



WILLOW
VALLEY
COMMUNITIES

THRIVE FORWARD

MEMORY CARE NEWSLETTER

Volume I, Issue 2



WHAT'S INSIDE

WELCOME

Meet Jeff Kenderdine, Executive Director of the Willow Valley Communities Charitable Foundation

RESEARCH

See what we've learned that others are doing

RESOURCE ROOM

Visit Lakes Apartment A-222 to stay informed

WELCOME

When you stop in to visit the Memory Care Center Resource Room, located in Lakes A-222, you will notice a new (yet possibly familiar) face. Jeff Kenderdine has joined our team in the role of Executive Director of the new Willow Valley Communities Charitable Foundation. Jeff comes to us from a 31 year stint at the YMCA, where he began his career as Fitness Coordinator, eventually working his way up to CEO.

Jeff brings extensive fundraising experience and the leadership necessary to guide the Foundation and Willow Valley Communities through its first capital campaign for the Memory Care Center. In addition, he will help to establish planned giving opportunities for Residents to shape Willow Valley Communities long into the future.

Some of you may already know Jeff. Beyond his decades leading a community non-profit organization, he is also a Lancaster native, residing in Neffsville with his wife and their two boys. His life-long passion for healthy living and experience in charitable giving bring a unique blend of expertise and enthusiasm that continue to generate positive energy and excitement for things to come.

Over the coming weeks, please take time to stop by the Resource Room and give Jeff a warm welcome. Jeff will also continue making the rounds throughout the campuses to learn more about each of you and how you value Willow Valley Communities. Needless to say, we are thrilled to have someone with Jeff's track record working to help you support the things you care about most in our community, a legacy for future generations.



Alzheimer's Association's International Conference

Juanita Angelini, Memory Support Resource Coordinator, had the opportunity to attend the Alzheimer's Association's International Conference from July 21 through July 26, 2018 in Chicago. This was the largest gathering ever held by the organization, with 5,700 participants in attendance. Attendees included physicians, researchers, scientists, vendors, presenters, and all different levels of staff from the medical field. Many organizations and countries were represented, including the Mayo Clinic, Johns Hopkins University, the University of Pennsylvania, the United Kingdom, Finland, Canada, and Australia to name a few. The night before each session, attendees received a booklet that described the sessions, speakers, and the poster presentations available for viewing the following day.

There were 500 poster presentations that changed daily and focused on various topics. Nutritional studies stated that a Mediterranean diet was much better for your body and mind than a Western diet; eating red meat four or more times a week increases your risk of dementia, and soy can delay dementia. Other poster studies reinforced that exercise, which increases blood flow in and out of the brain, helps to delay the progression of the disease. A poster study on the first Adult Day Centre in Gibraltar showed how it had a huge impact on that country and demonstrated the importance of these centers. Several studies showed how untreated high blood pressure or obesity in your 30s– 50s raises your risk of getting Alzheimer's Disease.

Each day, sessions featured two to six speakers from around the world. Mariana Figueiro, PhD with the Lighting Research Center spoke about the importance of natural light. Dr. Barry Reisberg, Professor of Psychiatry and Director of NYU School of Medicine, Fisher Alzheimer's Program and NYU Alzheimer's Disease Center, spoke about the effects of anti-anxiety medications and Alzheimer's Disease. A medication trial discussed how Biogen helped 30% of the participants. A presentation showed how neuroimaging can detect amyloid and tau proteins. This imaging allowed physicians to predict where the tau was going to be in the brain six months later, thereby helping them to predict which behaviors were going to be displayed.

One hundred twenty-six vendors were at the conference promoting their products, including companies that specialize in dementia furniture, dietary items, and adaptive clothing. Technology companies demonstrated how robots can help with assessments. Healthcare systems searched for future employees and publishers of dementia magazines distributed free issues.

Juanita felt privileged to be a part of this International Conference and stated, "I was impressed to see so many people from around the globe attempting to find answers about this devastating disease. It was encouraging to see all levels of researchers ruthlessly studying and conducting experiments to try and find any angle to prevent or at least slow down dementia. The presenters showed compassion and an unwavering desire for eliminating this disease." Juanita further added, "Sending me to this conference shows Willow Valley Communities' commitment to memory care."

Opening of the Memory Care Center Resource Room

We have had a successful opening of the Memory Care Center Resource Room, located in Lakes Apartment A-222. Since its opening in November 2018, over 500 Residents have visited. The Resource Room was created for several purposes: to inform Residents of the Vision, Goals, and Key Components for our planned Memory Care Center; to share all that has occurred to date and how the project is progressing; to provide Residents with an opportunity to offer input as to how we plan, design, and operate our Memory Care Center; as well as provide free literature on dementia types, symptoms, and prevention.

An important aspect of our Resource Room is that it will be continually updated – so Residents will want to visit it more than once. We view this location as a primary means of keeping Residents informed regarding the status of this important project within our community.

The Memory Care Center Resource Room will be open for specific hours throughout the week. A knowledgeable Team Member will be on hand during these times to orient you to the Resource Room, to answer any questions you may have, and to obtain your reactions and input. The schedule will vary each week, based upon Team Member availability, and will be provided in the Weekly Insider. Please keep an eye out for the posted hours.

We hope you will soon plan a visit to the Resource Room. We look forward to welcoming you!

