



This is Personal

TRANSFORMING THE LIVES OF THOSE AFFECTED BY DEMENTIA

Memory Support Resource Room

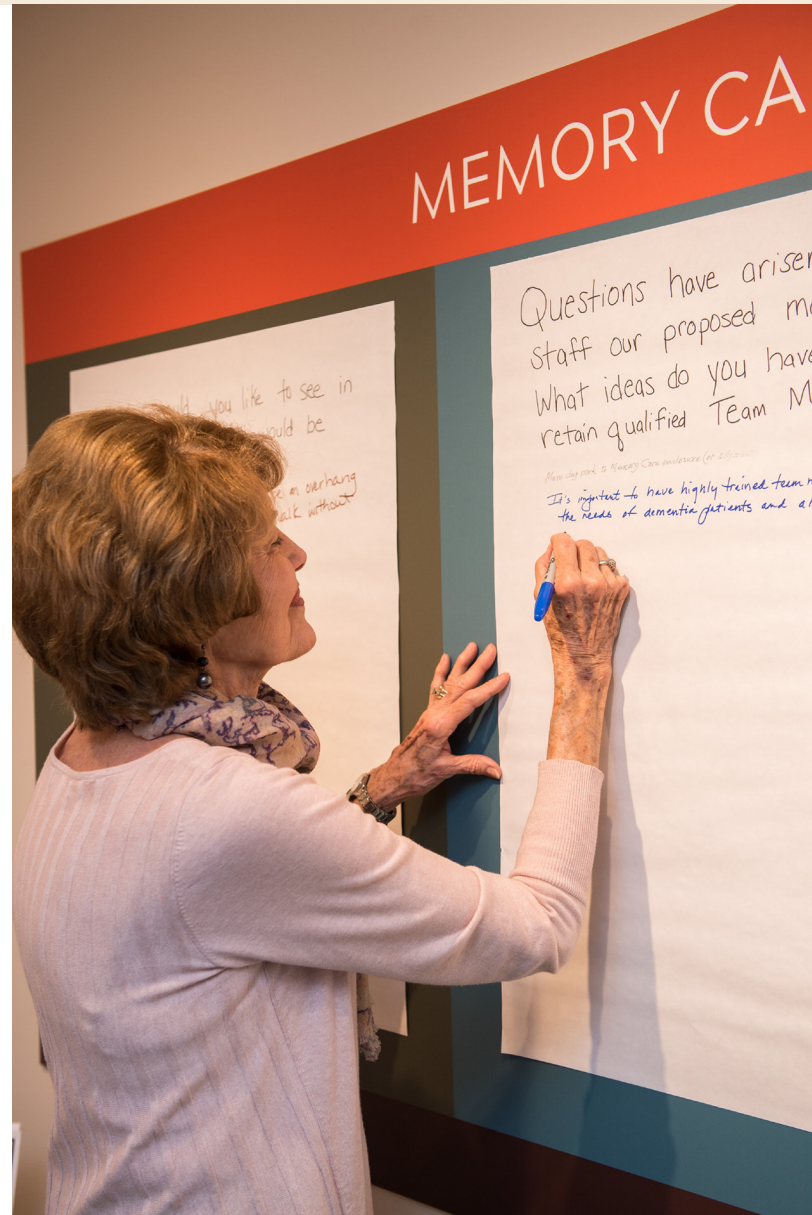
Located in Lakes A-222, the Resource Room presents a range of resources for Residents looking to deepen their understanding of dementia, brain health, or caregiving. A host of literature and videos are available for Residents to check-out of the Resource Room library or take home as their own. If there is a particular topic you would like to pursue, just mention it to the Team Member in the Resource Room. We are there to answer your questions and serve as a link to support.

The Resource Room also offers a visual guide of the efforts being made to establish the Memory Care Center. Upon entering the room, Residents will be met by a large, working timeline which displays the milestones thus far. Entering into the adjacent room, renderings of the new Center will demonstrate how fundamentally different the Memory Care Center will be. Questions posed on the communication board will invite Residents to consider the value of an alternate paradigm for care.

The Willow Valley Communities Charitable Foundation is pleased to collaborate with Willow Valley Communities to support the reopening of the Memory Support Resource Room and a return to regularly scheduled open hours. You are welcome to stop by to speak with one of the present Team Members – we look forward to seeing you there. **Please consult the Weekly Insider for current dates and times.**

Education Opportunity

The Wicking Dementia Centre of the University of Tasmania will be hosting a free, online, four-week course beginning October 5th. While the Wicking Dementia Centre offers several year-round courses, this course will focus on preventing dementia. Using the latest research, the course will provide education on the risk factors for which we have the power to modify. This course is suited to anyone with a desire to learn more about reducing susceptibility to dementia.



