



SAGEBROOK

SENIOR LIVING AT SAN FRANCISCO

New Day® Memory Support

Every day's a new beginning, a new day to reflect on the great things that greet us as we meet new people and enjoy the company of those that we've known for years. New Day Memory Support offers more than just people living together, we are friends and neighbors; we enjoy the good morning conversation over a cup of coffee, we engage in pre-planned events throughout the day and enjoy the best of what the day brings. As neighbors we spend time together doing the things we love, living life to the fullest while keeping our minds and bodies healthy and our souls happy no matter where you are in your journey.

Our staff are some of the greatest supporters we have in our New Day Neighborhood. Each of our staff members are trained in Memory Support, they embrace the 5 principles of care and have a passion for not only working with seniors but giving their all to ensure they are thriving and enjoying life to the fullest of their ability, no matter where they are in the memory care journey.

New Day Principles of Care:

- **Communication:**

- We believe that communication is the key to happiness and quality care. In order to know what it is our neighbor's needs, likes and dis-likes are, it takes communication with not only the person themselves but also with medical providers, families and friends. With open and honest communication, we find success in meeting needs.

- **Programming:**

- Programming is more than just a calendar on the wall with a list of activities, the tossing of a balloon or watching a movie; those activities are not what we are built around. We want to ensure that all of neighbors are a part of our programming and that they all have several options to engage in throughout the day. Therefore, we take the time to meet with each of our neighbors as well as their families to learn about them individually. This helps customize our programming to ensure full participation; we want to know your personal story.

- **Individualization:**

- We are all unique in our own ways, we have routines that have been with us for years and we know change is hard. We are true believers that just because you move into a memory support neighborhood, that doesn't mean their routine should change. It's our goal to create an individualized plan for care based off their preferences and needs not those of community or others.

- **Patience, Understanding and Safety:**

- All of our neighbors are at a different stage in their journey when they move into our memory support neighborhood. Our staff is patient, understanding and work hard to ensure resident safety when providing care.

- **Choices:**

- Life is made up of many different choices, some choices are easier to make than others and this is no different for our neighbors. On a good day, choices about care or meals or what to wear might be easy, but tomorrow is a new day and the decisions might not come as easy; this is usually the case for our neighbors living with us. Although making choices can sometimes be difficult at this point of our neighbor's journey, it doesn't mean that they aren't still given the ability to choose: the activities they participate in, what they eat, wear, when they want to go to bed or wake up. Being given a choice is something you will never lose while living in our Neighborhood.

New Day® Memory Support

Every day a New Day, a new day to start over and continue to enjoy life. Good days, bad days or even just days that are more difficult than others, no matter what the day brings our team at has the training, knowledge and tools needed to understand and comfort our neighbors. In our Memory Support Neighborhood our top priority to ensure our neighbors are: Safe, Satisfied, Laughing, Living and Thriving!

Sample Calendar

8:00am-9:00am	Breakfast
9:15am 9:45am	Movement- Stretch it out/exercise
10:30am 11:00am	Mind- Brain games/trivia
11:15am 12:00 pm	Travel with me
12:00pm-1:00pm	Lunch
1:30pm 2:30pm	Brain game/reading group
3:00pm	Taste/ chat and chew/snacks
3:30pm- 4:00pm	Movement
4:15pm	Mind/Soul/Music therapy/relaxation with hot wash clothes
5:00pm 6:00 pm	Dinner
6:30-7:15pm	Brain Games/Trivia
8:00pm-9:00pm	Movie

- **Use It or Lose It-** That’s exactly what happens when we stop “thinking”. This is a program that keeps the mind moving, discussions of what’s in the news, political topics, history, science discussions of all kinds to keep our minds working.
- **Chat and Chew-** Let’s chat about what we are eating, how it was made, where it came from, the textures, flavors and more. Our Chef will explain the process as well as demonstrate how it is prepared, cooked and the history of the foods we are enjoying.
- **Bodies in Motion-** The key to staying healthy and strong is exercise. With Bodies in Motion we will focus on chair exercise, tai chi, yoga while standing or sitting; as long as we are moving we are exercising.
- **Mind and Movement-** This program incorporates use of the mind with trivia, puzzles and word games, It also encourages the movement of your upper and lower body by passing items around a group setting or from hand to hand.
- **Pet Therapy** – Pet therapy is very important and stimulating to our neighbors in a Memory Support Neighborhood. Who doesn’t love to pet a dog, a cat or even a pony?
- **Pencil, Pen & Paper-** Pencil, pen and paper is a variety of different art classes. PPP is for every skill set. It varies from water coloring, drawing to canvas painting. You don’t have to be an artist to participate, you just need to like to have fun.
- **Color the World-** Our world is made up of some very colorful and beautiful bodies of water, forests, beaches and mountains. In our color the world program we will visit all the colorful parts of the world. We discuss all aspects of areas we visit. From the weather, flowers, trees, animals and all the wonderful creatures and habitat that we would in a specific region of the world.
- **Bingo and Brews-** What’s a day of fun without some bingo and a brew, that brew might be a coffee, ice tea, soda or a beer; the choice is yours.
- **Jet Setters:** The cabin doors have been closed, so please fasten your seatbelts for takeoff, let’s go travel the world. Monthly we will focus on one of our 50 states and discuss the cities within each state, the state animal, population and all the wonderful things that make that state amazing. This is an interactive program that encourages participation, neighbors can share their travel stories and experiences with each other. Bonus, for each state we visit our chef will prepare a special treat that represents that state; hope you’re hungry!
- **B&B (books and bibles) club-** At books and Bibles reading club we will engage in a book that is enjoyed by all. We will read but also discuss the book we are engaged in.

- **Space Setters-** 1-2-3 blast off, let's head into space! In our space setters' program, we will discuss outer space, earth and all the wonderful plants. In addition to these discussions we have incorporated art and science projects; let's get our hands dirty.
- **Unwind Meditation-** After a long day sometimes it's nice to just unwind. Our aromatherapy mediation is just one of the ways you can relax and enjoy the quiet times. Aromatherapy oils and warm wash clothes while taking deep breaths and listening to holistic melodies is invigorating, this program is sure to be a group favorite.
- **Reminiscent-** Let's travel back in time, maybe back into the early 1920's when we were using buggies and horses as transportation, or when cars were first invented, and gas was 10 cents a gallon; let's reminisce on the times and how they have changed.
- **Walking Club-** Get those shoes laced up and let's get moving. Walking Club is a great way to stay active while taking in the fresh air and enjoying some vitamin D.
- **Board Games:** What's your favorite board game? Sorry, Chess, Checkers, Clue, Life, Boggle you pick the game and we will play.
- **Movie Night:** Grab a blanket, some popcorn and a soda and let's watch a movie.
- **Hammer & Nails:** This is exactly what it sounds like; let's build something. Maybe it's a bird house, or a castle. Eye and hand coordination is important and something many people enjoy putting to work so grab your gloves and let's get to work.
- **Baking Club:** Who doesn't love to bake, maybe some don't enjoy baking, but most enjoy the smells and tastes of fresh baked goods. We will whip up some fresh baked chocolate chip cookies or maybe some strawberry crepes, a birthday cake or some yummy warm sugar cookies with frosting and sprinkles, who doesn't love sprinkle?