



Why do fall leaves turn different colors when they are all on the same tree?

"Each of us is different. We have had different experiences. We have faced the sun differently. We have cast shade differently. Why should we not have different colors?" --- Leo Buscalgia, *The Fall of Freddie the Leaf*



The Bridges Memory Support Program at Spring Oak of Toms River celebrates and embraces the different experiences and life histories of each resident. Our program of traditional and innovative activities promotes not only physical wellness, but social and cognitive success as well as psychological enrichment. With no specific times or time limits, our activities cater to the needs of the residents on each day at each moment.

Building our program around the resident's strengths, such as daily chores like mending and housework allows for a sense of comfort and familiarity. With our knowledge and understanding of memory care, we emphasize cognitive programs in the morning when mental clarity is better and physical tasks in the afternoon as sun-downing and anxiety can occur.

Bridges Memory Support Program affords a full time LPN for hands on supervision of the program and operates under the watchful eye of our Director of Nursing- both of whom spend the majority of their days on our Bridges Memory Support Program floor. We also provide a full time activity assistant and around-the-clock specially trained care staff. These staff members are not task oriented; they allow the resident to dictate the pace. Rather than expect the resident to conform to our schedule, we join their journey and conform to theirs.



Our Bridges Memory Support dining program offers the same or similar meals that our assisted living program offers, but with a twist. For example- chicken on the bone in assisted living would translate to boneless chicken breast in Bridges Memory Support Program. Some of our residents experience challenges with using silverware. For those residents we offer finger food alternatives. You will note on our calendar, our soup that is served in assisted living with supper is served in Bridges Memory Support Program during social hour and, to maintain weight, we provide smoothie snacks in the morning.



## **AVERAGE RESIDENT DAY**

- Breakfast
- Tidy Up (Promotes life skills of clearing tables, rinsing dishes)
- Glamour Gals (Manicures, apply make-up, fix hair)
- Finish That Line (trivia- finish famous sayings)
- Sort it Out (Cognitive Activity of sorting household items)
- Music Time (quiet time with music softly playing)
- Lunch
- Tidy Up
- Dance to the Oldies (chair or standing)
- Scenic Ride (Out trip for a spin around town)
- Walking Club
- Supper
- Tidy Up
- Movie- Musical: The Sound of Music