

A leader in Alzheimer's Memory care since 1996,  
caring for generations to come.



THE  
**Lantern**  
at Morning Pointe  
*Alzheimer's Center of Excellence*

[www.morningpointe.com](http://www.morningpointe.com)

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# About The Lantern at Morning Pointe

- Founded in 1996, Independent Healthcare Properties, (IHP) LLC, a Chattanooga, Tennessee-based senior healthcare services company, develops and manages over 36 Morning Pointe® Assisted Living, Senior Living and The Lantern Alzheimer's Memory Care Center of Excellence communities in five southeastern states including Tennessee, Kentucky, Georgia, Alabama and Indiana.
- Morning Pointe Senior Living serves approximately 1500 seniors and employs 1500 associates. It was founded by regional healthcare entrepreneurs, Greg A. Vital and Franklin Farrow.
- The goal of Morning Pointe Assisted Living, Personal Care, Senior Living and The Lantern Alzheimer's Center of Excellence every day is to create *Meaningful Days™* for the seniors we serve.
- Our mission is to be the provider of choice, offering exceptional and comprehensive quality care. We constantly challenge ourselves to incorporate the latest in medical research, technology and programming - for you and your loved one.

# What is the Lantern Alzheimer's Center of Excellence ?

....a specialized program for persons living with Alzheimer's Disease or other forms of dementia. People living with memory loss have individualized needs that can change on a day to day basis.

**\*Best Friends Approach™ Certified**

That is why The Center of Excellence offers two types of programming. **The Lamplight Program and The Lantern.** Both focus on individual interests, life experiences, and personal strengths allowing for personalized programming.



# 5 DIMENSIONS OF WELLNESS: A Holistic Approach

## Spiritual Wellness

incorporating values and beliefs that give purpose to life, love, compassion, service, and forgiveness.

## Physical Wellness

eating well, keeping hydrated, and engaging in exercise.

## Intellectual Wellness

being open to new ideas, engaging in creativity, brain stimulation.

## Social Wellness

providing a supportive environment, promoting positive relationships and good communication skills, supportive staff and family.

## Emotional Wellness

providing an environment that encourages optimism, trust, confidence and dignity and promotes healthy self- esteem.

# What is the Lamplight Program ?



The **Lamplight** program is geared towards residents in early to moderate stages of Alzheimer's Disease. It offers a large expansive environment that is secure and safe.

## *Purpose*

- To provide assistance with daily living that focuses on prompting and cueing.
- To promote independence and choices.
- To provide meaningful activities and programs.

# What is the Lantern Program?

The Lantern Program is geared towards residents in the late to moderately severe stages of Alzheimer's Disease. It offers a smaller more intimate environment.



## *Purpose*

- To provide assistance with daily living that focuses on prompting and cueing with a greater amount of physical assistance from the staff.
- To provide a superior resident to caregiver ratio to promote excellent care and greater level of assistance.
- To provide meaningful activities and programs.

# The Center of Excellence Signatures

- Dining with Dignity
  - White Towel Service
  - Finger Food Menu
  - Dining Scarfs
  - Contrasting Color Fiesta Dinnerware
- Life Skill Stations
- Teepa Snow Activity Boxes
- **The Meaningful Day Program™**



# The Center of Excellence Signatures

- The Best Friends Approach
- Guided Choices
- Music & Memory
- Volunteer Involvement
- Pet Therapy
- Intergenerational Activities
- Memory Boxes



# Dining with Dignity

## White Towel Service

- The White Towel Service is meant to enhance the dining experience. From a practical perspective it also serves as a means to clean hands prior to or after a meal.

## Fiesta Dinnerware

- In order to assist residents with vision challenges or impaired depth perception, a contrasting color of fiesta dinnerware has purposefully been chosen.

## Dining Scarfs

- Dining Scarfs for ease and elegance.

