

Innovative Memory Care

Driven by our mission



Program Catalog **2022**



The Courtyard at Youville Place
A Memory Support Community

10 Pelham Road | Lexington, MA | 781.861.3535
www.youvilleassistedliving.org



About The Courtyard at Youville Place

The Courtyard at Youville Place is the only faith-based, non-profit assisted living community for memory care in eastern Massachusetts. The community opened its doors in 2014.



The Courtyard was designed to accommodate the needs of individuals affected by moderate to advanced Alzheimer's disease or other types of dementia. Both the physical space and the schedule of programs and activities have been designed to support individuals living with cognitive impairment.

Residents may not remember their world as it used to be, but can still recognize kindness and concern. The community provides a calm, soothing and welcoming environment where residents and their families enjoy time together.



Youville Assisted Living is a member of Covenant Health, a non-profit, Catholic healthcare organization serving communities throughout New England.

For more information about the Youville communities, please visit us on the web:

www.youvilleassistedliving.org



Innovative memory care — driven by our mission.

Dear Friends,

This catalog provides a glimpse into the Inspired Living program at The Courtyard at Youville Place. Inspired Living is an approach to memory care that promotes physical, spiritual, cognitive and expressive engagement on a daily basis. The programs are specifically designed to accommodate the needs of residents living with Alzheimer's disease and other forms of dementia while providing a range of fulfilling experiences. A number of Courtyard team members have become Certified Dementia Practitioners, empowering them to make more informed and effective decisions about our daily program offerings. Our goal is to inspire an ongoing sense of wellness, creativity and social connectedness in every resident.

Inspired Living relies on the exceptional Courtyard team members who implement our programs. In addition to the numerous outside presenters who visit The Courtyard, our staff members lead residents in daily exercise, failure-free art making activities, multi-sensory experiences using our state of the art "Brain Gym," virtual reality excursions, and therapeutic horticulture activities using our recently acquired Sensory Garden from Elder

Inspired Living



- Intellectual 3
- Spiritual 7
- Physical 9
- Expressive 11

Grow. Courtyard team members often draw on their own interests and backgrounds in a particular field to create original, personalized programs that deepen their relationships with residents.

These samples are just a few of the many programs offered at The Courtyard on a regular basis. Please let us know if you would like to visit The Courtyard at Youville Place. You can schedule a virtual or in-person visit by calling Susan Snow, Director of Marketing, at 781.861.3535.

