



Redefining Memory Care

 THE HACIENDA
AT THE RIVER
ELAN COLLECTION



What Is Memory Care?

It's a special environment that supports people experiencing the physical, cognitive, and emotional effects of dementia.

These Memory Care environments are secure, clinically enriched, and feature specialized programs that follow federal, state, and private standards that lessen the impact or can even reverse the symptoms of dementia.

Memory Care neighborhoods within senior living communities have only been around since the 1990s. In recent years, significant leaps have been made in creating environments that normalize the lives of members and their families, promoting full and satisfying lives for everyone involved.

TYPES OF DEMENTIA

ALZHEIMER'S DISEASE:

- 60 to 80 percent of cases
- Difficulty remembering names and recent events
- Apathy and depression
- Later symptoms include impaired judgment, disorientation, confusion, behavior changes

LEWY BODY DEMENTIA:

- Visual spatial processing
- Attention deficit
- Executive dysfunction
- Visual hallucinations
- Delusions and depression/anxiety

FRONTOTEMPORAL DEMENTIA:

- Symptoms start between 40 and 60
- Poor planning
- Disinhibition, apathy, and euphoria
- Emotional blunting
- Obsessions and compulsions

VASCULAR DEMENTIA:

- Challenging in organization, problem-solving, word-finding
- Slowed thinking, distraction, absent-mindedness
- Depression, irritability, apathy
- Hallucinations, delusions



Who Needs Memory Care?

Questions often come up concerning who would benefit from living in a Memory Care setting rather than an Assisted Living setting. While there are many variables and an in-depth assessment to complete before an individual moves into The Hacienda, two characteristics stand out.

The first is wandering or not always knowing where they are. Safety is the main concern here. A secure environment does not mean overly confined or monotonous spaces. The Hacienda Memory Care neighborhood features modern, apartment-like homes with top safety features, and members enjoy shared common spaces, beautiful views, and lush courtyards.

Another sign that someone may benefit from a Memory Care environment is a lack of self-initiative. For example, if a person needs reminders to bathe or attend a favorite class, then a more structured day may be tremendously helpful.





Memory Care at The Hacienda

Our focus is on helping each member lead the best, most fulfilling life.

Research points to the enormous benefits that a full, well-rounded daily life can bring to those affected by dementia. Days at The Hacienda at the River are rich in regular pursuits that support each person's self-expression and preferences. Delicious, wholesome food promotes optimal wellness, especially brain health. Comfortable spaces with plenty of daylight allow a balance between community and private time. Dedicated, compassionate care honors and appreciates each member.

Clearly, dementia affects not just an individual but members of that person's intimate circle, family, and close friends. At The Hacienda, members and families become part of the community and its rhythms, often sharing the simple moments that are the hallmarks of a contented life.

PILLARS OF MEMORY CARE

SPACE:

- Lots of natural light
- Balance of communal and private time
- Comfortable
- Easy indoor/outdoor transitions
- Environmentally responsible materials

CARE:

- Geared toward the individual
- Provided by specially trained, universal caregivers called *Nayas*
- Driven by the latest research
- Compassionate and patient

CUISINE:

- Fresh, tasty, nutritious
- Three meals daily plus snacks
- Mealtime enjoyed family style
- Anti-inflammatory menus
- Gourmet Bites Cuisine fosters independence at the table

ENGAGEMENT:

- Engaging, not just entertaining
- Meaningful to the member and family
- Draws in the larger community through special visitors, family, and friends

Naya Caregivers

In traditional care models in senior living settings, care of a member is parsed out among several associates, from dishwasher to charge nurse, who interact with a person only within their particular and limited task set. This care model leaves individuals experiencing a lack of daily continuity, and caregivers with significant risk of failing to put together the whole picture regarding a member's welfare.

In contrast, *Nayas* are integrators. They are responsible for the overall well-being of each member, performing nearly all of the tasks generally associated with a quality care environment. They know the member's whole story, understanding the complexity of the whole person. They guide and support each individual and their family with the vital and interconnected life functions of nourishment, sleep, movement, engagement, and relationships. Members benefit from whole-person care.