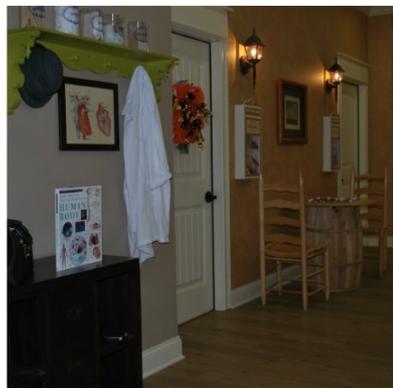
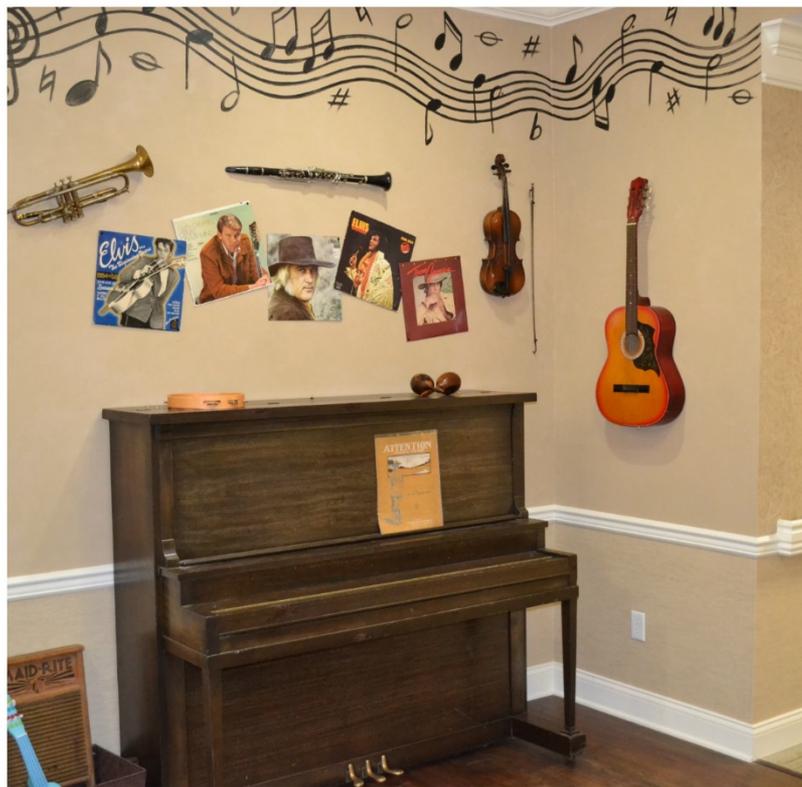
## Finger Food Menu

- As residents age in place or their Alzheimer's progresses, foods often need to be adapted due to the resident's ability.
- It is preferable to adapt the menu to finger foods to allow the resident to continue to dine independently.



# Life Skill Stations

- Allow residents to spontaneously engage while spending time in the common area of the Lantern.
- They are updated and repurposed regularly based on use and resident interests and changing needs.



# Teepa Snow™ Activity Boxes

- An excellent way to engage individual residents or small groups.
- Helpful when residents become anxious or agitated.
- Great conversation starters to assist in getting to know residents.
- For residents who prefer to stay in their apartment , a personal or individualized box stored in their apartment, containing items of specific interest to that resident is a an available option.



## The Meaning Behind the Meaningful Day Program

Our **Meaningful Day™** provides an avenue for meeting the needs of our memory care residents. **As a family member, you can find a sense of peace knowing that we provide structure to help them feel safe and secure.**



### Specialized Socialization for Your Loved One

6-9 a.m.	Rise and Shine & Breakfast	Wake up, get ready, and enjoy breakfast		
9-10 a.m.	Exercise	Daily Exercises 		
10-11:30 a.m.	Stimulating Activity Time	Art 	Students 	Community Service and Brain Games 
		Music 	Pets 	
Mid-Morning	Drinks and Snacks	Nutritious snacks and hydration		
11:30 a.m.	Calming Activity Time	Devotions/Daily News leads into lunch 		
NOON	Lunch	Quiet music; dine with other residents 		
2-4 p.m.	Stimulating Activity Time	Art 	Students 	Outings 
		Music 	Pets 	

Sample schedule only. Actual times and specific activities vary by community and resident interests.

