activities based on the physical senses of sight, smell, hearing, taste and touch.



Sight

Puzzlers - Brain teasers, puzzles (even 3D puzzles) that they work on as a group. **Trivia** - some can still remember old things in the beginning - presidents, etc. Or can even be as simple as "what is the opposite of down?" something that can stimulate their brain to work in a complex way for them.

Outdoor Adventures - hikes, gardening, bird watching, making flower arrangements.

Memory Lane - bring in photos, films and slideshows to reflect and talk about their favorite memory they may still hold onto.



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Contact Us Today!

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