



Memory Care at Heritage Assisted Living

Heritage Assisted Living is a family-owned and operated community that serves the needs of our seniors. In addition to regular assisted living we also have a secure Memory Care unit for our residents with advanced Alzheimer's and dementia. Our residents benefit from having consistent and dedicated staff on 24/7 who help to keep them safe and provide the opportunity for each resident to live a rich life. In addition to assisting our residents with their basic physical needs we also strive to meet their needs for intellectual stimulation, emotional support, spiritual need, and social interaction.

Knowing that the challenges associated with advanced Alzheimer's and dementia can sometimes be very frightening for an individual we have endeavored to create a calming and familiar country environment. Many of our current residents have either grown up on or worked on a farm when they were young so we've found that they really enjoy the presence of animals and remember living in the country. To enhance the country feel of the unit we have a large mural on one wall in the dining/activity area that depicts a very peaceful and country setting with trees, horses grazing in the foreground and a house in the background. We encourage visitors and staff to bring appropriate and friendly animals to visit and some of the residents enjoy helping to take care of or interacting with the chickens or rabbit that live in the enclosed courtyard.

We have found that the familiar yet interesting environment draws residents out of their rooms more and into active involvement with others in the community. Activities on any given day may include having someone come in to play an instrument in the dining room or sun-room, visits from local young people, reminiscing with others, raking leaves in the courtyard, feeding the chickens or collecting their eggs, having your nails painted, or cuddling with a puppy brought in by a staff member. If a resident would prefer not to actively participate in an activity then they can always watch the action going on in the courtyard. This might include seeing another resident watering plants or working in the raised garden bed, wild birds eating at the feeder, chickens Lucy and Ethan (formerly known as Lucy and Ethel) pecking in the grass or Cecil the rabbit hopping around the yard or following the chickens into their house.

We enjoy serving our residents who are experiencing the challenges associated with memory loss and strive to provide them with as much dignity and normalcy as possible. We have found that engaging programming, the opportunity to be involved in helping to accomplish a task, the presence of animals, consistency in staffing and an interesting, familiar and calming environment all go a long way towards making our community a great place for our residents to thrive.

Nathan Knowles
Administrator