



Branches in Time Activity Program

Arveda's name means Tree of Life and just as a tree has branches that make that tree complete, we believe the following branches complete the Branches in Time Activity Program that fulfill our mission to provide a high quality of life for our residents.

- 1. Residents First** - Arveda's activities are adapted to the residents' skill level and chosen based on the residents' abilities and preferences.
- 2. Community to Them** - The Arveda program brings the community to the residents where they feel safe and secure. Group outings do not occur since residents may become anxious, scared and may wander. Entertainers such as musicians, dancers, and pet therapists, as well as volunteers visit Arveda.
- 3. Quality vs. Quantity** - Arveda's activities are meaningful and worthwhile for the residents and provide socialization.
- 4. Age Appropriate** – Arveda's activities are adult focused.
- 5. Safe** - Activities are safely supervised.
- 6. Music of the Soul** - Music is played throughout the day at Arveda. It stimulates cognition and verbal communication and also has a calming effect. Staff and residents sing-a-long daily to their favorite tunes.
- 7. Short and Sweet** - Alzheimer's residents have limited attention spans so activities are less than 45 minutes.
- 8. Active Participation** - Arveda's staff strongly encourage residents to actively participate. If residents are not interested at that moment in time to the current activity, another activity will be offered.
- 9. Go With the Flow** – The program has a daily schedule, however the activity is altered if the needs or behaviors of the residents reflect the need for the change.
- 10. Activities of Daily Life Included** – Arveda's program includes activities of daily living, such as bathing, dressing, grooming, eating, etc. Including activities of daily living changes the focus from a "task" that has to be completed, to an "activity" that provides cognitive stimulation and skill maintenance.
- 11. Food is love** – Meals provide a time for socialization, reminiscing, and planning for the day. Meals at Arveda are a family affair with staff eating with the residents to monitor and cue when necessary.
- 12. Restroom Assistance** – Arveda's program follows a 2 hour restroom assistance program during waking hours. Prevention of incontinence is important to protect skin integrity and to maintain a sense of dignity. The use of adult protective wear is used only when the restroom assistance program is no longer effective to prevent incontinence.
- 13. Families are Important** – Family involvement is important for the residents and their families. Arveda encourages families to visit and participate, and the activity program includes planned events for the families to attend.
- 14. TV Last** – Arveda believes that the TV should not be used as a senior sitter. TV is not a productive activity for the residents, so it is only available in the evening with special programming.
- 15. Around the Clock** - Alzheimer's residents lose their sense of time and frequently awaken at night. Calming activities such as hand massages, warm milk or tea and a snack are provided to help the residents relax and return to bed.
- 16. Spiritual Fitness** – Church services (non-denominational) are available upon request. Spiritual fitness remains important even to those who no longer understand or remember their faith. The spiritual soul still needs to be fed and nourished.
- 17. Variety** - Arveda provides a variety of activities: cognitive, physical, musical, occupational and social.