



NEW SERVICES AND PROGRAMS

by Amanda Ledezma

We have some new and exciting services/events coming your way! Please see below for details.

PICTURE DAY

It is a rare occasion when we take time to capture memories in the form of photography with our elders. We thought it would be very special to provide a chance to do this on our campus! In honor of Grandparent's Day in September, on Monday, September 30, we will be hosting a professional photographer to do family/friends portraits with your loved one in the Mountain Room. Packages will be available for purchase at a reduced rate through the photographer. These photos will make great family heirlooms, Christmas cards, or just a nice addition to your memories of your loved one. More information will be coming soon to families and responsible parties in the mail in early to mid-September.

MASSAGE THERAPY

We are working to offer onsite massage services! We know that massage therapy can help with stress relief, depression, pain relief, and anxiety/agitation. Our goal is to provide this "add-on" service on campus beginning in September. We are working with Jamie Poage, a licensed massage therapist and certified nursing assistant to coordinate this. She specializes in massage therapy for the elderly, and specifically in assisted living and skilled nursing facilities. This opportunity will be available in the resident's room and will be available for residents in wheelchairs, chairs, and/or beds as well as residents with dementia. There will be one or two designated days per month when residents can sign up for a time slot on that day to receive a massage. Residents can participate each time or just one time. Some people ask what to get their loved one for Christmas or birthdays, and this service would make a great gift for some! More details on dates, scheduling procedures, pricing, and other info coming soon!

INTERGENERATIONAL THERAPY PROGRAM

We will be hosting our first intergenerational therapy program event(s) in October. Please watch for more details on our activity calendar, Facebook Page, and posted on flyers in the facility. We hope to welcome children of all ages into our community to pair with the residents as a group and individually to enrich the lives of the residents and the lives of the children participating. If you are interested in helping with this program (we need volunteers!), signing up to receive information via email, having a child or grandchild on the participation list, or hearing more about it, please contact Amanda Ledezma at: wellness@mountainmeadowsliving.org.

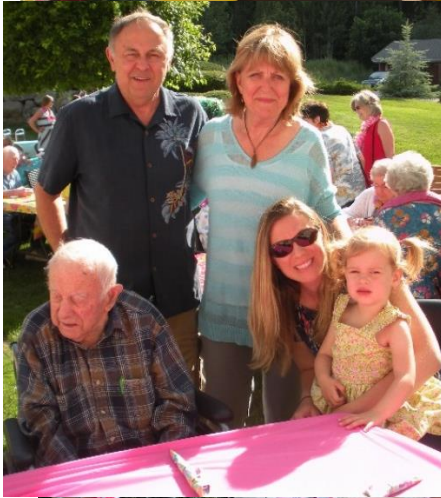
SUICIDE RISK AND PREVENTION TRAINING

We are currently working with Dr. Julie Rickard, Director of Suicide Prevention Coalition (SPC) of NCW, to provide staff with suicide prevention training specific to the elderly population. The SPC of NCW is also developing a new assessment tool that will be implemented state-wide to screen for risk of suicide and depression in the elderly specifically. We are considering becoming a test site for them to pilot their new assessment tool. Stay tuned for more information on future training and informational sessions open to the residents and their responsible parties.

2019 Luau



Ua ola loko i ke aloha – (*Love gives life within.*)





**Ku'ia kahele aka na'au ha'aha'a – (A Humble
Person Walks Carefully So As Not To Hurt Others.)**