

# Heritage Mills Memory Care Center



## *Memory Care Features:*

- 24-hour dedicated care delivered by a staff trained in all aspects of memory impairment
- Licensed nursing staff who develop individualized care plans to engage each individual and help them to realize the greatest possible level of fulfillment
- Each of our residents benefit from a personalized care plan designed to stimulate and engage them at their highest level of fulfillment.
- Our Geri-Psychiatrist administers and monitors each resident's medications and tailors each resident's personalized support plan.
- Each day LPN's administer medications and monitor any medical concerns
- A rotating and robust activities program that helps each resident deal with both cognitive and physical impairments
- Computer enhanced memory stimulating program
- Specialized approach to all activities of daily living bathing, dressing, dining, and personal grooming
- Spacious areas for recreation, dining, therapeutic programming featuring an outside patio area and garden.
- State-of-the-art security and fire suppression system to assure resident safety
- Spacious suites personalized to each individual's preferences
- Transportation to medical appointments
- Equipped with kitchenette area for residents to cook, bake as part of their programming and 24-hour snacks and drinks
- Fully licensed and accredited by the Pennsylvania Department of Human Services



## Heritage Mills

PERSONAL CARE AND MEMORY ASSISTANCE CENTER

"Life Enhancing Memory Care For Seniors"

# Heritage Mills Memory Care Center



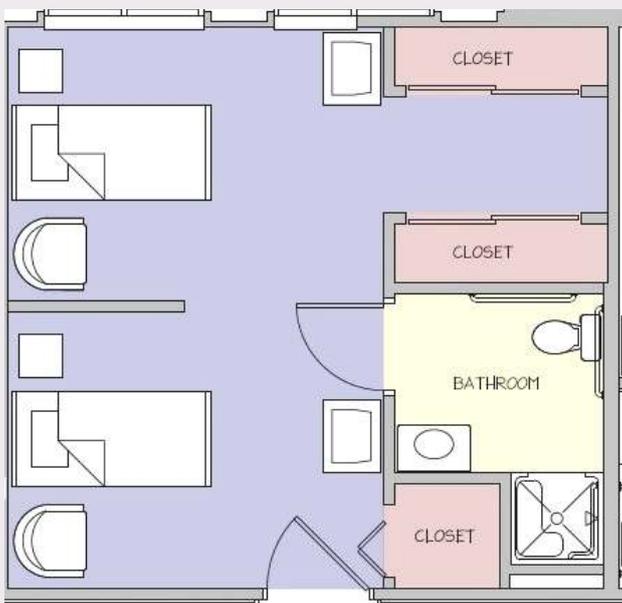
## Memory Care Center Suites

Heritage Mills Personal Care & Memory Impairment Center provides a warm, inviting and familiar environment for those suffering from memory impairment and other forms of dementia. This historic structure underwent a complete top-to-bottom renovation in 2015 with every attention to detail given to the safety and well-being of the residents we are so proud to serve. From the spacious resident rooms (each equipped with bathroom) to the numerous common and therapy and recreation areas to our tastefully designed dining rooms, a sense of concern and safety is experienced upon entering our home.

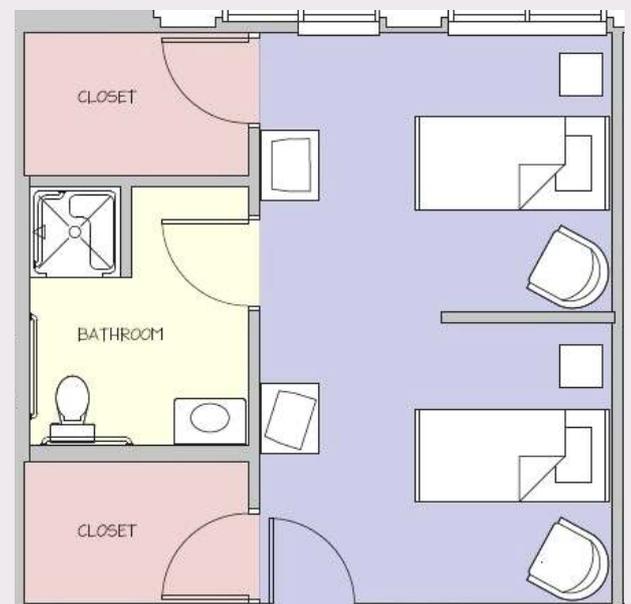
Our well-trained, dedicated staff is on-hand to help you and your family

- Learn about memory loss and make you aware of the effective treatment options we offer;
- Accept the reality of memory loss and begin to positively deal with the challenges you or a loved one faces;
- Obtain the assistance you need to make a real difference for those coping with memory loss

### Typical Shared Suite



### Typical Shared Deluxe Suite



"Life Enhancing Memory Care For Seniors"

# Heritage Mills Memory Care Center



## Memory Care

If you or your loved one are dealing with memory impairment or other forms of dementia, you don't have to face memory loss alone. At Heritage Mills, a fully licensed personal care and memory care center, we focus on individualized care and programs that help people cope-- even thrive while managing the issues of memory loss. Our well-trained, dedicated staff is here for you and your loved one 24-hours a day, 7-days a week to provide you with the confidence that your loved one's needs are tended to with grace and dignity.

