



WILLOW
VALLEY
COMMUNITIES

THRIVE FORWARD

MEMORY CARE NEWSLETTER

Volume I, Issue 4



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The Hope Chest—A Visual Display

The Hope Chest is an analogy for the Memory Care Center. It is where we are putting all of our hopes for the future of Memory Care at Willow Valley Communities. Just as memory loss is experienced differently by each individual, the journey of each Resident who is impacted by the Memory Care Center will differ.

There are endless hopes and aspirations for the Memory Care Center – some related to life for the Residents, others related to the support that will be available for the families and care partners. Even more profound may be the hopes for the research and educational components the Center will be able to offer to Willow Valley Communities Residents and Team Members, and the regional community-at-large.

Our story of hope starts with the personal journeys and aspirations of Residents, family members, and Team Members right here in our Community. We invite you to experience their stories through the visual display of The Hope Chest, which will be traveling around the Communities. You can also hear their stories by tuning into the re-broadcast of The Hope Chest Memory Capsules on the in-house channel from January 3 to February 11, 2022 on Mondays through Fridays at 10:30 a.m. and 4:30 p.m.



THE Hope Chest 
THE MEMORIES WE KEEP. OUR HOPES FOR TOMORROW.

The Hope Chest visual display is coming to you!

Spring Run

Library Lounge

January 3 – January 16

North

Piano Lobby and Atrium Lobby

January 17 – January 30

Lakes

Lobby and Resident Center

January 31 – February 13

Key Feature: *Providing continuity with the Resident's former life, prior to memory loss*

The previous Thrive Forward newsletter began to explore the Key Design and Operating Features of our proposed Memory Care Center (MCC), specifically focusing on Enabling Those With Dementia To Live As Normal Lives As Possible. In this issue, we introduce you to another Key Feature: Providing Continuity With The Resident's Former Life, Prior To Memory Loss.

As dementia progresses, a common characteristic is loss of memory. This can be very disturbing to both the Resident and their family as once-familiar family and past lives seem forgotten. However, a desirable goal of our planned MCC is to restore certain memories, especially if they bring-to-mind past positive experiences. For example, if a Resident previously had strong family ties, a photo from a former holiday get-together may evoke an enjoyable response. Or the aroma of a baking pie may remind the Resident of a pleasant family meal. Maybe the Resident had a proud career or an interesting hobby and a verbal acknowledgment might trigger a positive response. The primary objective of these remembrances is to stimulate a moment of joy for the Resident-even if it lasts only for a brief moment.

Team Members in our new MCC will strive to learn as much as they can about each Resident's background, before memory loss, as has been the case in our current Cedar Brook unit at The Glen. Family Members will be asked to provide detailed historical information that can be used especially by household carepartners as they interact with

Residents on a routine basis. While the main purpose of these individualized histories is to promote positive responses, information gained can also be used to help avoid unsettling or unpleasant subjects. And because households in our new MCC are limited to only ten Residents each, this is a reasonable number of individuals for carepartner Team Members to know each person intimately.

Connecting Residents to their earlier lives can bring pleasure to both the Resident and their family. As well, MCC Team Members can learn valuable information about the rich backgrounds of Residents under their care. Stay tuned for additional Key Feature descriptions in future Thrive Forward newsletters!



An Interview with Travis Adams, MSW, CDP, Cedar Brook Manager

Travis Adams, MSW, CDP was promoted for the newly created Cedar Brook Manager position. Cedar Brook, the existing Memory Care program at Willow Valley Communities, provides specialized care for Residents living with memory loss. In his new role, Travis will develop and augment existing policies and techniques to ensure that Resident needs are being met in a manner which is most beneficial for the Residents. In doing so, he will bear in mind the key principles and features that will support the overall climate and care provided at the Memory Care Center. Juanita Angelini, Memory Support Resource Coordinator, interviewed Travis in his office as he transitioned into this new role.

Juanita: Thank you for meeting with me to discuss your new role. Congratulations!

Travis: Thank you.

Juanita: Travis, why don't we start with your educational background?

Travis: Sure. I have my Masters in Social Work, an Associate's degree in Psychology and of course I'm a Certified Dementia Practitioner (CDP).

Juanita: When did your new role as Cedar Brook Manager begin?

Travis: It started November 1st; however, I am still the social worker for Cedar Brook until a new hire starts. Of course, I will be training this person too.

Juanita: Any social worker applications?

Travis: Yes. I am actually interviewing someone later today.

Juanita: That's great. Do you have a personal connection with anyone with dementia?

Travis: Yes. My great aunt and uncle both had dementia. My grandma was recently diagnosed too.