Sincerely,

Joanne Scianna
COO
Youville Assisted Living Residences

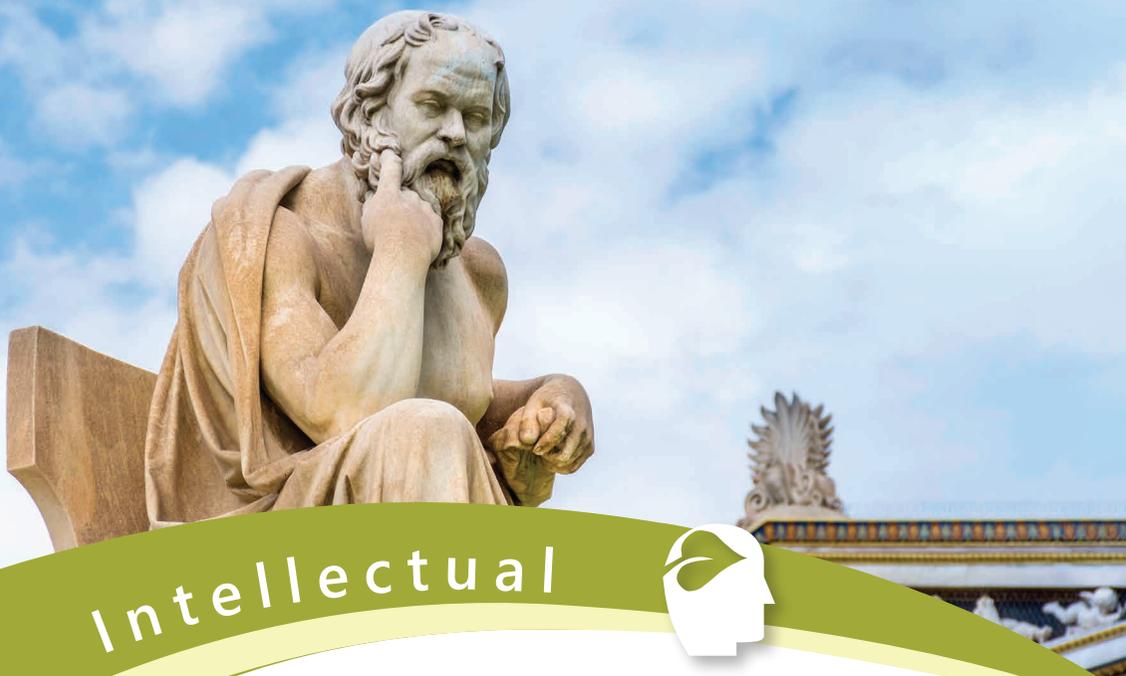
Virtual Insight Café

Join us via Zoom for a conversation with Tammy Pozerycki, Director of The Courtyard. Discussions are held monthly and focus on a particular topic related to dementia care. Free and open to the public.

Every third Tuesday of the month

Please RSVP to Susan Snow at 781.861.3535 or email susansnow@youvilleplace.org





Intellectual



Engaging Activities Stimulate the Mind

Even people diagnosed with dementia and short-term memory loss can stay mentally active through low-risk, failure-free activities and interactions. Simply being exposed to social situations on a daily basis is an important stimuli. Residents react to their social environments by making judgments and often form memories about their surroundings.

While a routine of social engagement is critical, so too is exposure to sensory stimuli. Programs like Pet Therapy and Nature Connection engage residents on multiple sensory levels: touch, sound, smell, sight. Whether petting a friendly canine or enjoying the resinous smell of a Douglas fir branch, experiences with new stimuli in the comfort of a home setting can provoke new thoughts and memories. Most recently, The Courtyard has purchased virtual reality equipment that allows residents to sit back and be transported to far-off places while interacting with a staff-member who facilitates the "journey." Options range from bustling Parisian tourist destinations to tranquil seascapes!

Because residents have different tastes and interests, the programming philosophy on The Courtyard is to allow them choices whenever possible. On a given afternoon, one group might be engaged in a puzzle or word-finding game, while another group is taking in a multi-media presentation about the history of Broadway musicals.

The Nature Connection

There is compelling evidence that older adults who are cut off from the natural world experience profound social and psychological setbacks. The Nature Connection brings nature to those who can no longer get out and explore the outdoors on their own.



Every month, staff members from The Nature Connection drop off samples of plant and animal life from a particular habitat. Residents then enjoy a virtual tour of the habitat, presented remotely by a Nature Connection expert. These natural encounters provide residents with a full sensory and learning experience, along with social and psychological benefits. Life Enrichment staff facilitate the virtual experience and assist residents as they engage with the items. A particular smell or texture can elicit far off memories of summers spent hiking or vacationing at the beach, resulting in stories, positive feelings and lively interaction with others. On any given session, Courtyard residents might enjoy hearing the coo of a dove, learning about an exotic habitat and smelling the forest lingering on a freshly cut pine bough.

Elder Grow

Horticultural Therapy Program

Elder Grow is a therapeutic horticultural program that engages residents in a series of structured, hands-on sensory experiences. Each session centers around a Sensory Garden, an indoor garden that residents can plant, watch, smell and enjoy (and in some cases taste!). The Elder Grow program is specially designed to accommodate residents of all abilities while engaging the five senses. Gardening sessions are led by an Elder Grow specialist who helps residents as they tend their garden, gives presentations and provides training for Life Enrichment staff who maintain the garden at The Courtyard between each Elder Grow session.





Rendever Virtual Reality



Virtual Reality has finally reached Memory Care! Residents at The Courtyard have the opportunity to enjoy previously unheard of experiences, such as group trips to distant cities, natural wonders and nearly anywhere else you can imagine. Residents can even take "reminiscence trips" to their old neighborhoods and childhood homes!

