

THE SHORES

Memory Care at Vivante



***"I have grown very fond** of the warm and vivacious receptionist that welcomes me at every visit, the nurses that report on mom's health and the activity directors that coax my mom to participate in a wide range of activities. I don't consider The Shores at Vivante a memory care facility any longer. I think of it as home."*

– Mary Ann

***"It was comforting to see** how well he adapted and how accommodating the staff was to get to know Dad and evaluate his needs. We are amazed at how individualized the care is for each resident at The Shores. Every issue was approached with a variety of options and together with you and your staff we found the right solution for Dad every time."*

– Sharon

***"I am always impressed** that at The Shores, the staff finds every opportunity for joy. That even in the most challenging situations, joy can be just around the corner."*

– Dorothy

THE SHORES

At *The Shores*, we provide an enhanced level of quality and safety for our residents. Our programming and compassionate staff provide a stimulating lifestyle for our residents and reassurance for our families. Our culture of caring, commitment and joy is at the heart of everything we do to transform and enrich the lives of our residents.





What makes THE SHORES special?

- **Caregivers trained with the Montessori Method for dementia**, which includes emphasizing dignity, respect, and equality. Emphasis is placed on retaining residents' individual abilities, gifts and strengths
- **Hoag medical offices and staff on site**, offering convenience for residents and a personalized and comprehensive care plan
- **High caregiver ratio** fosters an environment where residents are properly cared for, engaged, productive, and encouraged to participate fully. Our staff assists with personal care as needed, allowing for maximum independence and dignity
- **24-hour licensed nurses** on site, administering medication and overseeing the care of the residents
- **Dedicated Activities Director** designs an activities program specifically targeted to engage residents in four core focus areas: cognitive, social, physical, and spiritual. Programs include music therapy, art therapy and others
- **Superior culinary program** means that our residents are given choices at mealtime and served the same fresh, delicious, creative menus as all of our Vivante residents
- **Dedicated food servers** enable caregivers to focus on the residents
- **Vivante's wide array of amenity spaces** are used by *The Shores* residents for daily activities, including aqua therapy in our indoor saltwater pool, exercise in our state-of-the-art fitness center, outdoor bocce ball, putting, strolling, and more
- **Weekly community outings** to locations such as local museums, beaches, restaurants, and musical events stimulate the senses of our residents
- **Individualized assessment and care planning** allows the Program Coordinator and staff to partner with loved ones in the care of our residents
- **Luxurious community** specifically designed for our residents with memory-impairment to enhance safety and security in a comfortable environment that becomes "home"
- **Concrete construction and fire safety system** provides increased protection for residents
- **Strong family support** based on our true understanding of the complex issues involved when a loved one has cognitive impairment

Care and Wellness



We work closely to understand and enhance each of our resident's retained abilities, while promoting independence and improving their quality of life. Our culture of caring for people with cognitive impairment honors their life history, supports their strengths and challenges, and maintains their dignity. To make this possible, our highly-trained staff is dedicated to best practice research and receives specific training in caring for people with Alzheimer's and different types of dementia, and managing challenging behaviors. The high caregiver-to-resident ratio at *The Shores* allows us to provide the personalized services necessary to foster a safe, enjoyable, home-like environment for our residents.

CARE

- 24-hour licensed nurse
- Dedicated Program Director, degreed in Recreational Therapy, creates a full daily activity calendar
- Montessori Method for Dementia applied in personalized activities, connecting past interests and skills with retained abilities
- Individualized assessment and care planning as needed
- Monthly family support groups
- Dedicated Medical Technicians
- Specialized dementia training for staff
- Daily laundry and housekeeping service
- Personal care services

HOAG/ MEDICAL PROGRAM

- Established partnership with Hoag
- Specialized M.D. on site
- Monthly family dementia workshops through Hoag Neurosciences
- Group shared medical appointments and assessments for new residents
- Specialized Hoag Neuroscience programming
- FDA approved virtual reality for PT/OT, mental health, and brain stimulation
- Hoag educational lectures with physicians from the Neurosciences Institute, Cancer Center, and Diabetes Center



VITALITY PROGRAM

- Shores-specific Vivante Vitality Wellness Program (three 8-week cohorts per year)
- In partnership with California State University Long Beach Gerontology department
- 2 exercise classes daily; water aerobics weekly
- Music for the Mind therapy
- Specialized weekly family activities
- Certified staff in Cognitive Stimulation Therapy through Fit Minds Program (24 hours of training)
- Dementia-specific snack preparation
- Monthly behavioral health group therapy sessions

Amenities/Activities



The environment of *The Shores* was specifically designed for our residents with cognitive impairment. We have incorporated new innovations in dementia research and technology with contemporary design to create a safe, home-like atmosphere for our residents.