We are committed to creating a compassionate and life-enriching community for each resident and family we serve. Our state-of-the-art community, our experienced staff, and the services we provide all revolve around the resident. In 1998, our company developed the first memory impairment center in Lackawanna County. Since that time we have continually strived and made significant improvements in providing a pleasant, safe and engaging place to call home. At Heritage Mills, new neighbors become old friends, and well-trained staff members become trusted caregivers and confidants who can be counted on to lend a helping hand and give needed support at any time.

We are happy to provide a personal tour at any time as well as providing a free memory screening at your convenience.



"Life Enhancing Memory Care For Seniors"

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Heritage Mills  
PERSONAL CARE & MEMORY ASSISTANCE CENTER

# Heritage Mills Memory Care Center



## Experienced Medical Staff

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- The residents at the memory care center are under the care of an experienced psychiatrist who has specialized in geriatric medicine. The psychiatrist will assess and visit with each resident whenever the resident is in need of expert psychosocial counseling. The psychiatrist ensures that the resident's medication regime is best for the resident during every stage of memory loss. The psychiatrist often will recommend medications which will enhance the resident's memory and daily life functions. We encourage family members to attend the visit with the psychiatrist.
- Each person is assessed often by our licensed nurses to create a care delivery program which is specific to the unique needs of each person. The nurse will review the memory impaired person's medications, abilities to perform activities of daily living like bathing, dressing, and grooming. Included in the nurse's assessment is past social activities. The care plan will be developed to include familiar activities which the resident enjoyed throughout his or her life.

## Memory Enhancement Activities Program

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- The residents who live at the memory care center enjoy therapeutic activities which stimulate the resident's memory. During waking hours residents are engaged in memory enhancement activities such as current events, memory cards, memory reading, memory conversations, singing of familiar songs, listening to familiar music and computer memory stimulating activities.
- The residents who live at the memory care center have physical activities which enhance the resident's physical well-being. Resident go on walks outside, chair yoga, sittercise exercise, and strengthening exercise band programs. Residents have the benefit of an onsite physical therapist who can assess and provide treatments to residents who need treatments to maintain their physical ability for life functions.
- The residents enjoy familiar life activities like gardening, baking, cooking, meal preparation, laundry, computer work, crafts, reading, playing cards, knitting, crocheting. Residents are encouraged to engage in activities which they enjoy.



**Heritage Mills**  
RESIDUAL CARE MEMORY CARE ASSOCIATE CENTER

"Life Enhancing Memory Care For Seniors"

# Heritage Mills Memory Care Center



## Typical Day

### Rise and Shine

Wake up daily morning grooming and dressing. Residents wake up to the smell of the aroma of coffee throughout the unit.

### Breakfast

Start the day off right with a delicious home-cooked meal in our inviting dining room

### Therapeutic Memory Care Center Activities

Each morning, after breakfast, the aroma of citrus fills the air stimulating the residents to participate in therapeutic activities.

**Memory Enhancing Activities**-Meditation, Current Events, Today, Puzzles, Computer Memory Stimulation program, Sing a long, Conversation Ball, Memory Conversations, Puzzles

**Physical Activities**-Walks, Chair Yoga, Exercise, Ball Toss

**Familiar Activities**-Cooking, Baking, Gardening, Laundry, Computer work

### Lunch

Enjoy a delicious home-cooked meal in our dining room with community friends

### Therapeutic Memory Care Center Activities

**Memory Enhancing Activities**-Meditation, Current Events, Today, Puzzles, Computer Memory Stimulation program, Sing a long, Conversation Ball, Memory Conversations, Puzzles

**Physical Activities**-Walks, Chair Yoga, Exercise, Ball toss, parachute

**Familiar Activities**-Cooking, Baking, Gardening, Laundry, Computer interactions

**Special Events**-Spiritual Services, holiday activity, birthday activity

### Dinner

Once again, we gather for a delicious home-cooked meal with our community friends in the dining room

Rest and relaxation

### Sweet Dreams

Prepare for a restful night. Memory caregivers will assist with grooming and dressing. Residents will smell the aroma of lavender throughout their apartment for a restful night sleep.



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