



Celebrate Life at Every Age

Celebrations
A program promoting
healthy fulfilled lifestyles

At **Prestige Senior Living** we embrace the concept of wellness, which we believe is about quality of life. As your partner in active aging, it is our goal to help you achieve an optimum level of health and wellness throughout all aspects of your life. Celebrations is a lifestyle program that embraces a philosophy of healthy, fulfilled living to foster happiness and longevity among our residents.

Our thoughtfully planned variety of events, activities and educational opportunities are designed to nurture body, mind and spirit, and give you the choices and freedom to celebrate life. Our program is focused on six wellness categories that allow you to explore different hobbies, pastimes and skills. In addition, our programs promote both physical and mental health with industry-leading programming.



Prestige Senior Living, L.L.C.

PRESTIGE SENIOR LIVING ORCHARD HEIGHTS
695 Orchard Heights Rd. NW · Salem, OR 97304 · (503) 566-9052
www.PrestigeCare.com



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MAKE NEW FRIENDS | *Build new relationships and solidify old ones*

One of the most important indicators of happiness is the strength of the social bonds in your life. At Prestige, you can make meaningful connections with an entire community of people who each have their own unique and fascinating experiences. With an ever-changing slate of daily group activities and a team dedicated to building bonds among our residents, we help build relationships over time. There's a whole community of new friends just waiting for you here.

LIVE BETTER | *Reinvigorate your body and spirit*

Prestige is dedicated to the health and well-being of each of our residents. Every newcomer to Prestige undergoes a physical assessment and is then directed to appropriate fitness classes. Our staff works with residents to create fitness programs that best serve them, along with group activities.

Our Energize Exercise program is a combination of both seated and standing exercises, led by qualified instructors who can help our residents achieve greater health. We also have fall reduction classes designed to keep our residents safe, and Ageless Grace,[®] a popular program improving the health of both body and brain.

ENJOY LIFE | *Slow down and enjoy the moment*

Say goodbye to cooking and cleaning. Now is the time for you to relax and enjoy life, free from the stresses of household chores and tasks. Our job is to take your everyday worries away, so we incorporate some of life's luxuries into each Prestige Senior Living community. You'll love our complimentary laundry service that leaves your clothes folded, pressed and put away without you lifting a finger. Our first-class dining experience includes restaurant-quality meals and a warm towel service at dinner. You can relax as we take care of the details so you can focus on doing the things you love.

MAKE A DIFFERENCE | *Share your talents*

Spending time reflecting on our own values and perspectives helps us understand, appreciate and celebrate the wisdom that often comes with life experience. Whether it's through sharing life lessons or a funny story or a skill, we all have something to offer those around us. Want to make a difference? We'll give you the tools to share your time and talents with both your neighbors here at Prestige Senior Living and beyond in the local community.

EXPRESS YOURSELF | *Rediscover your creativity*

This is the time in your life to really tap into your inner creativity. You can use this time to express your passions, try new experiences and improve your overall wellbeing. Whether it's through art, culinary exploration or developing new skills, we offer programs and activities that allow you to stretch your imagination. No matter what appeals to you, we help you flourish in your favorite pursuits. In fact, did you know we host an annual online karaoke contest? We're always finding ways to bring out the talents we know our residents possess!

EXPAND YOUR MIND | *It is never too late to learn*

At Prestige, cognitive health is one of the most vital elements of our Celebrations program. Our Mind Masters program is front and center in that regard, with appropriate challenges to preserve and grow residents' cognitive health. We also encourage our residents to try new experiences and provide comfortably paced classes, the latest gadgets and technology and ever-changing curriculum. At Prestige Senior Living, we make learning new skills easy and entertaining. Who knows, you may even learn to impress your grandkids with your gaming abilities!



Our communities do not discriminate on the basis of sex, age, race and color, religion, marital status, national origin, political ideology, disability or veteran status.



Award-Winning Memory Care at Prestige

A friend to turn to... One of the biggest challenges a family can face is finding help for a parent or loved one with Alzheimer's Disease or other form of dementia. It can be difficult to find a community that not only provides quality care, but also creates an environment in which the affected individual can thrive and live a productive, active and meaningful life. It's important to find a community that can truly help your loved one, while always treating them with dignity and respect.

At Prestige, our award-winning Expressions memory care program is different. We believe a resident's well-being is directly related to how they feel and interact with the world around them. We have designed a program that makes our residents feel accepted, important and comfortable. Our goal is to become an extended family, creating a buffer against the fear and stress of the illness.

On top of providing industry-leading care, it's also our job to keep our residents engaged and fulfilled. Expressions focuses on turning daily activities into memorable and meaningful events.

Using innovative care techniques and life enrichment programming, Expressions provides people with dementia an outlet for creativity through five aspects of healthy aging. Most importantly, we take care of the details so that you can focus on the more positive aspects of your relationship with your loved one.



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Expressions

of My Life

Life is an activity!



The activities and passions we pursue are a big factor in making us who we are. At Prestige, we believe that memory care residents should be able to continue engaging in the things that bring them joy. Based on that philosophy, we have developed an award-winning program that nurtures body, heart, soul, and mind: **Expressions of My Life.**

All of our Expressions communities use the following Expressions of my Life activities to keep our residents engaged and fulfilled, ultimately improving their quality of life.

HEALTHY EXPRESSIONS: Exercise is critical for those with Alzheimer's Disease and related dementias, as research shows that exercise can slow the progression of the disease. Our residents engage in regular physical activities led by trained staff who can help them stay fit and active.

TASTY EXPRESSIONS: Tasty Expressions activities celebrate the joy and pleasure that can come from food. Food provides nutrition, a chance for socialization and an opportunity to reminisce about favorite foods and recipes. It's a wonderful way to stimulate the senses and build social bonds with other residents and caregivers.

ARTISTIC EXPRESSIONS: These activities celebrate the creative spirit in us all. Research has established that those with Alzheimer's and related dementias often experience a spike in creativity. Artistic Expressions celebrates and encourages imagination involving the arts, poetry and music.

EDUCATIONAL EXPRESSIONS: These Expressions activities emphasize the value and benefit that comes from lifelong learning. We used to believe that those with dementia could not learn and retain information, however, new research indicates that many actually can continue learning. Even those who are profoundly forgetful can still enjoy the experience of learning. Our team helps find appropriate opportunities for our residents to continue their educational journey.

SPIRITUAL EXPRESSIONS: Spirituality means different things to different people. For some people, it is a connection with God, or a higher being. For others, it is an experience of awe, focused attention, or mental discipline. Spiritual Expressions activities enable each person to develop inner peace through their own spiritual journey.



MY LIFE STORY

Knowing our resident's Life Story is a key element in our Memory Care Program.



David Troxel, MPH

Author of *The Best Friends Approach to Alzheimer's*

Care Consultant to Prestige's Expressions Program

"Prestige's dementia care program, Expressions, focuses on turning daily activities into memorable events and meaningful moments. It's all about creating a caring community."



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