Virtual Reality Kit

We are excited to announce that Willow Valley Communities has a virtual reality kit from Embodied Labs. The kit enables the participant to simulate the experience of dementia as well as macular degeneration, high pitch hearing loss and end of life, depending upon which scenario is chosen. By engaging in the virtual reality, the participant is able to reach out and grab objects and understand what it is like to encounter the world through these story lines. This valuable tool has already had an impact on those who have experienced it. Our goal is to use this as another modality in educating Team Members, Residents, and families. If you would like to experience the virtual reality kit, please contact Juanita Angelini, Memory Support Resource Coordinator, at 717.490.8129 or jangelini@willowvalley.org or Shelly Herr, Executive Administrative Assistant, at 717.464.7592 or sherr@willowvalley.org to schedule a time.



RESEARCH

As noted in the previous **THRIVE FORWARD Memory Care Newsletter**, we visit well-regarded programs as part of our planning. Two such visits are highlighted below.

ABE'S GARDEN: Nashville, Tennessee

Considered one of the leading memory care programs in the United States, Abe's Garden is a memory care center consisting of three households, housing twelve to seventeen Residents per household. Each of the households has a unique theme or emphasis; themes include Arts and Lifelong Learning, Music, and Connection to Nature. One of Abe's Gardens most notable traits is its focus on continuous quality improvement. Accordingly, each aspect of their program is being constantly examined based upon current research findings—and modified as appropriate. There was no sense of stagnate programming here. Abe's Garden has a formal relationship with a major local university which supports their research approach. Another positive attribute is their focus on intentional or purposeful engagement. Their goal is to keep Residents doing something for most of their waking hours—not just having them sitting there, staring into space with nothing to do. In looking over their daily schedule, Residents have two activity choices at any given time throughout the day. There is even a staff member assigned to evaluate Resident engagement throughout the memory care center. One final observation: for any Residents exhibiting behavioral difficulties or appearing troubled, Leadership checks on these individuals at least three times a day; their intent is to address concerns before they escalate into major problems.

GOODWIN HOUSE Alexandria, Virginia

Goodwin House's memory care unit is a ten Resident small household, licensed as assisted living. The environment is a home-like setting with a living room, dining room, kitchen and den. Each Resident has their own private bedroom and bath. The operating philosophy is geared toward creating a home and eliminating all aspects of institutionalized living. Team Members, called Care Partners there, are hired for heart and trained to skill. Care Partners serve as universal workers handling daily care, culinary, housekeeping, and activity functions. Training is a high priority at Goodwin House with new hires receiving eighty hours of initial learning. Care Partners are encouraged to Be Present, Be Happy and Own Excellence. The leader who toured us through their memory care unit was very open and forthright, sharing things that are working well and things that need to be changed; it interested us that the leader now running the center also served as liaison with the architect and general contractor during construction.

Mathias J. Brunner Scholarship Committee

The Mathias J. Brunner Scholarship Committee has generously agreed to fund the certification of RNs, LPNs, RCAs, and CNAs for Certified Dementia Practitioner (CDP) by the National Council of Certified Dementia Practitioners (NCCDP). This national certification will provide Team Members with an education that is based on the NCCDP's curriculum and qualifications. The certification class is an eight hour course that will be taught by Juanita Angelini, Willow Valley Communities' Memory Support Resource Coordinator. Juanita was certified March 15, 2018 as a Certified Alzheimer's Disease and Dementia Care Trainer by the National Council of Certified Dementia Practitioners. Thank you, Mathias J. Brunner Scholarship Committee, for your contribution to Team Members and for ultimately improving the lives of Residents!

MIND MATTERS

Tips for Brain Health

- Exercise regularly
- Eat a brain healthy diet
- Get enough restful sleep
- Visit your friends and neighbors
- Learn something new every day
- Offer your time and talent as a volunteer

The Value of Horticulture Therapy

As The Glen expansion project continues to take shape, there is much anticipation regarding the addition of a garden room to Cedar Brook on the second floor. The 25' x 50' light filled garden room will be a welcome addition for Residents living with cognitive impairment. Large glass windows will allow abundant natural light and tropical looking plants will fill the space to make it feel like the outdoors. A three foot high retaining wall will separate the garden from the rest of the relaxing space. Residents will enjoy the outdoor atmosphere, the colors, and the peacefulness of this room, along with the opportunity to enjoy horticultural therapy in the raised gardening beds.

There are many benefits to horticulture therapy that will improve Residents' quality of life. Studies have shown that horticulture therapy encourages movement and active engagement, promotes better sleeping patterns, reduces stress, increases vitamin D, improves mood, and reduces depression. The social interaction among Residents in the garden room can create a sense of community. A stroll through the garden can generate a sense of serenity and calmness.

Receiving natural light daily will be an enormous benefit to those Residents living in Cedar Brook. The natural light will help reset and reprogram the Resident's circadian rhythms that have been altered by the dementia disease process. As the SCN receptor in their eyes take in the light, it will be transferred into the brain causing more wakefulness during the day, which will result in better sleep patterns at night. Imagine the Resident who has dementia and is sleep deprived on some level. That alone can cause more confusion, mood swings, and higher risk of falls.

The garden room will be an area that will facilitate a sense of purpose and an opportunity for family members and friends of Residents to spend quality time together, all in the comfort of familiar surroundings. This addition will be a beautiful space from which memory support Residents, families, and Team Members will benefit tremendously!

Questions or Comments

Please contact Shelly Herr | 717.464.7592 | sherr@willowvalley.org