NAYAS

- Meet members where they are, rather than correcting them
- 24-hour associates with specially trained memory care experts with certification through the National Council of Certified Dementia Practitioners (NCCDP)
- Focus on mindfulness
- Regular integrative practices that bring Nayas and members into deeper communication with brain health activities, animal-assisted experiences, sensory circles, and more
- Continuity of associates dedicated to Memory Care
- Integrative care with protocols for better sleep and dealing with anxiety, depression, hydration, and pain
- Special events that welcome and involve family and friends





Cuisine

Nutrition is of particular importance to those with dementia. Studies show that gathering around a dining table has far-reaching physical and mental health benefits. Families share stories, build on relationships, learn from one another, and reinforce the bonds that define them. Shared meals can also encourage eating at a time when weight loss may be a concern.

Our culinary team uses fresh, local ingredients to create three family-style meals daily. In addition, our Pantry Program allows each member to store favorite items in a handy private “cubby.” Meals are wholesome and well rounded, offering selections such as salmon filet, fingerling potatoes, and asparagus. Members may choose to enjoy dining areas or have meals delivered for the ultimate catered experience. Special requests made in the morning are graciously prepared by skilled chefs and ready by late afternoon.

If using utensils is a challenge, Watermark’s signature Gourmet Bites Cuisine program provides a powerful, practical alternative. Our chefs transform high-quality meals into one- and two-bite morsels meant to be eaten by hand without assistance, restoring dignity and independence at the table.

DINING FOR THE SOUL

NUTRITIOUS MENUS

Cuisine combines nutrition science and culinary wisdom to create a delicious diet that boosts physical and mental health.

GOURMET BITES CUISINE

Watermark’s award-winning program offers easy-to-eat, nutritionally balanced meals using fresh ingredients; these bites are so tasty that visitors often opt for them.

PANTRY PROGRAM

Small cubbies provide space where members can store favorite items that give comfort and joy.

GARDENS

The Hacienda hosts edible gardens and a small orchard that provide fresh produce for The Hacienda’s tables.

Engagement

At The Hacienda, members are joined by associates who help cultivate a truly engaged environment filled with accomplishment, fulfillment, and joy; Memory Care members are fully integrated into the larger community, both at The Hacienda and beyond.

Programs are diverse, plentiful, and continually refreshed to meet changing preferences of members. Regularly scheduled activities include gardening and horticultural experiences, equine visits as part of The Hacienda's In the Presence of Horses® program. Additionally, members enjoy outings to places such as Mount Lemmon, art studios, museums, and local Tucson landmarks.

Members thrive in an environment that organically encourages inner exploration and engagement with community.

PROGRAMMING

- Massages, aromatherapy, reiki, acupuncture, Watsu on-site
- Intergenerational and community engagement programming
- Virtual adventures using our signature EngageVR® goggles
- Daily stretching
- Aqua therapy
- Extraordinary Outings to places such as Mount Lemmon
- Art studio – creative experiences on- and off-site
- Weekly happy hour
- Members are part of our entire community, not segregated
- Weekly pet visits with small and large dogs
- Watermark University classes taught by local experts, family, associates, members
- Sensory circles
- Music and memory





Spaces

Studies point to the great benefits derived from spaces with plenty of fresh air and natural light. The Hacienda's many connected spaces are designed to support well-being, communicating a sense of comfort and integrity. We defy old health care clichés with an environment that never feels institutional, uncomfortable, or uninspired.

The Hacienda's design fosters an intimate community, bolstered by the casual ease of indoor/outdoor living. Residences are comfortable, richly appointed, light-filled, and spacious. Windows overlook a landscaped courtyard filled with plants, pathways, and benches for quiet meditation or conversation. All community spaces—living room, library, kitchen, central courtyard, and gardens—are easy to reach.

DESIGN

- Hacienda-style architecture with an emphasis on indoor/outdoor living
- Comfortable, accessible common spaces
- A large communal patio where it's easy to connect with nature
- Private suites that open onto lush courtyards
- Well-lit, generous common spaces perfect for gathering or simply hanging out



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23-THR-8512A