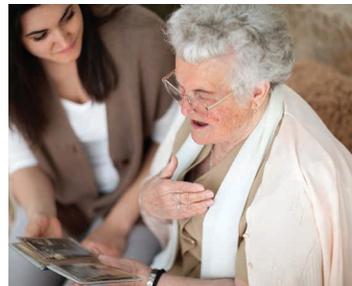
The Courtyard uses Rendever Virtual Reality, a system that is simple to use and shows powerful results. Participating residents are equipped with a virtual reality headset, while a staff member facilitates the experience using a tablet. In addition to providing in-the-moment entertainment, virtual reality experiences have been shown to decrease feelings of isolation and lead to positive group interactions. Because residents sit upright and often move their arms while exploring their virtual worlds, a significant amount of physical exercise is built into the experience. Positive emotions typically linger long after a virtual adventure, as residents are often fond of recounting the places they have seen and visited.

Music History Lectures

Music Historian Richard Travers presents a series of stimulating, multi-media lectures that combine audio selections, visuals and engaging historical facts. Each Zoom presentation focuses on a particular musical movement, era, theme, performer or composer. Presentations range from baroque and opera to folk, jazz and other popular genres.

Storytelling

Storytelling allows residents to express a range of emotions and participate in supportive, collaborative story creation. Each session engages a variety of senses through music, images and narration. Residents benefit from a highly structured program that can be tailored to their particular needs and abilities from one session to the next.



Music and Memory

Music has been known to unlock memories and assist with learning new information, but only recently has it been explored in the context of the aging brain. A 2010 study at Boston University suggested that music, rather than medication, might help people with short-term memory loss learn new information. Dan Cohen, a social worker featured in the film *Alive Inside* (2014), is so confident in the effectiveness of music as a cognitive enhancer that he began his own foundation, "Music & Memory" (www.musicandmemory.org) to help bring music to older adults living with dementia. The Courtyard is certified in the Music and Memory Program. Residents are provided with headphones and their own ipod so that they can listen to the music that matters to them most. It is a crucial lifeline to past memories as well as a way to engage with the present.



In order for Courtyard residents to participate in the Music and Memory program, family members are asked to provide the Life Enrichment Department with a selection of songs they know will be familiar. Often, it is useful to think about songs that will elicit positive memories and emotional responses, such as a wedding day song, an old favorite that the resident used to sing, or a song from childhood.

Brain Gym



The Brain Gym is a multi-sensory space where residents can enjoy a range of stimulating and soothing experiences. With assistance from Courtyard staff, residents can use specialized equipment in the space to promote cognitive stimulation and overall well-being. Equipment includes a remote-controlled, liquid-filled tube where bubbles, lights, graphics and vibrations stream through, creating various visual and tactile effects. The Brain Gym also features a "mega pod," a large touch screen where residents can interact with graphics, create sounds, draw, listen and embark on virtual reality experiences. The mega pods are programmed with over 80 themes that can be selected based on a resident's interests, past experiences and tastes.



Spiritual



Spirituality in the Afternoon of Life

Residents living with dementia confront a set of life circumstances that might be difficult for younger generations to fathom. They cope with reduced mobility, a variety of physical ailments, slower working memory and cognitive decline. They also cope with the loss of friends and loved ones. These outward factors have an enormous and under-appreciated effect on inward life.

When The Courtyard was established in 2014, it became the only faith-based, non-profit assisted living option for memory care in eastern Massachusetts. Our Director of Mission and Spiritual Care is a board-certified chaplain who ministers to the spiritual needs of residents and family members of all faiths and creeds. Catholic residents derive comfort from celebrating Mass and rosary on a regular basis, along with additional programs that honor their faith. The spiritual needs of non-Christian residents are embraced and celebrated on important holidays, during times of stress or hardship and whenever special spiritual needs arise.

In all cases, The Courtyard is committed to maintaining a respectful and spiritually rich community through religious observances, caring conversations, mindfulness, meditation and additional faith-based programs.

Catholic Mass

Catholic Mass is celebrated five times a week in the Youville Place Chapel. For many lifelong Catholics, this is the most important part of their day and a welcome reminder of why living in a faith-based community is so important. Residents benefit from a full church experience without having to arrange for transportation off campus. For residents on The Courtyard, celebrating Mass with the entire Youville community is extremely grounding.



Rosary & Communion Service

Many Courtyard residents take great comfort in performing familiar religious rituals such as saying rosary and celebrating Holy Communion. Often, these rituals have been with residents through their entire lives, providing a powerful sense of identity as well as communal belonging. The texture of the rosary beads, the sounds of the prayers and the practiced steps of receiving communion provide important sensory cues that reconnect.

