What Is Memory Care

With Alzheimer’s and other related dementias afflicting an increased number of older adults, there is a need to provide special care for the elderly who have cognitive impairments. Senior living communities that offer specially trained staff, activities and programming for residents who have a form of dementia are called memory care communities.

A memory care community looks like senior living with residents having private rooms, structured activities and nutritious meals, but memory care communities are strategically crafted to care for their residents’ cognitive needs. This includes a building design that has ample natural light to mitigate against night and day confusion. Hallways are laid out in flowing loops that allow residents to move freely and safely about, with exits subtly placed to dissuade exit seeking. The facilities are also locked and secure to keep wanderers safe.

Staffing levels are higher as each resident requires hands-on, person-centered care. An extensive plan of care is created, followed, and communicated to family members. Each staff member is experienced and trained in working with those with dementia. This includes understanding the stages and effects of dementia as well as best practices in caregiving and redirecting adults with dementia to achieve their goals.

Dining and activities are done in small groups to decrease a resident’s agitation, and special tranquil areas and sensory boxes are available to pacify anxiety. Sensory boxes are specially created for a resident’s past career or hobby.

For example, a resident who was an accountant might have a pencil, tablet and adding machine – familiar items that bring him comfort when placed with him at a table.

Many details of the memory care community are well thought out, even down to the furnishing and decorations that keep residents safe and encourage their well-being.

Legacy Place Cottages’ Memory Care Community is now open. You have read about it, now we invite you to come and see it!

Schedule Your Tour Today!

We are very proud of our Memory Care building and look forward to offering this type of care to our brothers and sisters who need it. You can contact us at the phone number below or visit our website to schedule your visit.

484-860-3900
LegacyPlace.org
Understanding Hospice

We all know the numbers 9-1-1. We know how the 911 dispatcher can coordinate police, fire, and rescue services in life and death situations. We know to dial 911 just in case, but we all dread the idea of needing to make that call to save ourselves or a loved one. Just like no one ever wants to dial 911, few seek to learn about hospice, and few know much about it.

The reality is that both patients and those around them benefit from hospice. Hospice is defined as health-care service for the terminally ill that emphasizes pain control and emotional support for the patient and family, typically refraining from taking extraordinary measures to prolong life. For example, a patient may battle a disease, and at some point in the treatment of the disease the medical team determines that the disease will take the patient’s life within six months. At that point, the medical team changes its strategy from battling the disease to focusing on the patient’s comfort and enjoyment of life.

Hospice is an entitlement program under Medicare for those 65 and older who are diagnosed with a terminal illness and given six months to live. Hospice services are available for all ages, but Medicare only pays for treatment of those 65 and older.

For those younger than 65, many health care plans cover varying forms of hospice services.

People with end-stage dementia, cardiac, lung or renal disease should consider hospice care. Each person is evaluated individually and care is directed toward the patient’s specific needs. Hospice care is not just for the final days of life. Hospice care is of importance for the last six months of life to provide a time of preparation for the patient and their loved ones, empowerment, comfort and transition from life to death.

“It is important to note that hospice is a choice made by the patient to transition from curative care to comfort care,” stresses Dr. Rick Baxter of St. Luke’s Hospital Hospice and Palliative Care program. “Medicare has set up hospice to be a global service, so the patient doesn’t need to worry about getting a hospital bed or medication, but it’s the responsibility of the hospice team to handle all that.”

When the attending physician determines that hospice care is necessary, the physician, patient, family, and hospice team discuss and lay out a care plan for the patient to get the most out of his remaining time. This includes the patients’ goals for the end of life. The team includes nurses, case managers, social workers, bereavement counselors, chaplains, physical therapists, speech therapists, and occupational therapists.

Care is given to the hospice patient as needed and can be provided anywhere, but most commonly in a nursing facility, senior living community, or at home. At Legacy Place we support all our residents with hospice support as needed. To learn more about any of our programming please call our office.

Welcome New Residents!
Betty and Joyce

Employment Opportunities
Now hiring full-time experienced resident caregivers for both personal and memory care. Contact us for details.

Volunteer Opportunities
Our residents enjoy interaction with other witnesses. If you have a heart for seniors, contact us to learn how you can help our residents.

