



▶ FEATURED ARTICLE ... 1



▶ FEATURED ARTICLE
CONTINUED 2



▶ HEALTHY TIP 1

o april

o 2016

Monroe County Health & Wellness *Newsletter*

ADDRESSING THE HEALTH AND WELLNESS NEEDS
OF OUR COMMUNITY AND PLANTING THE SEEDS
FOR A HEALTHY FUTURE.

*Legacy Place is the author of the featured article in our Monroe County
Health & Wellness Newsletter. Read more about them below!*

Feature Article

Times have certainly changed. The days of having to place your loved one in a nursing home for Alzheimer's care has come to an end; Assisted Living Memory Care communities are rising above traditional skilled nursing care.

Nursing homes have existed since the 50's and until recently have been the only option for those living with Alzheimer's and other forms of dementia.

Nursing homes have and do play an important role in long-term care. Think of 'skilled nursing' as dealing with three kinds of patients: (1) Long-term, acutely ill 'custodial care'; (2) Transitional Care; and (3) Rehabilitation. Assisted Living Memory Care communities have specifically designed living spaces and supporting environments for those who are living with cognitive challenges brought on by Alzheimer's care and dementia.



LEGACY PLACE

*Featured Article continues
on the next page...*

It is time to get ready for spring. As sunlight and days become longer, it gives good reason to start going outdoors more. Start moving your exercise routines outside. Enjoy the warmer weather and get as much sunlight as possible to keep your body in balance. Some easy exercises for healthy lifestyles is to go for a walk, a quick jog or to ride a bike. These activities are great for healthy body function.



Featured Article Continued...

**Legacy Place
518 Legacy Dr.
Waterloo, IL
62298
618-939-4344
Linda Young**

lyoung@liveatlegacyplace.com



The dementia care environment helps cue its residents in their daily lives. Areas of the community are set up for safe engagement in activities such as gardening, kitchen work, and other life skills that provide purposeful and meaningful successful moments. These memory care communities have specifically trained nurses and healthcare staff to assist in medication administration, dressing, bathing, toileting, transferring and feeding. This fully secured, home-like environment combined with attending to all activities of daily living make Assisted Living Memory Care a more viable and affordable option than skilled nursing homes. Assisted Living Memory Care communities put a significant importance on understanding the person with dementia and planning meaningful engaging activities for them. Activity programs are person centered and involve knowing the resident's former lifestyle, work history, hobbies, recreational and social interests, past travel experience and significant life events. Memory care is meant to embrace a whole community philosophy and empower everyone to identify the needs of the resident and incorporate family and all healthcare providers to be part of the solution.

Research and education are the key to knowing if an Assisted Living Memory Care community is the best place for your loved one with Alzheimer's or other forms of dementia. Legacy Place Memory Care at Waterloo is paving the way for your loved one and providing comprehensive services and exceptional care which is necessary for abundant living and successful aging for those with dementia related needs.

Contact information:

Michelle McKinney

mmckinney@liveatlegacyplace.com

(618) 526-9600



Our goal is to partner with our members to help you promote and grow your business while also serving as an advocate for you within our wonderful community.

Waterloo Chamber of Commerce
118 E. Third Street, P.O. Box 1
Waterloo IL 62298
618-939-5300
Chamber@htc.net
www.enjoywaterloo.com

