



An Explicitly Positive Approach to Memory Care

Founded in 1992 by Dr. John Zeisel to provide innovative treatment for people with dementia in senior care settings, Hearthstone has been a recognized leader in dementia care and staff training for more than two decades.

I'm Still Here[®]

I'm Still Here[®] is a philosophy of memory care based on the belief that a person living with dementia is 'still here' and can experience a high quality of life regardless of the degree of memory loss. Hearthstone's unique *I'm Still Here*[®] methodology underlies residential programs.

What Sets Us Apart

At Hearthstone our goal is to provide care and activity programs designed uniquely for persons living with all forms and stages of cognitive challenges. The *I'm Still Here*[®] approach has been shown to significantly reduce the four A's of Alzheimer's: Apathy, Anxiety, Agitation and Aggression — the most common symptoms of dementia.

Empowering Residents to See Their Skills and Abilities

I'm Still Here[®] ensures that people living with memory challenges are empowered and continue to be a meaningful part of their community. Independence and autonomy are actively encouraged. Residents are invited to take part in a wide variety of clubs, committees and classes, conducted throughout the day. *I'm Still Here*[®] programs are tailored to Residents' needs and abilities in the following three categories.

The Discovery Experience – for Early-Stage Memory Loss

Discovery is tailored to the needs of persons experiencing mild or early-stage memory challenges and Residents who enjoy new learning experiences. Committee meetings, community volunteerism, and individualized learning stations that support participants' self-esteem and confidence are central to this program.

The Vitality Experience – for Mid-Stage Memory Loss

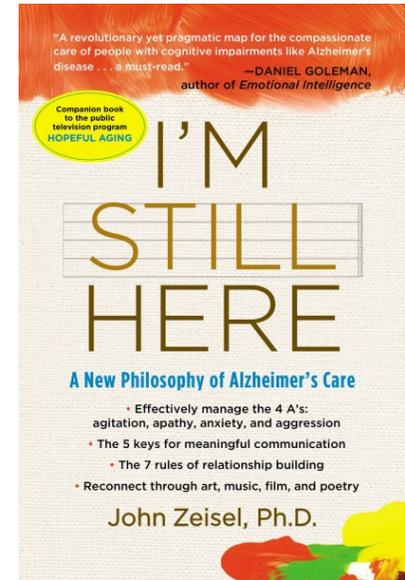
In Vitality, programs are expertly adapted for persons experiencing the challenges associated with moderate or mid-stage dementia. Vitality fosters a continued sense of identity, social connection, and self-expression. The Vitality Experience seeks to enrich Residents' lives through engagement in creative arts, exercise groups, and a wide variety of Clubs, Classes and Committees that provide members with meaningful social opportunities.

The Serenity Experience – for Later-Stage Memory Loss

Serenity engages participants in a sensory rich program designed to meet the needs of those in the later stages of memory loss or of Residents who benefit from a less socially stimulating environment for part of their day. The Serenity Experience features individualized therapeutic spa programs, as well as cognitively stimulating experiences such as interactive art and photo viewings aimed at energizing and generating reminiscence.

Research-Based Approach

Hearthstone's Research Division is the leading non-pharmacological research organization funded by the **National Institute of Health (NIH)**. Hearthstone's Research Division is continually finding new ways to elicit positive emotions at every point throughout the course of the disease. Developing innovative, evidence-based programs, and educating staff, the community, and families are ways to help those living with memory loss experience better quality of life.



The Cohen Home

Assisted Living That Feels Like Home

INTRODUCING THE PATHWAYS NEIGHBORHOOD

A bridge program for residents with physical or cognitive impairment needing more support than a typical assisted living setting, but who do not need a specialized memory care environment.

REIMAGINED LIVING AREA

- 13 spacious and bright apartments on our main floor, with the freedom to spend time indoors or out
- Purposefully designed Pathways Great Room, which blends our farmhouse-style dining space with a cozy family room and working kitchen that inspires cognitive and sensory activities
- Floor to ceiling windows in our sunroom and a brand new spa bathing room that create a relaxing home that feels safe and welcoming
- Secure courtyard and garden with walkable pathways that encourage exploration

I'M STILL HERE® APPROACH TO DEMENTIA CARE

- Global leader in non-pharmacologic treatment approaches.
- A whole person approach to care which has been shown to significantly reduce the four A's of Alzheimer's: Apathy, Anxiety, Agitation and Aggression
- Activities, dining and communications program designed to provide engagement, choice and purpose for all levels of ability
- Life stations that invite meaningful interactions and experiences
- Compassionate caregivers who believe engagement is the "antidote" to challenging behaviors
- Convenience of Jewish Home Life Communities network of services including on-staff nurse practitioner, private care solutions, hospice and rehab; as well as our rich tradition of quality care steeped in Jewish values

