

“Cherished Moments”

Memory Care Program

“Cherished Moments” is Heart to Home’s resident focused care program for seniors with progressive memory care needs and/or life limiting conditions. This program is a holistic approach to care which focuses on the whole person (mind, body, soul).

Cognitive and Intellectual Stimulation

Reading / Discussing the Daily News, Word Find Puzzles, Crossword Puzzles, Bingo, Cards, Checkers, Dice, Scrabble, Yatzee, Puzzles

Creative and Artistic Expression

Card Making, Door Hanger Making, Letter Writing, Memory Board Decorating, Bird Feeder Making, Squirrel Feeder Making, Cookie Decorating, Cake Decorating, Painting, Drawing, Coloring

Emotional Support

Scrapbook Making, Reminiscing, Looking at Pictures, Positive One-On-One Interaction (Listening, Hand Holding, Hugs), Massages, Therapy Pet Visits

Intergenerational Interaction

School Children Visits, Family and Staff Children Visits, Neighborhood children Visits

Outdoor / Nature Connection

Barbecuing Outdoors, Bird Watching, Squirrel Watching, Gardening, Eating Outdoors, Socializing Outdoors

Personal Care with Dignity

Weekly Hair / Salon Day, Make-Up, Jewelry, Faces Washed / Shaved, Proper Attire, ‘Grandma / Grandpa Shots’

Physical Activities and Exercise

Walking Programs (Indoors and Outdoors), Dancing, Chair Yoga, Put-Put Golf, Wii Games, Ring Toss, Standing and Sitting Exercises, Stretching

Productive Life Skills and Home Making

Folding Laundry, Baking, Helping Prepare Meals, Putting Away Groceries, Dusting, Meal Planning

Sensory Stimulation (Hearing, Sight, Taste, Touch, and Smell)

Listening to Music, Making Music, Signing, Looking at Picture Books, Fresh Food, Manicures, Pedicures, Aroma Therapy, Massage, Movie Night

Socialization

Dinner Parties, Holiday Parties, Birthday Parties, Coffee and Tea Parties, Family Style Meals, Entertainment, Games, Visitors

Special Events and Group Outings

Annual Family and Friends Holiday Party, Dinner Parties, Birthday Parties, Anniversary Parties, Farmers Market, Window Shopping, Cold Stone Creamery Trips, Caribou Coffee Trips, Outdoor Music Concerts at the Village Mendota Heights, State Fair Trips, Garden Tours, the list goes on...

Spiritual Enrichment and Care

Help Families Arrange for Ministers of Religion to Visit, Daily Reflections, Hymn Singing, Prayers before Meals / Bed