ACTIVITIES

- Dedicated activities staff
- Montessori approach for activities
- Live entertainment (min. 4 days per week)
- Weekly outings (min. 2 per week)
- Monthly parties with families
- Cognitive fitness through a variety of proven technological and interactive programs (It's Never Too Late)
- Daily exercise programs are adapted to our residents' individual abilities, and include yoga, chair exercise, bocce ball, putting and walking, among others
- Certified "Music and Memory" community
- Pet therapy

CULINARY

- Superior culinary program
- Shores residents enjoy the same food as assisted living residents
- Experienced chef
- Dedicated food servers
- Family consults with nutritionist/ registered dietitian on an as-needed basis
- Culinary demonstrations
- Organic juicing for cognitive health
- Multiple choices for residents at each meal
- Specific nutritional programs accommodated

COMMUNITY FEATURES

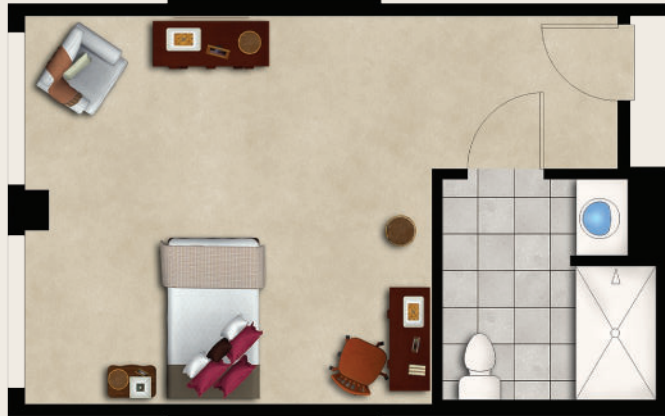
- Rooftop deck
- Comfortable, coastal-inspired entertainment areas in restful colors
- Activity room featuring bright, stimulating colors
- Large windows and ample natural light throughout the community
- Fitness room
- Two dining rooms available for specific residents needs
- Outdoor dining patio
- Daily use of vast array of Vivante community amenities, including putting green, indoor saltwater pool, Jacuzzi, bocce ball, salon, movie theater, game room and art studio



Floor Plans

Our spacious, luxurious, private and semi-private suites are available in a variety of floor plans. As a convenience to our residents, we offer our suites as either furnished or unfurnished. Tempurpedic mattress provided in furnished suites. All showers feature roll-in style with grab bars.

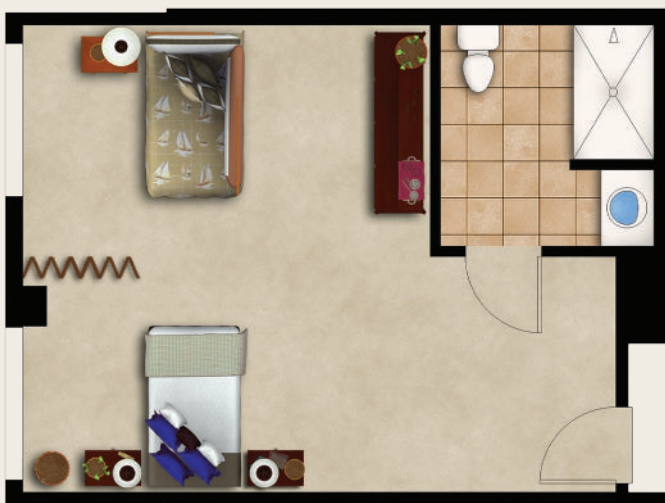
Plan 1: Private Suite



Plan 2: Semi-private Suite

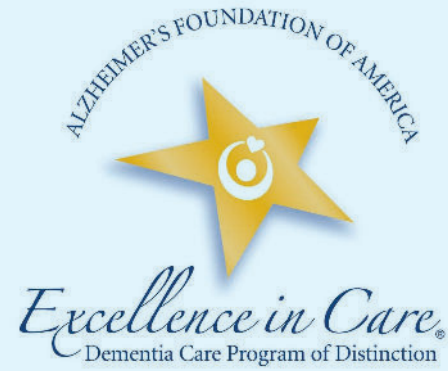


Plan 3: Shared Suite



Plan 4: Private One-Bedroom Suite





1640 Monrovia Avenue
Costa Mesa, CA 92627

(949) 629-2100

vivanteliving.com