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## **Legacy Oaks of Sacramento Hosts Free Memory Care Workshops**

Sacramento, CA – Currently under the management of Meridian Senior Living (Meridian), Legacy Oaks of Sacramento Assisted Living and Memory Care (Legacy Oaks) is hosting Caregiver Café, a monthly workshop founded on principles from Meridian's exclusive memory care program. These monthly workshops are vital as the global impact of dementia is staggering. According to the Alzheimer's Association, as of 2015 there were 9.9 million new cases world-wide with one diagnosed every 3 seconds. With that in mind, all of us will be affected by Alzheimer's in one way or another. Understanding the disease has become increasingly important in helping afflicted family members and loved ones experience better outcomes.

Caregiver Café is based on Montessori Moments in Time (MMIT), Meridian's distinctive memory care programming, to offer families and caregivers strategies to cope with challenging times. The goals of MMIT at Legacy Oaks are to enhance living for those with memory challenges by using the five directional paths. Each directional path has the resident and family in mind to encourage independence and helps deal with the progression of Alzheimer's disease and other related dementias. These paths include Family Connections, Health and Wellness, Dining Experience, Life Engagement, and Team Promise. Family Connections focus on the well-being of our families through social gatherings, volunteer opportunities, support, and education. Health and Wellness is based on providing satisfying experiences, promoting independence, and encouraging positive behavior while maintaining respect and dignity. The Dining Experience leverages meals as a time to reminisce, create new memories, maximize independence, and promote socializing, all in an inviting environment. Life Engagement includes

scheduled programs that support the whole person allowing residents to function at their highest potential, giving them a sense of purpose and overall well-being. Team Promise focuses on developing care partnerships through ongoing education and training.

“When someone in the family has dementia, it changes everything”, states Sue Johnston, VP Program Development. “We understand the challenges you face and know that it is essential for you to have support, education, and an understanding of how important it is to take care of yourself.”

The Caregiver Café program offers an opportunity for caregivers of loved ones who suffer from Alzheimer’s or dementia to participate in a forum to ask questions while being surrounded by others going through their same situation. Legacy Oak’s onsite experts serve as a resource to provide support for the caregivers and to help them better understand their loved one’s condition. Caregiver Cafés are held on the last Wednesday of every month from 6pm-7pm at Legacy Oaks located at 1922 Morse Avenue in Sacramento, CA. Complimentary coffee and snacks are provided. Upcoming Caregiver Café topics include: *Alive Inside* featuring a Music and Memory Program on October 30<sup>th</sup> and *Tips for the Holidays* on November 27<sup>th</sup>.

Since workshop space is limited, interested participants should call (916) 822-7328 to R.S.V.P. at least one day before the event. For more information about Legacy Oaks, visit:

[legacyoaksofsacramento.com](http://legacyoaksofsacramento.com).

About Meridian Senior Living:

Meridian Senior Living, a privately held company based in Bethesda, Maryland, owns and operates seniors housing communities across the country and provides operational consulting to 24 communities in China. With more than 70 communities in 21 states and more in development, Meridian is one of the largest seniors housing operators in the U.S. The company prides itself on providing the highest quality care, exceptional lifestyle programming and a distinctive dining experience for its residents. For more information on Meridian Senior Living, visit [meridiansenior.com](http://meridiansenior.com).

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