Juanita: Oh. I am sorry to hear that. So it sounds like this makes it a personal journey for you.

Travis: Yes, it does.

Juanita: Can you tell me about your responsibilities in this role?

Travis: Sure. The current Recreational Therapy Team Members who work in Cedar Brook will be reporting to me. I will be handling all aspects of being their Team Leader, as well as developing, implementing and monitoring the Resident-centered Therapeutic Engagement Program (TEP).* The social worker that I hire to replace me will also report to me. For new admissions, I will be coordinating the evaluation and screening process for appropriate placement. Participating in Residents' care plan meetings and the Quality Performance Improvement Program are other areas that are my responsibilities.** In reference to the educational needs of the Team Members, I will be working with you on that aspect.

Juanita: I'm looking forward to working with you more than we already do. Lots of great changes coming to Cedar Brook. Very exciting!

Travis: It is. In 2004 the Cedar Brook Dementia Program was initiated. I will be revamping and expanding on it based on the latest research in dementia care. I want to make sure all cognitive levels of Resident living with dementia are getting their

needs met. Being out on the floor engaging with Residents and Team Members is also a top priority. I want to re-organize the work flow of the Recreational Therapy Team Members so that they are utilized in the best possible way. With the continual restrictions because of COVID, it is imperative that we make sure the Residents are getting the best interaction they can with Team Members.

Juanita: I agree completely. Sounds like there are a lot of positive changes to enhance Cedar Brook even more than it already is! Thank you for taking the time to answer my questions Travis.

Travis: You're welcome.

* The Therapeutic Engagement Program includes activities across all domains, each one tailored to the Residents' personal interests and hobbies. With any activity, the goal is to encourage self-care and maintain a feeling of normalcy while providing meaningful enjoyment in the lives of those living with memory loss. Activities involving creativity, language, movement, spirituality, education,

socialization, and intergenerational engagement, may all help to provide a sense of achievement and belonging for the Residents. During the daily programs, Residents are invited to contribute to the planning, preparation, operation, clean up, and critique of the program. Enabling a Resident to remain engaged during every stage of the process will likely result in a feeling of self-fulfillment and increase in quality of life for that Resident.

** The Quality Performance Improvement Program underscores Willow Valley Communities' commitment to continuous performance improvement. During this quarterly process, each department meets with the Healthcare Administrators, the Director of Nursing, the Infection Preventionist, and the Medical Director to review quality statistics and action plans. Surveys completed by Residents and families upon discharge from Skilled Care provide qualitative and quantitative data to be tracked, trended, and utilized to develop Quality Assurance and Process Improvement Plans.

ONGOING EDUCATION


In addition to the educational opportunities previously outlined in Issue 3, Memory Support 200 (MS200) is a full day class for Team Members who provide direct care to Residents. The morning session, entitled The Many Faces of Dementia, consists of in-depth learning on ten different types of dementia: Alzheimer's Disease, Vascular dementia, Lewy Body dementia, Parkinson's Disease Dementia, Frontotemporal dementia, Creutzfeldt-Jakob Disease, Huntington's Disease, Chronic Traumatic Encephalopathy (CTE), Post-Traumatic Stress Disorder (PTSD) and mixed dementia. After these topics, the class takes a field trip over to Lakes A222. This allows Team Members to experience the Resource Room, understand the

vision of our future Memory Care Center, view the floor plans and ask questions. Team Members are especially grateful for this opportunity! The afternoon session, entitled Therapeutic Approaches for Memory Support, explores the following: music, touch, art, aromatherapy, Reiki and pet therapies. Throughout the day, videos are shown to emphasize the learning. The day ends with guest speakers who engage the class with their expertise in these alternative therapies. Team Members enjoy learning firsthand about these fields and experiencing aromatherapy, Reiki and pet therapy! These alternative therapies will help to enhance the care given to the Residents.

Memory Care Center—Have Your Questions Answered

Gather with us to view an encore of The Hope Chest video to learn more about the Memory Care Center. Following the video presentation, have your questions answered in a group setting.

Wednesday, January 26, 2022
10:30 a.m.
Johnson Auditorium (North)



“For me the Gatherings have been very special. They have been so informative about what can become available for a better future for us all no matter what that future holds for our probable health situations.”

—*Clydene Edmonds, North Resident*

“Jeff’s presentation was clear and concise. It hit our memory banks about friends with dementia. It made us more supportive of others. We have made a pledge to the project.”

—*Providence Park Residents*

“We had attended presentations back when the project first got started and visited the Resource Room. We learned a good deal more from Jeff’s presentation. We were sold on the Center.”

—*Lakes Residents*

Questions or Comments:

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