



THE HACIENDA®
AT THE RIVER

ÉLAN COLLECTION

Thrive 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 1990s. In recent years, significant advancements have been made in creating environments that normalize the lives of residents and their families and promote full and satisfying lives for everyone.



*Covered,
enclosed garden*

TYPES OF DEMENTIA

Alzheimer's Disease:

- 60% to 80% 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
- Disinhibition, apathy and euphoria
- Emotional blunting
- Obsessions and compulsions

Vascular Dementia:

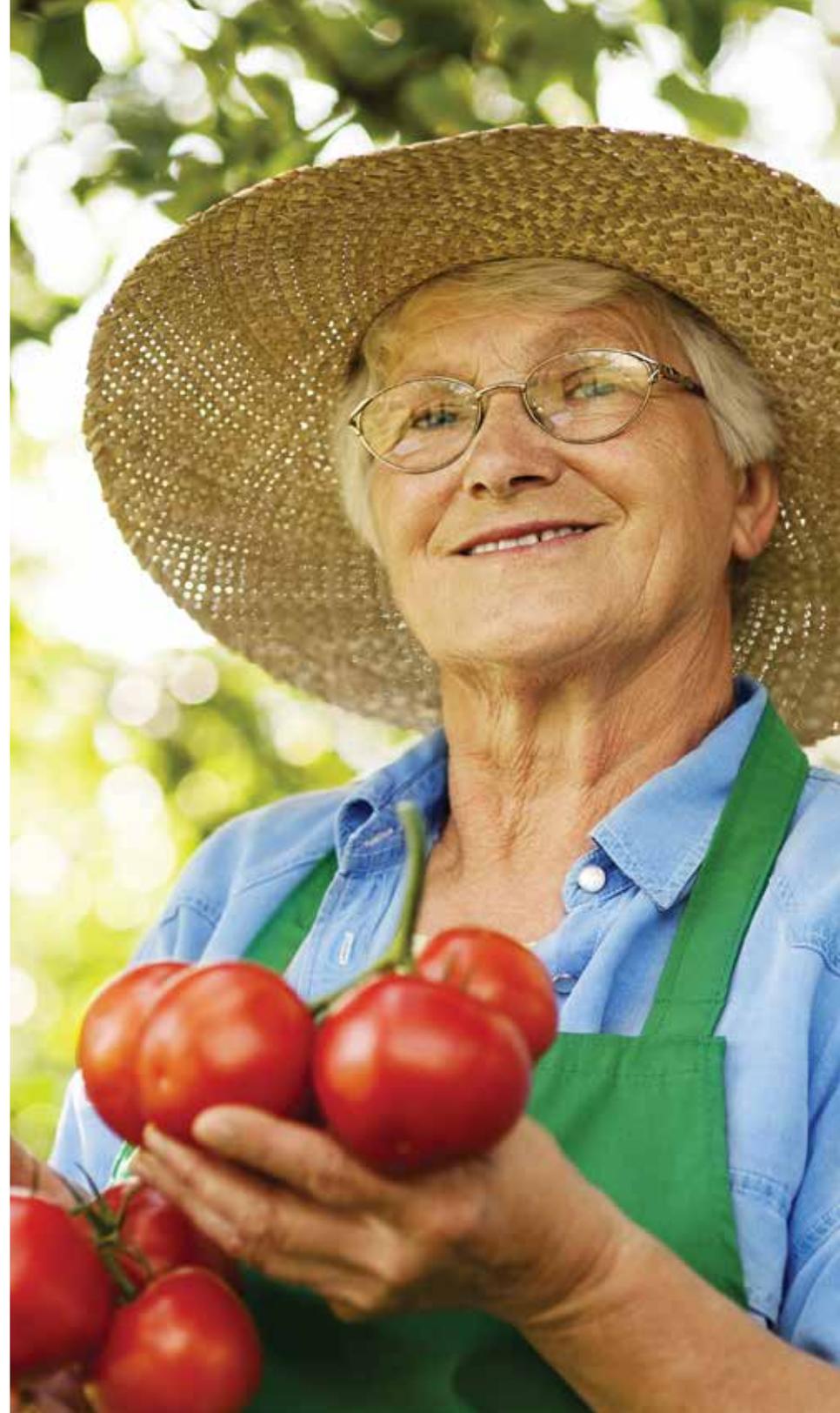
- Organization, problem-solving, challenges finding words
- Slowed thinking, distraction, absent-mindedness
- Depression, irritability, apathy
- Hallucinations, delusions

Who Needs Memory Care?

Questions often come up about the criteria for determining who may 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's Memory Care neighborhoods resemble family homes, complete with private suites, shared common spaces and grassy courtyards.

