

SERVICES AND AMENITIES

- Private and semi-private accommodations
- Three “Eat Better” meals and snacks daily
- Simple C storyboard monitor available
- Personalized service plan
- Safe and secure environment
- Assistance with dressing, bathing, and grooming
- Medication management and administration
- Daily exercise and physical fitness activities
- “Brain Better” cognitive stimulation and brain exercises
- Personal laundry and linen services
- Extensive activity and life enrichment programs
- Beauty and barber services available
- Family support groups
- Furnished or unfurnished apartments
- Outdoor walking area with covered porch and garden area



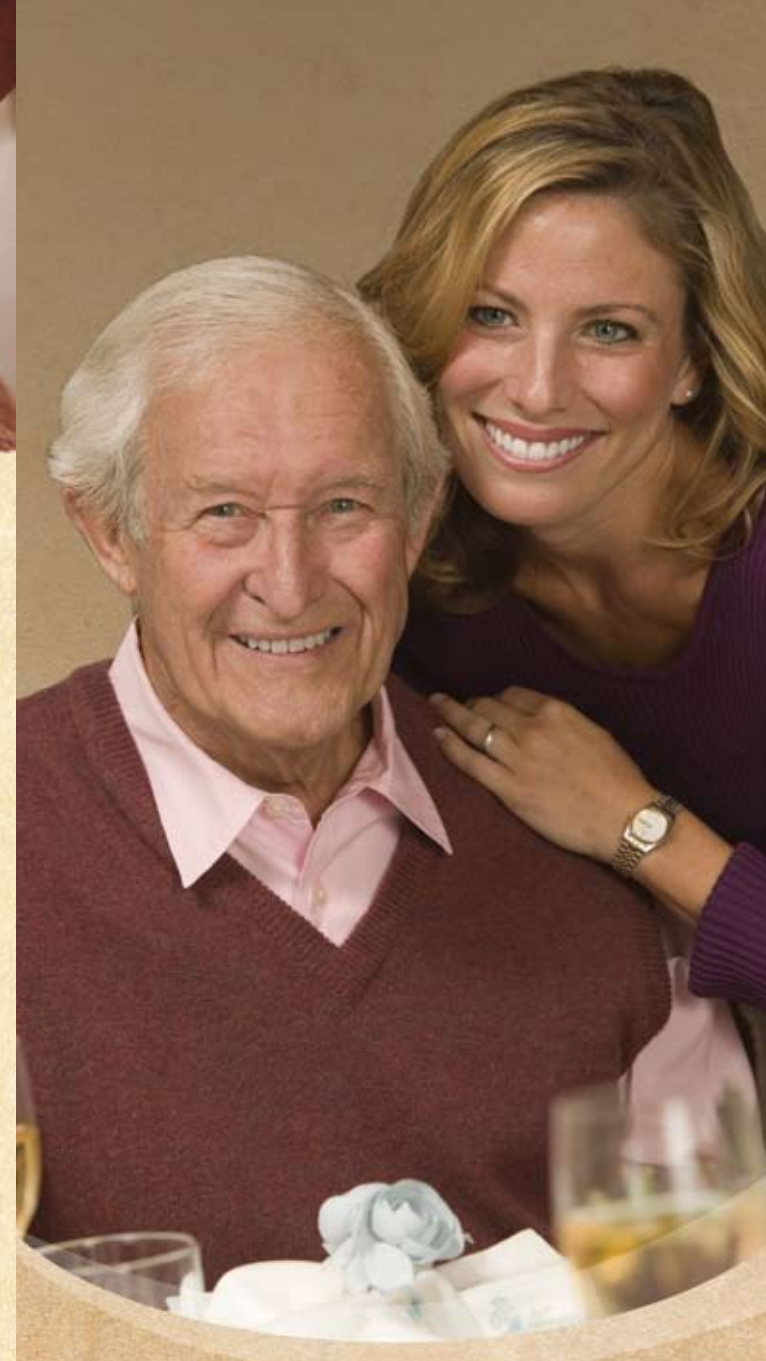
We invite you to learn more about the advantages of the memory care services offered at The Harbor at Renaissance of Greene County.