Carol Aastad, Gables Resident, Communications Committee Member

Enrollees will have the opportunity to engage in global online discussion and can choose to participate in future research on the same subject.

To register, follow this link to the University of Tasmania Wicking Dementia Research and Education Centre webpage:

<https://www.utas.edu.au/wicking/preventing-dementia>

Room to Roam *Where design meets life*

The physical environment plays a key role in caring for someone with dementia. The intentional design of the Memory Care Center seeks to maximize the benefits of natural light, open paths, and outdoor space to minimize the distressing symptoms of dementia. With each issue of this Campaign newsletter, we will expand on a key physical space or element of the Memory Care Center. In this issue, we will highlight the Grocery Store.

Everyone has been to a grocery store. Grocery shopping, for most, probably encompassed an engrained routine. Maybe you always shopped on the same day of the week, or always made a list prior to your trip, or stopped by for a last minute item on your drive home from work. Although a mundane task for some, shopping for groceries offers a chance to exercise autonomy, to roam about, and to realize there are choices. What if this opportunity was suddenly not an option, or became too overwhelming? What if your once taken-for-granted shot at making your own choices dissolved?



The Grocery Store will be a hallmark of the new Memory Care Center. An idea generated by Dave Haverstick's research and visit to The Hogewey Dementia Village of the Netherlands, the Grocery Store will re-instill choices, independence, and dignity to the Residents who shop its aisles. Imagine the excitement of a Resident who takes some apples back to their household and helps their care partner bake an apple pie. Imagine the wonder of a great-grandchild who comes to visit and takes a trip to the Grocery Store to enjoy some ice cream with their great-grandparent. Imagine the self-worth that a brief experience in a grocery store will provide – especially one where you aren't charged for the groceries! Often, people living with dementia exhibit symptoms of distress because they are hungry, they feel powerless, or they recognize that they are in a confined space. But, what if this ability to “go out to the store,” make your own decisions, and fulfill a physical need eliminates a symptom of distress? The feeling of normalcy and the benefits of including a grocery store will be recognized repeatedly by anyone who enters this new Center.

Save the date

IT'S THE PREMIERE of another Willow Valley Communities' innovation—something *transformational* in memory care is coming to our community.

Join us to celebrate at an event called *The Hope Chest*. Don't miss the big reveal and inspiring stories from fellow Residents and our **celebrity guest speaker**.

THE Hope Chest



THE MEMORIES WE KEEP. OUR HOPES FOR TOMORROW.

October 28, 2021
3:30 PM – 4:30 PM

Mark your calendar and watch for details coming in September.

Hosted by Willow Valley Communities Charitable Foundation



Resident Spotlight *Carol Reeves*

They called us “stay-at-home moms,” in the Sixties, but that was a misnomer. Washing machines, dryers, dishwashers and freezers had changed the roles of women. Like many of my friends, I poured my youthful energy into volunteer projects in our community.

In the Seventies, when I needed to find a job, it was my volunteer experience that opened the door to a rewarding career in public relations. Much of my work was with non-profit organizations—where my heart has always been.

Alzheimer’s wasn’t personal to me until almost a decade ago when a friend and neighbor received the dreaded diagnosis. It seemed unimaginable. She was a bright, athletic, fashionable, professional woman—younger than I. When her husband asked if I would be her driver and companion, I accepted. That summer we golfed, lunched and made regular trips to her doctors, dentist, hairdresser and manicurist. But, as time passed, her activities slowed until finally she needed more care than I could offer. It was devastating to watch her decline—helpless to change the trajectory of this frightening disease.

Of all the causes I have worked with, or for, over the past 60 years, none has the potential to reach as far or make



as great an impact on lives as the Memory Care Center at Willow Valley Communities. It is an honor to serve on the Communications Committee of the This is Personal campaign and to leave a legacy for those impacted by dementia.

In September, 2018, Willow Valley Communities founded the Willow Valley Communities Charitable Foundation. The Foundation serves as a vehicle for Residents to make a lasting effect on the community they call home, the broader Lancaster County community—and beyond. The Foundation’s first project would be the Willow Valley Communities Memory Care Center This is Personal Capital Campaign.

For information on how you may leave a legacy gift, please contact Jeff Kenderdine, Executive Director, or Lauren Renehan, Development Coordinator.



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