Another general indicator that someone may 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

At The Hacienda, daily life is enriched with regular pursuits meaningful to each resident that promote self-expression, exploration, wellness and joy. By providing a safe, welcoming residence for individuals, we are helping each resident lead their best, most fulfilling life.

We create “like home” Memory Care neighborhoods that are comfortable and familiar. Our residents are surrounded by good food that supports optimal health, especially brain health; spaces with plenty of natural light that are comfortable and preserve an easy balance between community and private time; and care that is dedicated, compassionate and fully appreciates each individual resident.

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



*The Gardens at
The Hacienda
at the River*

PILLARS OF MEMORY CARE

Space:

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

Care:

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

Cuisine:

- Fresh, tasty and healthy
- Three meals daily and snacks
- Meals enjoyed family style
- Anti-inflammatory menus
- Gourmet Bites Cuisine

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

At The Hacienda, we believe the art of caregiving goes beyond the traditional title, so we call our caregivers *Nayas*, a word originating from the ancient language of Sanskrit.

A Naya is a guide, person of wisdom and a leader who is engaged in the present moment. Specially trained and certified Nayas communicate through validation rather than correction to show understanding and support. We know that behaviors are a response to an unmet need. From this thoughtful foundation, we cultivate a sense of well-being and connection.

We partner with the National Council of Certified Dementia Practitioners to train our Nayas how to incorporate residents in the rhythms of daily living. Together, residents and Nayas work side by side cooking, cleaning, preparing and serving homestyle meals, and doing anything else that evokes a sense of fulfillment, joy and purpose throughout each day.



NAYAS

- Meeting residents where they are without correction
- 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
- Support resident and their family with the vital and interconnected life functions of nourishment, sleep, movement, engagement and relationships
- Special events that welcome and involve family and friends

Cuisine

Residents dine on fantastic health-minded cuisine around the table, sharing family stories, building upon relationships and learning from each other – not only creating bonds that define them but also designing 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. The personal Pantry Program provides residents with space in the kitchen filled with personal favorite items such as tea and scones, mint Milano cookies, tomato bisque and saltines, so flavors that provide comfort and joy are always close at hand. For those experiencing difficulty with utensils, Watermark's innovative dining program called Gourmet Bites Cuisine provides independence, dignity and accessibility to flavorful, nutritious and favorite foods by transforming traditional menu items into visually pleasing and easily handled portions to make meal times more enjoyable.



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.

Gourmet Bites Cuisine:

Watermark's award-winning program offers easy-to-eat, nutritionally balanced and protein-packed meals created from fresh ingredients; these bite-size hors d'oeuvres are so tasty that visitors often opt for them.

Personal Pantry Program:

Personal space available 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

Residents are joined by associates in each moment in order to cultivate a truly engaged environment filled with accomplishment, fulfillment and joy, and are fully integrated into the larger community at The Hacienda and beyond. Offerings are diverse, plentiful and incrementally refreshed to meet changing preferences of residents. Regularly scheduled programs include gardening and horticultural therapy with the Hacienda Horticultural Guide, visits with horses through The Hacienda's In the Presence of Horses® program and music with Tucson's celebrated Southern Arizona Arts & Cultural Alliance.

Residents embark on Extraordinary Outings to places such as Mount Lemmon, art studios, museums and local Tucson landmarks, participate in mind and body fitness classes on-site through Watermark University, and immerse themselves in exciting experiences and adventures, such as experiencing the Apollo 11 moon landing, exploring the Titanic or embarking on an African safari with EngageVR.



Equine therapeutic programming is a regular feature

PROGRAMMING

- Massages, aromatherapy, reiki, acupuncture and Watsu on-site
- Intergenerational and community engagement programming with AI Huda and Imago Dei
- Weekly drum circle
- Thricycling for Life
- Daily stretching
- iN2L provides excellent option for range-of-motion stretching
- Dedicated pool time
- Monthly art sessions at private art studio
- Weekly happy hour
- Residents are part of our entire campus; they are not segregated
- Weekly pet therapy with dogs (large and small)
- Watermark University facilitated by associates, residents and expert guests
- Extraordinary Outings to places such as Mount Lemmon
- Sensory circles

Spaces

Studies show there are important benefits in spaces that afford fresh air and natural light. The Hacienda's various connected spaces are designed to support organic health and well-being. These spaces communicate a sense of comfort and integrity that counters the notion that health care centers have to be institutional, uncomfortable and uninspired. Its 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 from every residence.



*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 be made easily
- 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



THE HACIENDA[®]
AT THE RIVER

ÉLAN COLLECTION

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INDEPENDENT LIVING (coming soon) • ASSISTED LIVING • MEMORY CARE

