

# reflections memory care LIFE ENRICHMENT



Reflections Memory Care offers programming seven days a week. Activities are available during the day, evening and weekends.

**The Montessori Program** was developed by Maria Montessori and has been adapted to the senior population. It has proven to help those seniors with cognitive and physical impairments remain involved in activities.

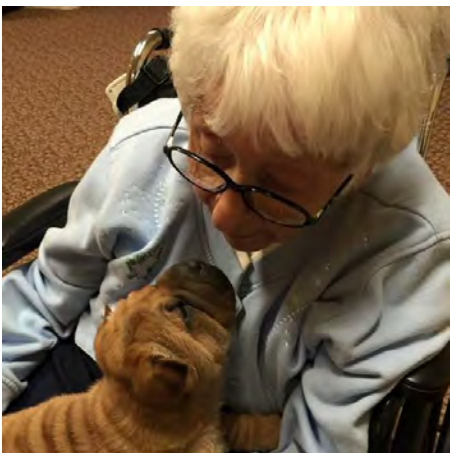
*Examples of Montessori based activities might include:*

- Nurture Therapy
- Food Fun (cooking/baking with activities staff)
- Working in the Sensory Room
  - Sensory boxes
  - Kaleidoscopes
  - Fabrics to touch
  - Music
  - Diffuser

Our activity calendar is a Montessori and person-centered program. It satisfies the five domains of activities throughout the month in numerous ways. We adapt the program monthly to best fit our current resident's preferences.

**The five domains are:**

- Social
- Physical
- Emotional
- Cognitive
- Spiritual



The Sensory Room is available 24/day. It is designed to help calm overstimulation and promote positive interactions between residents, staff and family members. Our one on one interactions involve using Life Kits and Reminiscing Kits. Life Kits are designed to give the resident a specific task: sorting, organizing, or creating something with materials. Reminiscing Kits are also great tools for recall and contain different materials and objects to spark conversation.