Call or visit us today!



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www.TheHarborALE.cc



The Harbor has been designed to serve residents with Alzheimer's and other memory care disorders. We realize that both residents and families affected by these challenges often feel battered by the ‘winds and waves’ of these diseases. We are here to offer a safe place from these storms of life.

At The Harbor, we focus on providing “A Purposeful Day” for our residents. Our caring staff is trained to value each resident and to recognize the different histories, current desires, and needs. We recognize that memory loss affects everyone differently, and that is why we develop a special service plan for each resident.

Our Simple C technology provides non-medication therapies, focusing on each resident's personal story. We work with families to select stories, pictures, interests, and recorded trusted voices to assist in memory stimulation and timely reminders for activities of daily living. This technology is the result of years of study and development with cutting edge research institutions including Johns Hopkins, Emory, Georgia Tech, and Georgia State University. Each resident's apartment will have an interactive flat-panel monitor that will display family photos, broadcast recorded messages from family members, and play their favorite music.

“A Purposeful Day” at The Harbor utilizes the following therapies throughout each day:

- Reminiscence Therapy
- Trusted Voice Therapy
- Time and Place Therapy
- Music Therapy

Each of these important non medication therapies become an integral part of every resident's Purposeful Day.



Typical Schedule of a Purposeful Day

A Sample Day

MORNING ACTIVITIES

- 5:00 - 6:00** **Rise and Shine for Early Risers**
Assist with Activities of Daily Living (ADLs), coffee, tea, juice while awaiting breakfast
- 6:00 - 7:30** **Rise and Shine**
Assist with ADLs, coffee, tea, juice, light snack, morning music
- 7:30 - 8:30** **Breakfast Dining Experience**
Enjoy dining experience with other residents, socialization

- 8:30** **Freshen Up After Meal**
Assist with ADLs after breakfast and prepare for the day
- 9:00 - 11:30** **Individual, Small, and Large Group Activities**
Devotions, exercise, orientation, walking club, poetry, art lessons, beauty and barber time, reminiscing using Simple C, church services, gardening, outdoor time, all while utilizing staff and volunteers
- 10:00** **Hydration and Snacks**
Fruits vegetables, cheese and crackers, fresh baked bread, water, and juice available during activities and upon request
- 11:30** **Freshen Up for Lunch**
Assist with ADLs for lunch

AFTERNOON ACTIVITIES

- Noon** **Lunch Dining Experience**
Quiet music, dining with residents and guests
- 1:00** **Rest, Relaxation, and Visitation**
Quiet music, time for rest or nap. Visitors are welcome.
- 2:00 - 4:00** **“Brain Better” Time, Individual, Small, and Group Activities**
Pet Therapy, music therapy, movies, entertainment, manicures, relation/aroma therapy, bingo, word games, garden and porch activities, small groups in themed areas, one-on-one activities
- Mid afternoon Snacks and Hydration**
Nutritious snacks and hydration available during activities and upon request
- 4:30** **Quiet Time to Prepare for Dinner**
Quiet music, assist with ADLs, aroma therapy, hand massages



- 5:00 - 6:00** **Evening Dining Experience**
Dine with residents and guests, dinner music
- 6:00** **Freshen Up After Meal**
Assist with ADLs

EVENING ACTIVITIES

- 7:00- 8:30 pm** **Evening Transition**
Group activities including volunteer engagement, movie time, gospel videos, family and guest visits
- 7:30** **Snacks and Hydration**
Nutritious snacks and hydration available during activities and upon request
- 8:30 - 9:30** **Prepare for Bedtime**
Assist with bedtime ADLs, quiet time, calm TV, reading and relaxation, lights dimmed

