

#### A Measure in Time

From Beethoven to the Beatles, music is magic in memory care. It's capable of evoking positive feelings from past times, providing comfort and calm, and encouraging movement and fun. Through A Measure in Time, Heritage's music program, residents are provided playlists so they can enjoy the music that means something to them, be it classical or rock 'n' roll.



## **Snoezelen Room**

Our Snoezelen Rooms are multi-sensory stimulation rooms that use touch, sound and music, smell, taste, and sight to help residents connect with their environment. Based on work that originated in Holland in the 1970s, Snoezelen Rooms have been shown to promote well-being and reduce stress and anxiety.



At Heritage Senior Living,
we honor each resident's strengths
and skills. Relationships and
friendships help create a successful
day full of meaning and fun.

Our focus is on the resident, not the task.







Independent, Assisted Living and Memory Care Communities

For more information please call: 844-658-4475 heritagesenior.com



# Toddy's Touch

Touching the Heart of Memory Care

Deloris "Toddy" Pinkerton's experience with Alzheimer's disease inspired her son, our founder, to create a heartfelt dementia care program. Coined Toddy's Touch, the program utilizes nationally known approaches to dementia care to create a positive, nurturing environment.

Through Toddy's Touch, Heritage Senior Living emphasizes relationships and encourages person-centerd communication. We create a calm yet supportive environment that reduces challenging behaviors and lessens the need for psychotropic medications.

We're committed to honoring life stories and creating activities that enrich the lives of our residents, staff and families.

"Everybody has a story; there is a book yet to be written and shared." ~ Toddy Pinkerton ~

# **A**t Heritage, our focus is getting to the heart of memory care.

Our goal is to help residents lead a full and meaningful life despite the changes that occur due to dementia. Heritage creates an engaging yet soothing environment that helps individuals feel safe, secure and valued. Plus, residents and staff can connect as Best Friends<sup>TM</sup> — a relationship-centered approach to care — allowing them to form strong and lasting connections.



Toddy Pinkerton, the inspiration behind the Toddy's Touch dementia care program, shows off her milk mustache for Dairy Month.

#### **Our Dementia Program Includes:**

- "A Measure in Time" musical experience
- Snoezelen Rooms for sensory connection
- Training from Heritage leaders who are Best Friends<sup>™</sup> -certified, with consultation and program support from David Troxel, co-founder of the Best Friends Approach
- Utilizing the innovative "Positive Physical Approach" and "Hand Under Hand" methods by dementia pioneer Teepa Snow
- Heritage Hounds
- Themed monthly calendar
- Honoring life stories



# **Heritage Hounds**

Through our unique Heritage Hounds program, our memory care residents can participate in making and packaging dog biscuits. The sale of the biscuits benefits the Alzheimer's Association, as well as local dog shelters.

Making these biscuits not only allows our residents to engage with others, but also fosters a sense of pride and accomplishment.

The program also creates an atmosphere of ability and a feeling of confidence in knowing they play an active part in giving back and are truly appreciated for their hard work and efforts.





## **Celebrating Wisconsin Heritage**

One much-loved aspect of the Toddy's Touch program is the Wisconsin Heritage Monthly Calendar, which provides themed months during which our residents can participate in different Wisconsin-focused activities.

Each week Heritage offers new activities that both residents and their loved ones can enjoy. Engaging in these activities not only allows our residents to experience a sense of community and togetherness, but allows them the chance to learn, thrive and grow.

