



Life at Iris



*At Iris Memory Care we believe every moment matters, and that our residents deserve **compassion, dignity, and comfort** while living a fulfilled life.*



Pet Therapy

Studies have shown that animals offer great mental and emotional support to people with dementia, which is why pets are a welcome part of life at Iris!

We look forward to and enjoy regular visits from therapy animals and family pets.

We also love the company of our resident cockatiels, Fred and Ethel!



Visits from Loved Ones



Children, grandchildren, great-grandchildren, and friends are always welcome at Iris.

Regular visits by loved ones help bring more life, love, and fun to our residents and the community!



Snoezelen Therapy

Iris Memory Care is the first community in Oklahoma City to offer state of the art Snoezelen Therapy, which provides a fun and creative way to explore and enjoy different sensations through sensory stimulation. From captivating bubbles tubes to soothing fiberoptic light strands that slowly change colors, our Snoezelen cart is sure to lift the spirits of our residents and provide calming benefits.



Live Music

Our grand pianos are regularly played by residents and visitors alike! Filling our community with music is an integral part of making every moment matter at Iris!



iris
MEMORY CARE

Gardening

Our residents enjoy gardening and caring for plants of all types! Getting our hands dirty through horticulture therapy is good for the mind, body, and soul!



Arts & Crafts

The creative process is an important part of the day at Iris! Our residents regularly enjoy a variety of arts and crafts with loving support from friends and staff.



Classic Games

Our residents and staff love their games, especially the tried and true favorites like dominoes and cards! Iris staff facilitate these games and play an active role so that the challenges of dementia never get in the way of our residents having fun and enjoying success. This is what we call our “Failure Free” approach, which helps maintain pride and dignity.



Video Games & Other Advanced Technology

At Iris, we love incorporating technology into our days. Games on the Nintendo Wii, music played through iTunes and YouTube on our smart TVs, and watching videos on handheld tablet computers are always favorites amongst the residents!



iCan

Created by Benjamin Pearce, who has more than 30 years of experience in senior care, our iCan activities program is a multifaceted, interdisciplinary approach to activity, social, and leisure programming. iCan utilizes Apple iCal to schedule programs on a daily, weekly, monthly, and quarterly basis. **There are 19 activities per day to choose from, and over 7,000 activities per year!**



The use of iCan allows us to understand a person not only as someone who suffers from an illness, but also as someone who inhabits healthy traits and a personality that remains intact even though it may seem hidden by illness. **Research has shown that consistent, structured activity programming where residents are provided opportunities for engagement throughout the day reduces falls, agitation, and symptoms of depression.**

September 14, 2017

Thursday, Week 37

all-day	
8:30 AM	Exercise Poem
9 AM	9 AM Hair and Make-up Grooming
9:30 AM	Window on the World Current Events
10 AM	10 AM Snack Time Social, nutritional
10:30 AM	10:30 AM Food for Thought Remote memory, social interaction, esteem building
11 AM	11 AM Stretches and walks Exercise
11:30 AM	11:30 AM Lunch Preparation Social
Noon	12 PM Lunch Social
1 PM	1 PM Living Virtues

SMTWTFSS

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3710111213141516

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3924252627282930

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< Today >

Exercise Poem

Add Location

Thursday, Sep 14

Repeats Daily

Add Invitees

Purpose: Exercise is the best medicine. Seniors who start their day with light exercise prevent blood pooling in their extremities which could lead to orthostatic hypertension which can lead to falls. Getting the heart beating early in the morning cleans out the sleepy cob webs and gets them off on the right foot.