



# WELCOME HOME TO THE TERRACES AT VIA VERDE

A Senior Living Community

"The Staff at The Terraces are the most caring and loving type of people you could ask for. My father has been treated with kindness and love. I can't recommend The Terraces at Via Verde enough."

- Mark W.  
(Resident's Son)

## A BOUTIQUE SENIOR LIVING COMMUNITY

The Terraces is designed, staffed and dedicated to the daily care and medical needs of those with mild Cognitive Impairment, Alzheimer's and Dementia related illness. The Terraces was purposefully built for compassionate senior living – with a sun-filled courtyard, circular indoor walking paths, ample natural lighting, SPARK activity rooms, restaurant style dining, an onsite beauty salon and more. Our community's integrated nurse call/ delayed egress door provides a safe and secure environment to thrive.

Your loved ones are in great hands with our high staffing ratios and our individualized care plans. Our team is passionate about creating a warm and inviting home-like environment with many enrichment activities. Through our award-winning SPARK program, your loved one will receive round-the-clock care that encourages a comfortable, fulfilling lifestyle. From various amenities to exciting social programs, medical support, home-style quality food and more, The Terraces is committed to excellence.

## INDIVIDUALIZED CARE

The Terraces offers two care neighborhoods, each designed to meet the physical, emotional and spiritual needs of our residents. We are unique in providing a safe and manageable neighborhood size that balances supervision with ample interaction among residents, staff and activities specialists.

### ENRICHED ASSISTED LIVING

Our second floor neighborhood offers personalized care for those coping with mild cognitive impairment or early stage dementia.

### ENRICHED MEMORY CARE

Our ground floor neighborhood offers more complex medical care, medication management and is specifically designed to meet the needs of those with later stage cognitive impairment.

Our community care includes daily assistance with every day routines, medication management, insulin dependent management, companionship and more. Dedicated SPARK activity rooms in each neighborhood provide opportunities for engagement and socialization.



# SPARK PROGRAM

Integral to activities and well being at The Terraces at Via Verde is our unique SPARK program. SPARK is a research-based program inspired by the teachings and research of Maria Montessori and Dr. Cameron Camp, which focuses on giving residents meaningful ways to feel needed and be productive. The program allows them to do the things that they have always done, in total alignment with their individual skill levels.

Through SPARK, residents are encouraged to participate in a wide range of productive tasks and activities based on their personal interests and abilities. Some of the popular activities and events that our residents enjoy through this special program include our Gardening Committee, Culinary Committee, Health & Wellness Committee, Welcome Committee and other committees that bloom based on personal interests.

The effectiveness and success of our SPARK program for Assisted Living and Memory Care residents is based on four foundational pillars:

## 1 SOCIAL ROLES

Everyone has a desire to be useful, so we ensure that each resident has a role in the community. Working the front desk or serving neighbors are examples of meaningful tasks that empower and connect residents.

