

FOR IMMEDIATE RELEASE

Contact: Janet Davis
National Marketing Director
Meridian Senior Living
jdavis@meridiansenior.com

Orchard Park of Kyle to launch Reflections – a specialized program to benefit seniors with early stage Alzheimer’s

Kyle, TX – May 20, 2018 –Meridian Senior Living’s Kyle, TX based community: Orchard Park of Kyle announces the launch of *Reflections*, which is a specialized program that benefits seniors with early stage Alzheimer’s. The *Reflections* program is specifically designed to improve the life of seniors with early stage memory loss who are not currently thriving in an assisted living environment, but are not ready to live in a memory care environment.

The Program:

The Meridian Senior Living *Reflections* program is specifically designed to benefit seniors who suffer early stage memory loss. Residents are assessed at the community to determine if they are candidates who would benefit from the program. Some of the criteria for program candidates include regularly exhibiting memory loss, withdrawing from social contact, staying in one place most of the day, showing signs of depression, and requiring frequent cueing and reminders.

The thoughtful, specialized programming for *Reflections* focuses on novel and complex thinking using both hemispheres of the brain. The goal is to stimulate and exercise the creative right hemisphere of the brain as well as the analytical, logical left hemisphere. The brain, when stimulated with novel and complex thinking, can continuously develop throughout life.

In *Reflections*, residents will benefit from formalized group programming that support the whole person, are novel and complex, and encourage independence. These group activities involve problem-solving, complex tasks and allow residents to bounce ideas off one another encouraging participation. The calendar is based on daily, weekly, bi-monthly, and monthly schedules of activities such as: memories with the arts, intergenerational programs, clubs and organizations, cultural field trips, sensory stimulation, cooking classes, health and wellness, life skills, community volunteering and outreach, Qigong, continuing education, and international programming.

Seniors in the *Reflections* program enjoy meaningful health and wellness benefits by participating in the programming. Community outreach and life skills tasks provide a sense of

purpose, wellbeing and routine. It is an opportunity for a resident to contribute to the overall daily needs of the *Reflections* program and feel a part of something bigger. These activities encourage self-esteem through accomplishment of a job well done or completion of a task. The Memories with the Arts activities play an important role in the health and wellness of the senior. Studies have proven that therapy with the arts can help residents with relaxation, provide a sense of control, help reduce depression and anxiety, aid in socialization, improve cognition, offer sensory stimulation, increase self-esteem, reduce boredom, and reduce hospital stays.

Rachel Unverzagt, a family member of a *Reflections* resident at a neighboring senior community: Orchard Park of Victory Lakes in League City, TX, applauds the program and how her mother has improved during the year she has participated. Rachel expounds that, "My time with my mom is more quality time. I enjoy spending time with her compared to being her caregiver. I am back to being her daughter! I see more of her being my mother than being her caregiver. She enjoys her days and her friends compared to having to be around my kids with their friends. Her days are back to being her days of what she wants to do... ALL THE THINGS SHE HAS ALWAYS LOVED- crafts, gardening, bird watching, music, dancing, and gossiping with friends! The structure has given her confidence!"

About Meridian Senior Living:

Meridian Senior Living, LLC, a privately held company, owns and operates senior housing communities across the United States. With more than 10,000 beds, Meridian is currently the fifth largest assisted living provider and the third largest memory care provider in the United States. Meridian prides itself on providing the highest quality care and affordable living options to residents in their own communities. Although large in scale, Meridian focuses its growth effort on building state-of-the-art properties in cities outside major markets. For more information on Meridian Senior Living, visit us online at www.meridiansenior.com.

#