

Welcome to Wenatchee Memory Care



WENATCHEE
MEMORY CARE

We are pleased to be able to share information with you and encourage you to come in for a visit. We invite you to stop in for a tour and perhaps even lunch or a social event to experience the Wenatchee Memory Care *difference* first hand.

Call us! Tour today. (509) 726-0547

817 Red Apple Road | Wenatchee, WA 98801

www.wenatcheemc.com

Memory Care Program



Wenatchee Memory Care provides personalized care for each of our residents. This is especially true for residents living with dementia and Alzheimer's. Our Memory Care neighborhood offers residents special amenities and services to help make life easier and more enjoyable. Some of these amenities and services include access to secured outdoor courtyards, private dining for friends and family, innovative and research-based programming every day, community support groups, and access to care staff 24/7.

Resident-Centered Care Program

Our Life Enrichment and Resident-Centered Care program includes 8 Core Components:

1. Personal care and activities of daily living
2. Social interaction
3. Emotional support
4. Physical activity
5. Mental stimulation
6. Life-enrichment activities
7. Artistic expression
8. Good nutrition

The purpose of these proven Core Component strategies is to support and comfort our residents and enrich their daily lives.

Personal Care & Activities of Daily Living

Many of our residents need help with their personal care or activities of daily living. With warm smiles, gentle touches and encouraging words, we assist residents with personal hygiene (bathing, grooming and oral care), dressing, eating, incontinence management and transferring (moving from seated to standing and getting in and out of bed).

Social Interaction

Studies demonstrate that people with healthy connections and relationships have greater emotional well-being, live healthier lives, and have longer life expectancies. We encourage our residents to participate in programs and activities that help them make those connections, stimulate socialization, and give them an enhanced sense of meaning, purpose, and belonging. Social hours, celebrations, barbecues, ice cream socials, and sharing stories are a few examples of our social activities that can create a sense of joy and purpose.

Emotional Support

Our compassionate team members support our residents emotionally with companionship and affection. They strive to respect residents' feelings, compliment them, listen effectively, and speak with

Memory Care Program Continued

a kind tone. Having a good support network that residents can turn to for encouragement helps them feel socially connected and gives them a sense of belonging and purpose.

Physical Activity

Leading a physically active lifestyle can have a significant impact on everyone's well-being – including those with dementia. Exercise is beneficial for both physical and mental health and may improve the quality of life for people in all stages of their condition. Physical activities can include walking, gardening or dancing, as well as sports and exercises with the specific aim to improve fitness. Our exercise programs are designed to build strength, fight depression and provide fun for our residents.

Mental Stimulation

Research shows that cognitive stimulation can help slow the decline of dementia in its early stages. Our Program engages residents in meaningful activities to stimulate cognitive function while addressing individual needs. Playing games, working with puzzles, or practical activities such as writing or folding laundry are some of the ways we help residents engage their brains.

Life-Enrichment Activities

Specially designed for people with dementia, our personalized, life-enrichment activities maximize independence while focusing on individual strengths and abilities. Our Community is set up for safe engagement in activities such as picnics in the Courtyard, arts and crafts, walks through the Courtyard, cards and games, and other opportunities that offer residents a variety of choices to be as active as they like. From book clubs to puzzles, trivia games to movies and much more, we strive to keep your loved one informed and engaged. Our goal is to provide a meaningful quality of life each day.

Artistic Expression

Both art and music can provide powerful opportunities for connection for those with memory loss. We encourage artistic expression by offering residents opportunities to express themselves using a variety of mediums.

Activities include fine art, decorative arts, and performing arts. Residents have opportunities to draw, paint, make easy-to-create crafts, dance and sing. Our Community also uses music therapy as one of the tools to help bring your loved one into a state of happy relaxation or provide toe-tapping fun.

Good Nutrition

Eating a well-balanced, nutritious diet is important for overall health. That's why we prepare healthy and balanced meals with a variety of foods, limit foods with high saturated fat and cholesterol, cut down on refined sugars, and reduce foods with high sodium. We offer healthy snacks throughout the day, and Residents also enjoy participating in preparing some foods during our life enrichment and social activities. Our restaurant-style dining includes menu options designed for senior nutrition.



WENATCHEE
MEMORY CARE

817 Red Apple Road
Wenatchee, WA 98801

T 509.726.0547

www.wenatcheemc.com

Features & Amenities at Wenatchee Memory Care

Wenatchee Memory Care was purposely designed and built to care for Residents with Alzheimer's and other related memory impairments. Our personal care Resident-centered program, life enrichment activities, as well as partnerships with healthcare professionals make Wenatchee Memory Care a leader in the Chelan and Douglas County area.

Our team members strive to provide customer service excellence, and a friendly and warm environment where Residents and family members feel at home and well taken care of. Our Community features beautiful interior design, easy pathways for Residents, a variety of social and activity areas, restaurant-style dining and a wonderful outdoor courtyard including gardening area, water feature and seating for relaxing and enjoying fresh air.



Our Amenities Include:

- Caregivers and nursing assistance 24-hours a day
- Companion, studio, and one bedroom suites
- Comfortable, restaurant-style dining room featuring Chef prepared menu with a variety of choices
- Private dining room for special dinners and guests
- Diverse events and rich social programming
- Wi-Fi, cable, and utilities included
- Weekly housekeeping, laundry, and linen service
- Pet-friendly community
- Full-service beauty and barber salon
- Pepsi-Cola Café
- Cinema-inspired theater
- Activity room
- Outdoor patio areas with seating and tables

Our Memory Care services include a range of care from assistance with medication to assistance getting dressed and help with bathing and grooming. Our goal is to embrace individual care needs through a variety of supportive services in a comfortable environment.



WENATCHEE
MEMORY CARE

817 Red Apple Road
Wenatchee, WA 98801

T 509.726.0547

www.wenatcheemc.com

Apartment Floorplans



COMPANION SUITE
411 SF



PRIVATE STUDIO
297 SF



1 BEDROOM SUITE
459 - 543 SF



WENATCHEE
MEMORY CARE

817 Red Apple Road | Wenatchee, WA 98801
T 509.726.0547
www.wenatcheemc.com

*Floor plan square footage is approximate. Individual apartment sizes may vary.



Wenatchee Memory Care Respite... We'll Take Care of You!

Is your loved one recovering from a hospital stay, illness or surgery? Maybe you are planning to be away on a trip? Maybe you're wondering how to give your loved one's caregiver a well-earned break or maybe take a little break yourself?

We offer Respite for Families who are looking for short-term quality care. Whether your loved one needs to stay for a few weeks to a full month, you'll find the recreation, relaxation and care you're looking for because after all, rest and care is what Respite is all about.

Our full range of services and amenities allow your loved one to rest and recuperate. Our Respite Program also offers families and caregivers a chance to enjoy their own time, with the comfort of knowing that their loved one is in a comfortable, caring setting.

SOME OF OUR FEATURES AND SERVICES INCLUDE:

- Three delicious meals
- Full life enrichment program
- Weekly housekeeping
- 24-Hour Caregivers
- Bathing, dressing, grooming assistance
- Medication management
- Incontinence management
- Assistance to/from dining room
- Individual service plans
- All inclusive rate available



WENATCHEE
MEMORY CARE

817 Red Apple Road
Wenatchee, WA 98801

T 509.726.0547

www.wenatcheemc.com