## 2 SKILLS FOCUSED

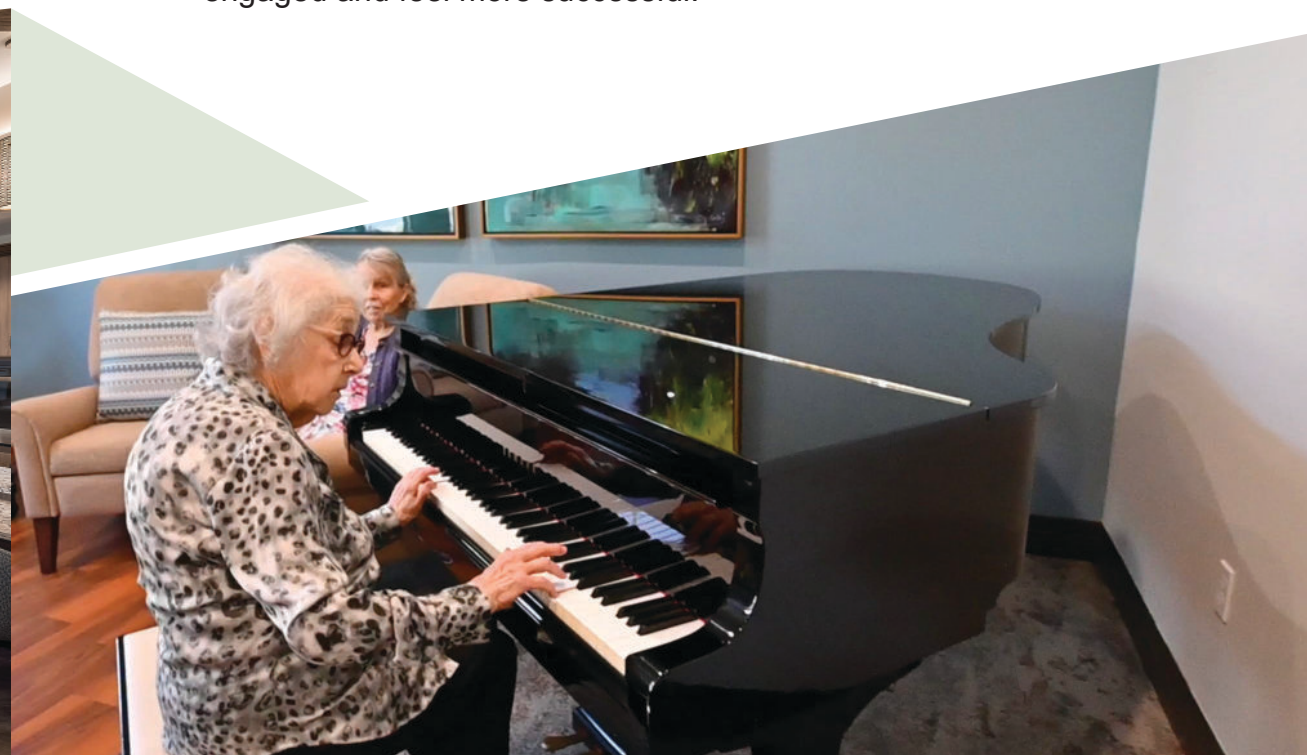
Our Montessori Assessment Tool, created by the Center for Applied Research in Dementia, uncovers remaining skills often missed by traditional assessments. We can then strengthen and build on those identified skills.

## 3 PROCEDURAL MEMORY

Skills can be learned or improved through “procedural learning”. These repetitions then allow routine activities to be performed with less need for concerted concentration.

## 4 PROGRESSION & GOAL SETTINGS

By working on projects or learning topics over a longer period of time, always progressing toward a goal, residents become fully engaged and feel more successful.



## ACCOMMODATIONS & AMENITIES

### APARTMENT STYLES

Apartments consist of different configurations of private rooms, private rooms with shared bathrooms and shared companion rooms, all meeting various resident needs and budgets. Our community offers many amenities that promote independence and healthy well-being.

### DINING OPTIONS

Home cooked meals and specialty meals for specific diet needs, served in our family-style dining room or private dining room.

### THOUGHTFUL INTERIOR DESIGN

Appropriate colors, patterns and engaging artwork for those with dementia as well as appropriate furniture and accessibility for seniors.

### COMMUNITY VAN

Available for group activities and resident errands.

### ENGAGING ACTIVITIES

Montessori SPARK trained Activities Director facilitating resident activities in dedicated activity rooms, courtyard and throughout the Community.

### OPEN CONCEPT FLOOR PLAN

Spacious common areas and continuous walkways with easy indoor and outdoor connections, familiar living areas, and quiet spaces.

### FRESH & CLEAN

Complimentary linen, laundry and housekeeping services.

### COMPLIMENTARY CABLE TV AND WIFI

Cable outlet in each resident room.



**Take a virtual tour today!**

## WHY CHOOSE THE TERRACES AT VIA VERDE

### TOP REASONS FAMILIES CHOOSE THE TERRACES AT VIA VERDE:

- Specifically designed and focused on various levels of cognitive impairment.
- Two neighborhoods of only 25 to 30 residents, each with direct access to secure outdoor space, ample natural light, circular interior walking path and activity room.
- Licensed nurses on staff, all trained in Dementia and Alzheimer's behaviors and care.
- Medical Director (M.D.) who works closely with our Health Services Director, Executive Director and resident families to oversee all resident medical needs.
- Ability to assist a wide range of medical conditions including Alzheimer's, dementia, Parkinson's, Diabetes, CVA, post stroke and more.
- Medication assistance and management.
- On-site Physical Therapy, Occupational Therapy and Speech Therapy.
- Residents enjoy grooming and nail services at our in house Salon/Barber shop.
- Award-winning SPARK Program with engaging, Montessori-Inspired activities
- Four room types to meet different needs and budgets
- Engaged private ownership



“Since joining The Terraces community, my Husband has been enriched and the care given to him has been amazing. This is the kindest staff that treats everyone with respect. There are many activities to engage the residents. The caregivers know the likes and dislikes of the residents and know everyone well. I am so very thankful that we found The Terraces at Via Verde.”

- Kim W., regarding her husband

**Take a virtual tour today!**