# Our Meaningful Day Programming

- It is equally important to spontaneously engage residents individually throughout the day by incorporating them into everyday tasks.
- Often residents are searching for meaning and purpose. Including them in familiar routine tasks helps maintain positive self-esteem.



# Guided Choices

- Guided choices assist in keeping residents involved in guiding their care and helps preserve their dignity.
- Even when communication diminishes guided choices is an ideal way to still involve the resident in the decision. Ex. “Would you like to wear the blue blouse or the green blouse today?”



# Music & Memory

Music is a popular element of our life enrichment programming. Residents love live performances and sing-alongs. Music uplifts the spirit by bringing up nostalgic memories and emotions.



## Did you also know that music:

- Increases cooperation and attention by reducing resistance to care
- Reduces agitation and sundowning
- Enhances engagement and socialization, fostering a calmer social environment
- Provides a valuable tool for the effort to reduce reliance on anti-psychotic and anti-anxiety medications

# Music & Memory

Research shows that personalized music playlists, delivered using iPods or related digital audio devices have the capacity to transform quality of life for individuals struggling with a wide range of physical and cognitive impairments.

## Here's why:

- Musical memory is profoundly linked to emotions.
- These memories are stored deep in the brain.
- When individuals suffering from Alzheimer's or dementia hear a melody connected with a meaningful memory, they can re-awaken.
- Many people who have not spoken in years find words and sing lyrics.
- They often regain the ability to converse and connect to those around them temporarily.
- The key is a personalized playlist that includes songs that are specifically tied to their past life experiences and memories.



Find the MUSIC & MEMORY<sup>SM</sup> program in the Lantern

# Volunteer Involvement

- Volunteers play a vital role in every Morning Pointe community, particularly in the Lantern program.
- Volunteers often help with group activities and also provide invaluable one on one time with residents.
- Volunteers are important and play a vital role in helping meet the spiritual, intellectual, social and emotional needs of our residents.



# Pet Therapy

- Animals provide a constant source of comfort and are a focus of our attention.
- Pets bring out our nurturing instinct. They also make us feel safe and unconditionally accepted.
- Research has shown that pet therapy can reduce pain symptoms, depression, anxiety and stress.
- We schedule regular visits from pet therapy groups and even encourage residents to bring their beloved pet.



# Intergenerational Activities

- Intergenerational activities are an important part of creating Meaningful Days™.
- For seniors, the benefits of developing intergenerational relationships include health improvements, emotional support and enhanced socialization skills.
- For children, these relationships decrease negative behaviors, provide positive role models and teach appreciation for people and the past.



# Memory Boxes

- Memory boxes are an important element that assists residents in finding and locating their apartment.
- The intent of the memory box is also to help other residents and associates to get to know the new resident, both past and present.
- Families are encouraged to create a memory box for their loved one.



# Best Friends™ Certified

- Best Friends™ is a method of care for people with Alzheimer's disease. This comprehensive approach is grounded in the understanding that relationships are supremely important in dementia care and require the essential elements of friendship: **respect, empathy, support, trust, and humor.**
- The Best Friends™ Approach to Alzheimer's care is completely **person-centered** and flexible enough to adapt to each person's remaining strengths and abilities.

## Being a good friend, involves:

Knowing a person  
Being empathetic, warm, and loving  
Communicating  
Knowing your friend well—his/her history and preferences  
Doing things together  
Letting go of the little things

- Training for Morning Pointe Lantern associates will also involve **Teepa Snow™ Positive Approach™** care techniques and educational videos





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## **Caregiver Services:**

- Alzheimer's Support Group
- Short term stays
- Virtual Educational Caregiver Cafés through the Morning Pointe Foundation

[www.morningpointe.com/alzheimers-care/](http://www.morningpointe.com/alzheimers-care/)