

Embrace life your way today!

BRICKSTONE | HOME | MEADOWS



stjohnsliving.org



Welcome to Beyond Memory

Located on South Building Floors 3-6 at St. John's Home, the Beyond Memory Program is a unique approach to caring for people with mild to severe dementia. Our top priority is to support all residents in an atmosphere focused on bringing joy to each elder, every day. Following is information that may be helpful to you in supporting your loved one.



Joy

- Each elder is **entitled to experience joyful moments** throughout each day.
- Each elder has an individualized, **uniquely developed Joy Plan**. You will be asked to provide information to help us develop your loved one's Joy Plan.
- **Creating a joyful environment** is an important component of our program. Please bring in personal items and mementos that are meaningful to your loved one to decorate his/her room or that bring comfort.
- **Please do not bring in items that are valuable or breakable.** We recommend acrylic picture frames. Also, please do not bring in any objects with sharp edges.
- The use of **bright and cheerful colors** is integral to establishing an environment of joy.
- **A small floor** ensures that residents in the Beyond Memory Program are well-known and provided with specialized care.
- We offer **theme-based rooms** aimed at providing recreation for the residents. For example, the *She-Shed* includes coffee klatches, crafts, manicures, etc. and the *Man Cave* contains board games, sports activities, model building, etc.
- Staff members are called **Joy Champions** because they have received specialized training and are experts in providing joy!



Relationships

- **Family members, friends, and loved ones** remain a vital facet of the lives of the elders who live here. Our Joy Champions are your partners in caring for your loved one.
- Your loved one may not remember names and other specific things, but they remember how they feel about you. **Please visit often and be as fully engaged as possible** for your family.
- **Joy Champions are trained in how best to relate to your loved one**, specifically by being alert to his/her reaction to certain topics. For example, they will not argue with a resident about whether or not he/she recalls a certain memory; there is a high likelihood that he/she does not remember and being reminded about an event and the lack of memory about it can cause negative feelings. (One example is not reminding your loved one that someone dear to him/her has died. This can cause your loved one to mourn anew each time he/she is told.)
- Elders develop **relationships with other residents** who live here. These relationships are also important to providing joy and comfort.



Safety and Security

- Beyond Memory is located in a **secure, but not locked, space**. St. John's has a security system in place that prevents elders from being able to leave via the elevators or stairs unless accompanied by someone with authorization.
- **We offer a variety of individualized options** to provide additional security in resident rooms in the event of other residents entering unsolicited. There are also places to keep things locked; however, we recommend you do not bring in highly valuable items. Some residents collect items that they discover along the way; this is not done intentionally, but out of curiosity.
- We conduct searches as necessary when resident belongings are missing. We ask that you **label everything** you bring in for your loved one with first and last names.
- Our primary objective is that residents be **safe and happy**.
- St. John's is careful in choosing the types of products used in Beyond Memory to ensure the safety of our residents. **Non-toxic personal hygiene products are preferred** and storage is secured. Please check with staff members before bringing in personal products, such as toiletries or room fresheners, so we can keep residents protected from accidental harm.



Meals and Snacks

- **Each elder has a meal plan** that includes any special dietary needs.
- St. John's offers an **extensive and liberal menu of options** for meals and snacks.
- Our main concern is that your loved one eats and we are not as focused on what your loved one eats. What he or she will accept at any given time is not as important as ensuring nutritional needs are met; therefore, **we will offer many types of food throughout the day and night**.
- A variety of options are provided to **ensure that calorie, protein, and fluid intake goals are met** including such items as finger foods, ice cream, milkshakes, and liquid dietary supplements.
- Your loved one may **eat at the time of day of his or her choosing**—we have food available around the clock.
- Your loved one may eat in a congregate dining room; a smaller dining area with a few other residents; or alone if that is **his or her preference**.



Hygiene

- Please **share your loved one's preferences** for times of day to wake, wash and dress, go to bed, nap, etc.
- Please **provide comfortable clothing** and also include sweaters. Your loved one's ease of donning and doffing the articles of clothing is important.
- We want to know if your loved one prefers showers, tub baths, a thorough bed bath, or to wash up at the sink. We will help him or her to **maintain independence** with their personal hygiene as long as possible.
- Joy Champions are trained to offer **care in alternative ways**, based on the preferences of each elder. We may come back later if your loved one becomes distressed when we approach him/her to offer hygiene assistance. Please know that our goal is always to ensure that he/she receives the care needed and deserved, without causing distress.



Sleep

- Dementia may disrupt an elder's sleep cycle. **We observe your loved one for the first few weeks** while he/she is settling in and adapting to a personalized daily schedule for sleep, food, and recreation.
- Some elders stay up for extended periods of time and then sleep for long stretches. We avoid the use of sleeping medications and **provide for resident needs** regardless of sleep patterns.



Dignity, Well-Being, and Joy for every resident is the priority every day. Please reach out to us at any time with questions, concerns, or just to connect.

Thank you for choosing St. John's Home!