Don’t Forget to Follow Us on FaceBook
All in a Night’s Work
Sleep affects our overall quality of life, and regularly getting a good night’s sleep has been linked to improved memory, weight control and better concentration. But what exactly happens after our head hits the pillow?

Sleep is far from a dormant, passive state. In fact, the brain and body are quite busy during those few hours. We move through five stages during each sleep cycle. These cycles last about 90 minutes. The process is repeated several times throughout the night.

The first four stages are grouped under non-rapid eye movement sleep. Stage 1 is a light sleep, when we are still aware of our surroundings and can be easily awakened. During stage 2, the heart rate slows and body temperature drops. Stages 3 and 4 are a deep sleep. Muscles are relaxed and breathing slows, but the body is hard at work repairing tissue and restoring energy.

The last stage, rapid eye movement sleep, is when dreams occur.

They Need You
When the decision is made to place a family member in a senior living facility, it involves many emotions. This decision offers peace of mind, knowing that a family member will always have care and assistance in case of an emergency.

Even though physical needs are met, family members are still caregivers for residents in these facilities. They need you. No staff member, no matter how caring, can replace a resident’s family. The time an individual spends with family is precious and unique in many ways. Growing up, our parents would be our advocates. That’s what loved ones in senior living communities need from their family members.

Residents thrive with regular contact from family. If residents know their children are included in their care programs, they feel reassured. Having family by your side when reviewing information from a doctor’s visit or even going over medications can be a big help.

At Legacy Place Cottages we encourage family members to visit residents regularly. We offer a relaxing environment where families can enjoy their time together. There are opportunities to join in some of the activities and there are parlors where family members can sit together and talk privately.

Cajun Salmon Burgers With Lime Mayo
Ingredients:
- 1/2 cup reduced fat mayonnaise, divided
- 1/2 teaspoon grated lime peel
- 1/2 teaspoon lime juice
- 3 pouches (5 ounces each) boneless, skinless salmon, drained
- 1 egg, beaten
- 1/3 cup panko bread crumbs
- 1/4 cup finely chopped green onion
- 1/4 cup finely chopped red bell pepper
- 2 teaspoons Cajun seasoning
- 1 tablespoon oil
- 4 hamburger rolls

Directions:
Mix 1/4 cup mayonnaise, lime peel and lime juice in small bowl until well blended. Cover and refrigerate until ready to serve.

For the burgers, mix salmon, egg, panko, 1/4 cup mayonnaise, green onion, bell pepper and seasoning in large bowl until well blended. Shape into four patties.

Heat oil in large nonstick skillet on medium heat. Add salmon patties; cook 5 minutes per side or until lightly browned and cooked through.

Serve salmon burgers on rolls with lime mayo and desired toppings.

Employee Spotlight - Jackie Atiyeh

While we have some new employees joining us in recent months, Jackie Atiyeh has been with Legacy Place Cottages since the beginning a little over two years ago. Jackie was looking at a career change when Legacy was opening. She felt working at Legacy would offer the balance she needed for secular employment and spiritual interests.

Jackie brought with her experience with home care as well as office work in the medical field. Her many talents have been applied just about everywhere. She currently handles many responsibilities in the business office but that doesn’t mean you won’t occasionally see Jackie helping to prepare the meals for the day.

One of the most satisfying aspects of Jackie’s work are the results. Jackie no longer works as a direct caregiver with the residents but her efforts contribute to a safe, comfortable environment for the brothers and sisters living at Legacy Place. She likes to walk out of the office and see residents smiling and talking with each other, and know, directly or indirectly, she has a part in that.

“I Will Praise You With Song”

The God of the heavens loves to listen to His worshipers joined together in songs of praise. Indeed it is an important part of our weekly worship. Over the past few years we have been given many new songs to enjoy and sing in the congregation. Have you had a chance to learn them all?

We want to invite you to join us at Legacy Place Cottages on Monday mornings when Julianne and Clarence arrive and energize us with singing. They lead us with their beautiful voices and bright smiles. Everyone’s voices combined are a beautiful sound at Legacy Place and is no doubt enjoyed by our Creator in heaven.

Are you timid about singing in public? Don’t be. We all blend wonderfully. It’s also a great way to start the week and beat the Monday blues!