

FOR IMMEDIATE RELEASE

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## **Landings of Oregon Hosts Free Memory Care Workshops**

Oregon, OH – Meridian Senior Living’s Landings of Oregon Independent, Assisted Living, and Memory Care hosts two ongoing memory care workshops: Caregiver Café and Mini Dementia Workshops every month. These 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 and understanding about the disease becomes increasingly important to be able to capably deal with afflicted family members and loved ones.

These two workshops are based on Meridian Senior Living’s special memory care programming: Montessori Moments in Time (MMIT) to offer families and caregivers strategies to cope with challenging times. The goals of MMIT at Landings of Oregon 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. Landings of Oregon’s onsite experts serve as a resource to better understand the loved one’s condition. Caregiver Cafés are held the first Monday of every month at 10:30 AM at Landings of Oregon in room 808. Complimentary coffee and snacks are provided. The next Caregiver Café will be on May 6<sup>th</sup> at 10:30 AM.

Understanding the challenges caregivers of those who suffer from Alzheimer’s or dementia face daily, onsite experts run the free Mini-Dementia workshops that cover topics of importance to caregivers. Each month, the workshops cover a different topic regarding memory impairment. Past topics include: “What is Dementia?” and “Three Main Stages of Dementia.” These workshops are free and are held the third Wednesday of every month at 12:00 noon at Toledo Lucas County Public Library: Oregon Branch in Meeting Room A, located at 3340 Dustin Road, Oregon, Ohio 43616. The next Mini-Dementia workshop “Engaging the Memory Impaired” will be on April 17<sup>th</sup> at 12:00 noon.

Since there are limited spaces in these workshops, interested participants should call (419) 972-2772 to R.S.V.P. one day before the event. For more information about Landings of Oregon, visit: [www.meridiansenior.com/oregon](http://www.meridiansenior.com/oregon) or call (419) 972-2772.

### **About Meridian Senior Living:**

Meridian Senior Living, LLC, a privately held company, owns and operates senior housing communities across the United States. With more than 7,000 beds, Meridian is currently the eighteenth largest senior housing operator in the United States. Meridian prides itself on providing the highest quality care and affordable living options to residents in their own communities. Although large in scale, Meridian focuses its growth effort on building state-of-the-art properties in cities outside major markets. For more information on Meridian Senior Living, visit us online at [www.meridiansenior.com](http://www.meridiansenior.com).

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