



# Circle of Friends Memory Care *Day and Night Programs*



*Symphony Senior Living*  
MEMORY CARE

*At Symphony Senior Living, we are renowned for our leadership and expertise in the field of Memory Care (Alzheimer's and other dementias). Our goal is to connect with those who suffer from dementia and to support the families and caregivers who love them. On the path of Alzheimer's disease, people will begin to live more and more in the moment in time where they are most comfortable.*

*Symphony team members are uniquely*



*trained to embrace this moment and help them to live fully in the present, with whatever abilities they have. This distinctive approach minimizes confusion, agitation and frustration.*

*Our specially designed properties provide generous wandering space, comfortable lounge areas for resting and socializing, reminiscing life skill activity stations and beautiful bathtique rooms with a Hydrotub, perfect for a warm relaxing bath if desired. Our properties also have a resident cat or dog who live on-site for all to enjoy!*



## Help when you need it

*If you are caring for someone with Alzheimer's or any type of dementia, and you work during the day or simply need a break, our **Circle of Friends Day Program** or **Night Owl Programs** can provide you with the support you need. Our unique day and night programs assist those who are caring for a loved one with memory loss, while providing participants with meaningful life-enriching time in a comfortable and safe home-like environment.*



## Our Circle of Friends Day Program and Night Owl Programs can provide the following services:

- Half or full day, evening or overnight options to suit your needs
- Basic health assessment
- Supervision from our trained Resident Specialists
- Chef prepared hot meals and unlimited snacks
- Suite available for the participants to take a rest if needed and quiet lounge areas for relaxation
- Opportunity for socialization in a safe and secure environment
- Day and nighttime activities
- Transportation to and from program included \*
- Support for families and caregivers
- Access to Snoezelen Rooms \*
- Unlimited use of reminiscing Life Skill activities
- Assistance with continence care (\$)
- Assistance with bathing and access to relaxing Hydrotub (\$)
- Assistance with medication administration (\$)
- Weekly outings (\$)
- Hairdressing services / Spa treatments (\$) \*

*\* Where available. (\$) Extra charges may apply.*



## Circle of Friends and Night Owl Program Activities

Our Activity Calendar is flexible and tailored to the needs, preferences and ability of our participants.

### Our Activity Calendar will typically include the following activities:

- Music
- Physical activity (yoga, stretching, outdoor walks, chair exercise, dancing)
- Current events
- Spiritual (signing a hymn, praying)
- Discussion groups
- Daily socials
- Sing-a-longs
- Entertainment
- Reminiscing
- Art Appreciation (drawing, clay, painting, crafts, scrapbooking)
- Intellectual activities (word puzzles, trivia, sports statistics, finish famous sayings)
- Van Outings:
  - ☐ Picnics
  - ☐ Van rides
  - ☐ Ice cream outings
  - ☐ Baseball games
  - ☐ Lunch time outings
  - ☐ Visits to local attractions
- Life Skill Activities:
  - ☐ Gardening
  - ☐ Baking
  - ☐ Helping fold laundry
  - ☐ Meal time set up
  - ☐ Raking leaves
  - ☐ Walking / grooming the dog
  - ☐ Woodworking (sanding, staining, building a bird house)
  - ☐ Office time (typing, filing, sorting)
  - ☐ Vanity makeovers



## Circle of Friends Day Program Options:

### Full Day Program – 8:00am to 4:00pm

#### Includes the following:

- Supervision from a Resident Specialist
- Breakfast, hot lunch and snacks
- Suite available to take a rest if needed
- Daily activities and opportunity for socialization
- Additional individualized services available, please inquire

### Morning Program – 8:00am to 11:30am

#### Includes the following:

- Supervision from a Resident Specialist
- Breakfast and snack
- Suite available to take a rest if needed
- Daily activities and opportunity for socialization
- Additional individualized services available, please inquire

### Afternoon Program – 12:00 noon to 4:00pm

#### Includes the following:

- Supervision from a Resident Specialist
- Hot lunch and snack
- Suite available to take a rest if needed
- Daily activities and opportunity for socialization
- Additional individualized services available, please inquire

### Circle of Friends Day Program – What to Bring

- Medication
- Change of clothes



# Night Owl Program

Often those with dementia have their sleep patterns reversed, getting up in the night and napping during the day, leaving the caregiver exhausted. Our Night Owl program is designed to provide caregivers with the treasured night sleep they deserve, by offering overnight care and activities for their loved ones in a secure, home-like environment. Participants have the use of a suite for sleeping or if they prefer, can spend time doing quiet activities with our uniquely trained Resident Specialists, who even wear pajamas at night!

## Night Owl Program Options:

### Evening Program – 5:00pm to 10:00pm

#### Includes the following:

- Supervision from a Resident Specialist
- Hot dinner and snack
- Suite available to take a rest if needed
- Evening activities and opportunity for socialization
- Additional individualized services available, please inquire

### Night Owl Overnight Program – 8:00pm to 8:00am

#### Includes the following:

- Supervision from a Resident Specialist
- Light meal options and snack
- Suite available to sleep when needed
- Quiet activities if desired
- Additional individualized services available, please inquire

### Night Owl Program – What to bring

- Medication
- Pajamas
- Change of clothes / pajamas



# *Symphony Senior Living*

## MEMORY CARE

Please call to find out how we can help you and your family. Symphony Senior Living locations with Memory Care Programs include:

**Carleton Place  
Terrace**

**(613) 253-7360**

6 Arthur St.  
Carleton Place, ON

**Symphony  
Kanata**

**(613) 591-3991**

27 Weaver Cres.  
Kanata, ON

**Forest Valley  
Terrace**

**(613) 830-4000**

1510 St. Joseph Blvd.  
Orléans, ON

**[www.SymphonySeniorLiving.com](http://www.SymphonySeniorLiving.com)**