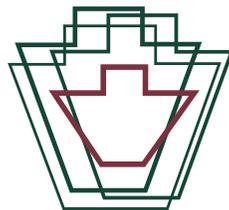




**Holistic Harbors**<sup>SM</sup>

STATE-OF-THE-ART MEMORY CARE  
AT KEYSTONE COMMUNITIES



**Keystone Senior**

**Memory Preservation Enrichment Program**

**[www.KeystoneSenior.com](http://www.KeystoneSenior.com)**



## Our Memory Preservation Enrichment Program

A harbor is a protective shelter for people on journeys through rough waters, providing safety and security from challenging conditions. A holistic approach is treatment of the WHOLE person, taking into account mental and social factors, rather than just the symptoms of a disease.

At Keystone Senior, we have used the extensive evidence on Alzheimer's disease and other dementias to develop a holistic memory care program that treats the whole person.

The Holistic Harbors<sup>SM</sup> philosophy is to focus on connection rather than loss. Enrichment activities are carefully chosen to connect with each resident's interests, and preserve skills that remain. Holistic Harbors<sup>SM</sup> encourages and utilizes programming that has been shown to not only maintain, but possibly improve both brain fitness and health, as well as general well-being as we age. Opportunities at Keystone communities are customized to provide each memory care resident with:

- ◆ Physical Exercise
- ◆ Cognitive Exercise
- ◆ Stress Management
- ◆ Meaningful Social and Individual Engagement
- ◆ Multisensory Activities
- ◆ The MIND Diet

### Physical Exercise

Regular physical exercise is associated with slowed cognitive decline, slower decrease in activities of daily living, and improvement in immediate and delayed memory. The Holistic Harbors<sup>SM</sup> Memory Care program has opportunities for exercise 5 days a week, with exercises suitable for a variety of interests and physical conditions. Keystone communities have a variety of physical activities including: walking clubs, dancing classes, chair agility and games.

### Cognitive Exercise

Cognitive exercises include games (word search, word puzzles, number games, matching games, etc.), as well as reading and writing activities that keep the brain active. These are very individual; some prefer word games, others prefer numbers. Some people have difficulty reading, while others keep reading as their disease advances. The many interest-based clubs (gardening, crafts, sports, cooking) incorporate cognitive opportunities for residents at all ability levels.



The Holistic Harbors<sup>SM</sup> program provides opportunities for growth, meaningful engagement, and the fullest possible life for Keystone memory care residents in a dedicated, secure setting.

— Dr. Joan Roche | PhD, RN, GCNS-BC



## Stress Management

There is a clear connection between stress and disease progression, including those diseases associated with memory and cognitive changes. Current research reveals a connection between several stress management techniques and memory retention, sense of well-being, and even slowing of brain loss. Meditation, Yoga, and Tai Chi are restorative stress management practices incorporated into the Holistic Harbors<sup>SM</sup> Memory Care program.

## Meaningful Social and Individual Engagement

People's interests often stem from their life experiences. Because we have gathered rich life stories from our residents, Keystone communities offer diverse opportunities to fill their days with fun. There are several "clubs" where groups of residents can work together. There is a gardening club for the gardeners. Those who no longer dig or plant, may help pick the flowers & vegetables. The cooking club prepares recipes to snack on and special treats for holidays. Some residents follow a recipe, some measure, some stir. In Holistic Harbors<sup>SM</sup>, if a resident doesn't want to participate in a group activity, a staff member will engage them with a one-on-one activity.

## Multisensory Activities

Memory disorders and other dementias do cause cognitive problems, but sensory experiences can still be a joy. Communication with words may deteriorate, yet we can communicate through the senses. Sensory activities such as listening to calming music, stimulating the sense of smell through baking cookies or aromatherapy, and relaxing hand massage are a daily part of Holistic Harbors<sup>SM</sup>.

## The Mind Diet

Since the beginning of time, food has been used for its healing and medicinal qualities. Additionally, studies have shown that choosing to eat food that follows the MIND Diet can help prevent and slow the progression of Alzheimer's and other forms of dementia by as much as 53%. This is why every meal served at Keystone communities provides our residents with the opportunity to effortlessly follow the MIND Diet while enjoying delicious and nutritious food.

## Examples of Holistic Harbors<sup>SM</sup> Programming

### Support Groups

Support groups are helpful to individuals newly diagnosed with Alzheimer's disease. Several studies have shown decrease in isolation, increase in social support, improved quality of life and enhanced communication. Holistic Harbors<sup>SM</sup> Memory Care programs include monthly support groups for residents with early stage Alzheimer's Disease, and their families.

### Music

Familiar music can awaken memories and engage residents in social activities. Some listen to music and may sing along. Other residents have performed music in the past, and are encouraged to continue this meaningful activity. We have a resident at a Keystone community who may forget names and places, but she can still perform a concert for the whole community. Music programs are a daily part of Holistic Harbors<sup>SM</sup>.



### Art Therapy

Even individuals who have never before participated in art can communicate through art activities. Research with art therapy for individuals with Alzheimer's reports increased attention, improved social behavior & self-esteem. A resident in the Memory Care Art Program who no longer speaks painted a picture of the lakes in Minnesota, to share his fond memories with his wife. All Keystone communities include art therapy regularly in the enrichment calendar.



### Multisensory Experiences

Multisensory activities are integrated opportunities to experience something through several senses. "A Trip to Paris" may include French music with a video display of Impressionist art, and French onion soup for lunch. A virtual baseball game may include a video display of baseball highlights, hot dogs for lunch, and familiar baseball music like "Take Me Out to The Ball Game." These experiences are planned around residents' interests.