## Memory Care at Anthology

In all we do, we exist to make a remarkable impact on the lives we touch. That's why we've crafted a senior living experience that empowers your loved one to live their story in a beautiful, meaningful way. We're here to help you navigate this difficult journey through compassion, understanding and respect. With unrivaled expertise and a caring heart, we go above and beyond to provide your loved one with the comprehensive care and vibrant life they deserve in a nurturing, protective environment.

#### VISIT US TO LEARN MORE

Schedule a tour of our community today AnthologySeniorLiving.com



#### CLOSE-KNIT COMMUNITIES

We know that heart plays a huge role in helping residents lead vibrant, meaningful lives. Our caregivers engage with residents and their families in a genuine way, learning all they can about family history, careers, hobbies and values to foster close-knit communities. Here, your family becomes our family, and ours becomes yours.

#### SPECIALIZED CAREGIVERS

Our caregivers are highly certified individuals dedicated to making a difference in people's lives. As part of our rigorous orientation program, we ensure each team member has a specialized background in dementia care and receives additional mandatory training each year. With our high-tech, high-touch approach, we provide seamless care for moderate to late-stage dementia, including care for behaviors like wandering and exit-seeking, supported by comprehensive e-records, smart devices and more.

### INNOVATIVE WELLNESS PROGRAMS

We view wellness holistically, with specialized programs around the six dimensions of wellness: physical, social, emotional, intellectual, spiritual and environmental. Our daily programming builds around each resident, offering flexible schedules and activities designed to instill meaning, assurance and purpose. From physical and mental fitness opportunities to community-focused activities, we take a robust approach to keeping your loved one active and empowered.

### NURTURING NEIGHBORHOODS

Our neighborhoods are designed to ensure that residents thrive in mind, body and spirit. Carefully curated artwork features local landmarks and nostalgic images to evoke feelings of home, while memory displays located outside each resident's room feature personal pictures and mementos to strengthen community connections and provide familiarity.

#### ENHANCED SAFETY MEASURES

We recognize the importance of safety and security. We use enhanced security measures like key-padded access and real-time location systems to accommodate the evolving cognitive and physical capabilities of our residents, ensuring that they maintain as much independence as possible while still remaining protected within our neighborhood.

#### MEMORY CARE

- ✓ Staff with specialized training certified in the Alzheimer's Association CARES<sup>®</sup> EssentiALZ<sup>®</sup>
- ✓ Activities & programming through Fit Minds<sup>®</sup>. Fit Minds<sup>®</sup> focuses on Cognitive Stimulation Therapy and improving overall brain health.
- ✓ Activities & programming through iN2L<sup>®</sup>. iN2L<sup>®</sup> focuses on Person-Centered Engagement<sup>™</sup>, offering technology that supports activity & wellness initiatives.
- ✓ Licensed nurse on site 24/7
- ✓ Assistance with activities of daily living such as dressing, bathing, grooming and dining
- ✓ High-tech, high-touch safety and security features
- ✓ Assistance with medication coordination and management
- ✓ Consistent observation of resident healthcare and behavior needs

- ✓ Coordination with specialized healthcare providers
- ✓ Private accommodations
- ✓ Home maintenance, housekeeping and linen services
- ✓ Personal alert systems
- ✓ Purposeful social, cultural and recreational activities provided daily
- ✓ Transportation available for appointments, shopping, dining and outings
- ✓ Exercise, fitness and wellness programs
- ✓ Three gourmet meals supervised by a registered dietician and prepared by in-house chefs
- ✓ Escorts to and from meals and events
- ✓ Family support and engagement opportunities



ANTHOLOGY OF MIDLOTHIAN

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# The New Standard in Senior Living



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