



THE HACIENDA®
AT THE RIVER
A WATERMARK COMMUNITY

Memory Care



What is Memory Care?

Memory Care is a special environment that supports individuals experiencing the physical, cognitive and emotional effects of dementia.

These Memory Care environments are secure, clinically enriched and feature specialized programs that follow federal, state and private standards that lessen the impact or even reverse the symptoms of dementia.

Memory Care neighborhoods within senior living communities have only been around since the 90s. In recent years significant leaps have been made in creating environments that normalize the lives of residents and their families, thus promoting full and satisfying lives for residents and their families.

Covered, enclosed garden

TYPES OF DEMENTIA

Alzheimer's Disease:

- 60 to 80 percent of cases
- Difficulty remembering names and recent events
- Apathy and depression
- Later symptoms include impaired judgment, disorientation, confusion, behavior changes

Lewy Body Dementia:

- Visual spatial processing
- Attention deficit
- Executive dysfunction
- Visual hallucinations
- Delusions and depression/anxiety

Frontotemporal Dementia:

- Symptoms start between 40 and 60
- Poor planning
- Dis-inhibition, apathy and euphoria
- Emotional blunting
- Obsessions and compulsions

Vascular Dementia:

- Organization, problem-solving, word finding challenges
- Slowed thinking, distraction, absent-mindedness
- Depression, irritability, apathy
- Hallucinations, delusions



Who Needs Memory Care?

Questions often come up about the criteria for determining who would benefit from living in a Memory Care setting rather than an Assisted Living setting. Although there are many variables and an in-depth assessment will be completed before an individual moves into The Hacienda, two characteristics stand out.

The first is wandering or the inability of an individual to know where they are. Safety is the main concern here. A secure environment does not mean overly confined or monotonous spaces. The Hacienda Memory Care neighborhoods resemble family homes, complete with private suites, shared common spaces and grassy courtyards.

Another general indicator that someone would benefit from a Memory Care environment is self initiative. If an individual needs to be reminded to bathe or attend a favorite class in the garden, a more structured day may be tremendously helpful.





Memory Care at The Hacienda

The focus is on helping each resident lead their best, most fulfilling life.

Research is showing the enormous benefits that a full and well-rounded daily life bring to those affected by dementia. Such a life is steeped in regular pursuits meaningful to each resident that promote self-expression; good food that supports optimal health, especially brain health; spaces with plenty of daylight that are comfortable and preserve an easy balance between community and private time; and care that is dedicated, compassionate and fully appreciates the individual resident.

Memory Care at The Hacienda benefits the entire family. Dementia affects not just an individual but also members of their intimate community, whether family or close friends. As residents and their families become part of the Hacienda community and its rhythms, they often find themselves sharing with their loved ones the simple moments that are the hallmarks of a contented life.

The Springs at The Hacienda at the River

PILLARS OF MEMORY CARE

Space:

- Lots of natural light
- Balance of communal & private
- Comfortable
- Easy indoor/outdoor transitions
- Environmentally responsible materials

Care:

- Geared towards the individual
- Provided by universal caregivers called Nayas
- Driven by the latest research
- Compassionate and patient

Cuisine:

- Fresh, tasty and healthy
- Three meals daily + snacks
- Meals enjoyed family-style
- Anti-inflammatory menus
- Thrive Dining™

Engagement:

- Engaging and not just entertaining
- Meaningful to the resident and their family
- Draws in the larger community through special visitors, family and friends



Naya Caregivers

In traditional care models in senior living settings, care of a resident is parsed out among several associates, from dishwasher to charge nurse, who interact with a resident only within their particular and limited task set. This care model leaves residents experiencing a lack of daily continuity, and caregivers with significant risk of failing to put together the whole picture regarding a resident's welfare.

In contrast, *Nayas* are integrators. *Nayas* are responsible for the overall well-being of each resident, performing nearly all of the tasks generally associated with a quality care environment. They know the resident's whole story, understanding the complexity of the whole person. They guide and support each resident and their family with the vital and interconnected life functions of nourishment, sleep, movement, engagement and relationships. Residents benefit from whole-person, person-centered care.

NAYAS

- Meeting residents where they are, not correcting
- 24-hour staffing with specially trained memory care experts with certification through the National Council of Certified Dementia Practitioners (NCCDP)
- Focus on mindfulness
- Commitment to associate well-being with their own self care Zen Space
- Regular integrative practices that bring *Nayas* and residents into deeper communication include brain health activities, animal-assisted therapy and sensory circles
- Continuity of associates dedicated to memory care
- Integrative care with protocols for better sleep, dealing with anxiety and depression, hydration and pain
- Special events that welcome and involve family and friends



Cuisine

Nutrition is of particular importance to those with dementia when weight loss can be a significant health concern. Studies show that gathering around a dining table together has far reaching physical and mental health benefits. At the table, families share stories, build upon relationships, and learn from each other – not only creating bonds that define them but also architecting the hallmarks of their well-being, including enhanced appetite.