Mindfulness Meditation

Countless studies have confirmed that meditation promotes mental and physical health. Some of the benefits include lower blood pressure, a decreased rate of respiration and lower blood lactate levels. Meditation is also associated with clearer thinking, improved concentration and increased happiness. Courtyard residents have the opportunity to practice mindful meditation on a regular basis. Mindfulness involves concentrating on the breath and keeping one's awareness on the present moment.

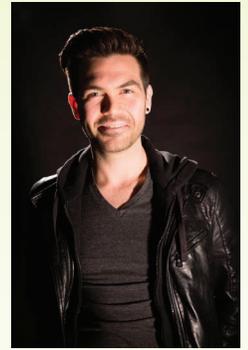
Jewish Holidays

Important Jewish holidays are celebrated every year on The Courtyard. The Director of Mission and Spiritual Care helps to facilitate community-wide celebrations of Passover, Rosh Hashanah, Yom Kippur and Hanukkah. For Jewish residents, these events are spiritually uplifting and comforting reminders of celebrations past. All residents are invited to participate and learn more about the significance of the customs and traditions associated with these holidays.



Steps in Time: Ballroom Dancing

Inspired by the idea that people of all ages and abilities should have opportunities to dance, Instructor J. Michael Winward has led social Ballroom and Latin dance workshops throughout Greater Boston, witnessing firsthand the many benefits that dancing provides for the “Over-55” community. Dance encourages good posture, offers low-impact, cardiovascular exercise, and connects people through the skills of leading and following. Classes are held outside during the spring and summer months.



Physical



Exercise Reduces Stress, Reduces Hospital Visits and Promotes Brain Health

Youville is proud to offer a variety of daily exercise classes through our partnership with an on-site, full-time exercise physiologist from Fox Rehabilitation.

Regular exercise has long been known to reduce stress by releasing a steady stream of cortisol, "the stress hormone," into the blood. This trains the body to release less cortisol during stressful situations, decreasing negative impact that stress has on us.

Exercises that target balance and coordination are especially important for older adults who are prone to falling. These types of exercises keep key muscles strong while training the body to recover more easily from a loss of balance.

Aerobic exercise accelerates the heart rate, keeping blood vessels happy. As the heart pumps blood throughout the body, the capillaries in the brain are replenished and fortified, benefiting neurons and ensuring that their synapses remain strong. A 2016 Finnish study at The University of Jyväskylä actually found that aerobic exercise can stimulate new brain cell growth in the hippocampus, the area of the brain that is responsible for memory.

Laughter Yoga



Spontaneous laughter is known to promote cardiovascular health, social bonding, stress reduction and mental wellness. Laughter Yoga involves a combination of physical movements and coordinated, voluntary laughter. Studies have shown that Laughter Yoga produces the same positive results that spontaneous laughter provides.

Ageless Grace

Ageless Grace is a series of physical exercises designed to stimulate neurogenesis, the creation of new neural pathways. A typical Ageless Grace session is 10 minutes long and performed seated in a chair. Seating ensures that people of all abilities can perform the movements, while also engaging the core muscles that support the spine and limbs. More importantly, the movements are unfamiliar, which is key for stimulating neurogenesis. As the brain works to figure out how to perform movements that normally assume a standing posture, new neural pathways form. Ageless Grace classes are taught by a certified instructor on the Youville leadership team.



www.youvilleassistedliving.org



Expressive



Creative Expression Engages Emotions, Helps Residents Stay Connected

In its moderate stage, dementia affects short-term memory, as well as the ability to learn and process new information. Although cognition becomes more difficult as the disease progresses, a person's emotional capacity remains intact. Feelings like happiness, gratitude, accomplishment or pride in one's work will persist even after their initial causes are forgotten. Programs that encourage hands-on creation elicit these positive feelings.

Courtyard residents have many opportunities to create through storytelling, crafts, art-making and participation in interactive music programs. By engaging in creative projects, residents achieve a sense of "oneness" with their immediate activity.

In addition to focusing the mind on concrete, manageable tasks, creative activities can also become a basis for teamwork and companionship. Many of the expressive programs at The Courtyard not only provide residents with a failure-free framework to be autonomous creators, but also opportunities to meet volunteers from younger generations, engage with staff and establish ongoing, meaningful relationships.

