

The right time to move into a memory care community

Mary Ann, I have been caring for my mother in my home. How can I know when the right time comes to move her into memory care community?

Most of us caring for our loved one come from a subjective place. I have found that the decision is easier to make if you step back and look at it more objectively.

We want to keep the promises we have made to care for our loved ones. Sometimes that includes keeping them at home. However, it has been proven that when one is diagnosed with this disease, they have a better experience of life in a community where others are experiencing the same emotions, feelings

and behaviors. In both my personal and professional experience, I have found that, surprisingly your loved one will have an easier time adjusting to what he or she are experiencing because they will be able to make new friends and it will bring them to an emotional comfort level that they would not experience if they were to stay in their homes.

Family members don't realize that being in their homes won't give them the opportunity for the social interaction, exercise, reminiscing or connecting to past interests.

The other opportunity that coming into a community can give them is the many types of engagement

that they will be involved in which is extremely important to slow down the process of the disease. Lives change for those on this journey when in the proper environment. The time to choose to move to a community is sooner rather than later.

So once a diagnosis is made, especially if it is very early onset, one should begin to create criteria for what you would like your loved one to experience when living in a memory care community.

Emerald Place is an Anthem Memory Care Community, which means we are person centered, dedicating ourselves every day to providing the highest quality care, comfort and support to

our residents. Our pledge is to protect, engage and love people living with memory loss.

At Emerald Place, we offer support groups and educational events.

Submitted by Emerald Place, 1879 Chestnut Ave., Glenview. Contact Mary Ann Pappone at (630) 296-6383 or mpappone@anthem-memorycare.com with your questions or to receive my monthly "Ask Mary Ann" newsletter. Pappone is community relations director for Emerald Place Memory Care. She spent more than 18 years caring for her mother who had dementia.



Golden Opportunities this Season on north shore chicago's

CELEBRATE THE SEASON HOLIDAY THEMED PERFORMANCES

PICCOLO THEATRE
Hansel & Gretel
November 16–December 17

OIL LAMP THEATRE
"It's a Wonderful Life Radio Play"
November 30–December 30

NORTHBROOK SYMPHONY ORCHESTRA
Holiday Concert
December 2

EVANSTON SYMPHONY ORCHESTRA
Holiday Concert
December 10

NORTH SHORE CENTER FOR THE PERFORMING ARTS IN SKOKIE
Chicago Tap Theatre's Tidings of Tap
December 10
Salt Creek Ballet's The Nutcracker
December 16 & 17
David Broza & Friends
December 28
The Magic of Bill Blagg
December 30

SPECIAL HOLIDAY EVENTS

Women's Club of Evanston
Holiday Bazaar
November 17–18

Winter Arts and Crafts Expo,
Evanston Arts Center
November 17–Dec 21

Central Street Evanston Open House
November 25–26

Red Invitation
Sunday Holiday Sale,
Winnetka
December 3

Downtown Evanston
and Main-Dempster Mile
Warm Bevvv Walk
December 7

Wonderland Express,
Chicago Botanic Garden
Through January 7

First Night Evanston
December 31

For a complete guide to North Shore happenings during the holiday season including tree lightings and parades, santa sightings, festive feasts, holiday shopping promotions and great hotel and B&B getaway offers, visit: www.visitchicagonorthshore.com/holiday