In addition to three family-style meals each day, residents enjoy snacks throughout the day and evening. As part of the Personal Pantry Program, each resident has a “cubby” in the kitchen filled with personal favorite snacks. For those experiencing difficulty with utensils, Watermark’s special dining program called Thrive Dining™ creates tasty, nutritionally balanced, protein packed meals that are served as bite size hors d’oeuvres intended to be eaten by hand.

Family-style kitchen in a Hacienda Memory Care residence

FOOD

Anti-Inflammatory Menus:

Cuisine features recipes created by Rebecca Katz, nationally-recognized culinary translator, that support an anti-inflammatory diet that boosts physical and mental health

Acacia Café:

Residents regularly go on outings to The Hacienda’s cafe to grab a quick meal, get an ice cream or smoothie and attend special events

Thrive Dining™:

Watermark’s award-winning program offers easy-to-eat meals that are created from fresh ingredients and nutritionally balanced; these Thrive bites are so tasty that visitors often opt for them

Personal Pantry Program:

Small cubbies provide space for residents to store favorite items that give comfort and joy

Gardens:

The Hacienda hosts edible gardens and a small orchard that provide fresh produce for The Hacienda’s tables



Engagement

At The Hacienda, residents are joined by associates in each moment in order to cultivate a truly engaged environment filled with accomplishment, fulfillment and joy. Through this, memory care residents are fully integrated into the larger community, at The Hacienda and beyond.

Activities are diverse, plentiful and incrementally refreshed to meet changing preferences of residents. Regularly scheduled activities include gardening and horticultural therapy with the Hacienda Horticultural Guide, visits with horses which are part of the Hacienda's In the Presence of Horses® program and music with Tucson's celebrated Southern Arizona Arts & Cultural Alliance. Additionally, residents embark on outings to places such as Mount Lemmon, art studios, museums and local Tucson landmarks.

By living and working in an environment that organically encourages exploration and engagement within both the community and within oneself, residents and associates thrive.

Equine therapeutic programming is a regular feature

PROGRAMMING

- Massages, aromatherapy, reiki, acupuncture and Watsu on site
- Intergenerational and community engagement programming with Al Huda and Imago Dei
- Weekly drum circle
- Thricycling for Life
- Daily stretching
- iN2L provides excellent option for range of motion stretching
- Dedicated pool time
- Extraordinary outings such as Mount Lemmon
- Monthly art sessions at private art studio
- Weekly happy hour
- Our memory care residents are part of our entire campus – they are not segregated
- Weekly pet therapy with dogs (large and small)
- Watermark University facilitated by family, associate and resident
- Sensory circles
- Music and memory



Spaces

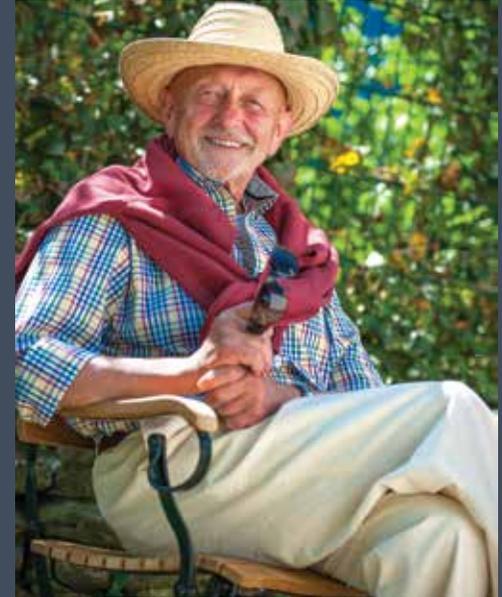
Studies show that there is great benefit in spaces that afford fresh air and natural light. The Hacienda's many varied, connected spaces are designed to support well-being. They are spaces that communicate a sense of comfort and integrity that counters the notion that health care facilities have to be institutional, uncomfortable and uninspired.

The Hacienda's award-winning design invites the formation of an intimate community, bolstered by the casual comfort and low stress ease of indoor/outdoor living. Private suites are comfortable, richly appointed, light-filled and spacious. French doors open onto a shared courtyard filled with trees, gardens, paths and benches. All community spaces – living room, library, kitchen, central courtyard, gardens, horse stables – are easy to reach.

Grassy courtyard at The Hacienda with a deep porch and metal roofs

DESIGN

- Based on traditional hacienda architecture with an emphasis on indoor/outdoor living
- Comfortable common spaces that are easy to access
- Several porches, patios and courtyards, where connections with the natural world can easily be made
- Construction with hand-troweled plaster on thick walls with recessed windows
- Private suites, many with French doors that open onto grassy courtyards, ringed by a deep porch with metal roofs
- Riparian corridor slowly being restored through a sophisticated gray water system
- Covered and enclosed garden where edibles, ornamentals and herbs are grown
- Immediate proximity to Tucson's celebrated Rillito River Park, a linear park where people stroll, run, cycle and ride horses



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