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**MEMORY CARE FOR SENIORS  
VITAL PART OF CHOOSING SENIOR LIVING**

*Trend mirrors growth in dementia/Alzheimer's development in Older Adults*

**O'FALLON, MO** – As one in eight baby boomers are projected to develop Alzheimer's as they age, Assisted Living at the Meadowlands, an innovative senior living community focusing on providing exceptional, loving, and healing care to seniors with memory care, assisted living and special care neighborhoods, is part of the growing trend of memory care in senior living.

Statistics show that two-thirds to three-quarters of people living in care communities will have some form of dementia, and as quality of care enhances longer lives, communities that design programs that meet needs as they change are becoming vital for caregivers.

“Assisted Living at the Meadowlands has a secure memory neighborhood. The value of a secure memory unit is knowing that your loved one is safe in the hands of loving, compassionate, educated, and familiar faces,” said Tracy Voyles, Wellness Director. “Activities are focused on decreasing over stimulation and complimenting the residents various degrees of independence, promoting dignity.”

There are many benefits to secure memory care:

- Themed life stations with a purpose to enhance memory
- Expanded activities for residents with memory loss
- Smaller meal portions for flexible, frequent dining

When Mary Ellen Racen started asking repetitive questions and clearing off other resident's plates, staff at the Meadowlands knew it was time for her to start receiving Memory Care. Part of her care includes special activities where she helps others, like passing out drinks and snacks and assisting with running activities.

“She is so happy to feel that she is of use by helping, is much calmer with decreased anxiety, and is not agitated, since others are not rude to her for asking the same question twice,” Voyles said.

Care partners at Assisted Living at the Meadowlands recommend memory care environments, offering a “10 Things to Ask” guide for caregivers when choosing a memory care community.

**[ASSISTED LIVING AT THE MEADOWLANDS](#)**

We provide a nourishing community focused on wellness, activities and events that keep seniors active, along with peace of mind, privacy and safety so that caregivers know their loved ones can be at their best. Residents enjoy a cozy home without the hassle, knowing we are there to support them and help whenever needed with memory care, assisted living and short-stays for caregiver relief. Our dining room is open 12 hours a day with a restaurant style menu in a resort-like atmosphere. The beautiful gardens and courtyard of Assisted Living at the Meadowlands are surrounded by family-friendly O'Fallon, Missouri, regularly voted one of “America's Top 100 Places to Live.” Across the street is T.R. Hughes Ballpark along with plenty of convenient shopping options, medical centers and senior resources. Visit [www.MeadowlandsAssistedLiving.com](http://www.MeadowlandsAssistedLiving.com).

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## **10 Things to Ask When Choosing Memory Care for Your Loved One**

1. What kind of training programs does staff receive for working with people with Alzheimer's disease?
2. How do you provide support to families?
3. Is there a specific designated area for residents?
4. How many residents are there?
5. How do you provide structure and yet familiarity at the same time?
6. Are staff trained to involve residents in daily activities and exercise?
7. Is there a day program or respite program available?
8. How do you handle meals and provide adequate hydration to someone who forgets to eat and drink?
9. How do staff assess for pain and changes in condition?
10. Do you have staff consistency?

Contact a Care Partner at Meadowlands Assisted Living if you have any questions on memory care by calling 636-978-3600.