Opening Minds through Art (OMA)



The Opening Minds through Art program, known as OMA, is an intergenerational art program that enables Courtyard residents to create art with the assistance of younger volunteers. For residents living with dementia, art-making provides a sense of accomplishment, a focal point and a basis for companionship with their volunteer partners. Just as importantly, the partnerships make a profound impact on the young volunteers' understanding of dementia and aging.

An OMA facilitator regularly recruits and trains young-adult volunteers to serve at The Courtyard. Throughout the art-making process, the resident is the main decision-maker. The partner is there to help with certain technical aspects such as how to apply paint or glitter and what steps to take next. More importantly, the partner is there to talk and provide companionship.

Residents create a portfolio of art over the course of eight weeks, culminating with a formal art exhibition where they can see their artwork on display. Although they may not be able to remember creating the pieces, the artists often recognize them as their own and are extremely proud of what they have created. For everyone who attends the reception or views the exhibition, it is proof that creativity remains intact throughout life, even in people living with dementia.



Chef's Corner



This program is a must for anyone who loves food or cooking! Each presentation includes a short talk, a live cooking demonstration and tasting opportunities. Presented by Youville's Director of Dining Services, Chef's Corner provides residents with an entertaining show and an array of delicious sights and smells.

www.youvilleassistedliving.org

Music Therapy

Music therapy provides residents with an engaging musical experience that lifts spirits, fosters group interaction and certified music therapists lead sing-alongs and perform on a variety of instruments with the aim of fostering group participation. Performances include a mix of familiar, generation-appropriate songs that are easy to sing along to, as well as opportunities to play along on simple instruments.



Drumming Circle



Drumming has been associated with therapeutic benefits like lower blood pressure, stress relief and improved coordination. In this program, residents learn the basics of drumming and musically collaborate. Courtyard staff provides an array of percussive instruments and guides the group through a series of invigorating drumming exercises.

Art Matters

ArtMatters has been exposing Youville residents to great art for over a decade. Lecturers draw from an enormous library of life-size, high resolution prints and provide accessible commentary and historical context. A typical ArtMatters lecture might encompass an entire historical period, such as the art of ancient Greece, or home in on the life and work of a singular genius like Van Gogh. A lecture might also focus on a particular medium such as watercolor, the art of portraiture, Impressionism, Surrealism, women artists, the role of humor in art, and much more. Facilitators encourage residents to discuss the works under consideration and share their reactions.



Meet our Compassionate Courtyard Leaders



Joanne Scianna, CDP
COO, Youville Assisted Living

Joanne Scianna oversees day-to-day operations at Youville Place Assisted Living. She was instrumental in opening The Courtyard in 2014, as well as building a strong leadership team and establishing standards of excellence across all areas of life at The Courtyard.



Tammy Pozerycki, MA, BC-DED, CADDCT, CFRDT, CDP
Director of The Courtyard

Tammy Pozerycki oversees the daily operations at The Courtyard. She works closely with family members to assess resident-specific care needs and provides ongoing training and leadership for the Courtyard Wellness team. Tammy has over 25 years of leadership experience in the field of memory care.



Katie Blanchard, CDP
Director of Programs

Katie Blanchard is a Certified Dementia Practitioner who has led the way in developing programs at Youville for over 20 years. She is especially passionate about working with residents in memory care and discovering innovative programs to bring to The Courtyard.



Kathleen Kelleher, MDiv, BCC, CDP
Director of Mission & Spiritual Care

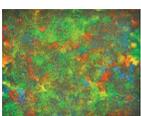
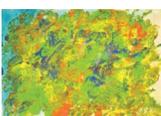
Kathleen Kelleher is a board-certified chaplain and a regular presence at The Courtyard. She is available for private meetings, offering comfort through conversation as well as prayer and scripture. Kathleen brings genuine curiosity to her interactions with residents, always striving to better understand their life stories and spiritual needs.

All Courtyard staff are required to successfully complete a 7-hour comprehensive Alzheimer's & Dementia training course. In addition, 6 hours of dementia education each year trains staff to communicate more effectively and anticipate the needs of residents.



The Courtyard at Youville Place
A Memory Support Community

10 Pelham Road
Lexington, MA 02421



www.youvilleassistedliving.org

The front and back cover artwork was made by Courtyard residents through the Opening Minds through Art program.