

Enrichment programs change perceptions

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To meet the needs of today's seniors, it's more important than ever to provide engaging activities and experiences for residents at all levels of care, officials at Tequesta Terrace Assisted Living said recently.

This is especially critical when it comes to memory care, as there are currently 5 million people living with dementia in the United States, including approximately 480,000 Floridians.

To enhance the lives of residents living with dementia, Tequesta Terrace Assisted Living has implemented a number of activities and programs which create opportunities to continue living an active and engaging lifestyle.

Encouraged to participate

Residents are encouraged to participate in regular painting and craft classes, daily music therapy which includes listening to music or singing, as well as a unique calming room.

As a result, residents seem calmer, more interactive and tend to exhibit previous personality traits their families haven't witnessed since their diagnosis.

Tequesta Terrace's goal is to provide residents and their families with a new understanding of what life with dementia looks like to change how people view memory care and memory loss as a whole," officials said.

"Many of the residents and team members at Tequesta Terrace know someone or had a loved one who is living with or affected by dementia," said Lesley Vestrich, director of marketing at Tequesta Terrace.

"We know firsthand the challenges that those living with dementia face, and we strive each day to provide fulfilling experiences for our residents living in memory care. Before joining the Tequesta Terrace family, my own mother was a resident here at the community.

'The joy in her voice'

"I'll never forget the joy in her voice as she shared what it was like to meet and interact with others who were experiencing the same challenges. It was incredibly moving to be a part of the enriched life my mother was able to experience while living with memory loss at Tequesta Terrace. That is why it is so important for us to work together to offer training and education for residents'



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Jone Sadow, life enrichment assistant at Tequesta Terrace Assisted Living, assists resident Christine in painting with watercolors as part of its art program.

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DIRECTOR OF MARKETING, TEQUESTA TERRACE

families and our team members."

According to Vestrich, the community's activities team is the secret to giving

residents positive and fulfilling daily experiences.

This is because each team member

has unique talents and gifts to share with the residents as part of the Life Enrichment Program. Jone Sadow, life enrichment assistant at Tequesta Terrace, works daily with residents through activities and programs which encourage participants to try something new and use their imaginations. In particular, the community's arts.

For more information, call Tequesta Terrace, at 561-207-6500 or go online to Terracecommunities.com. The facility is located at 400 N U.S. 1, Tequesta.

Sarah Jackson is with *The Point Group*.