

# Comprehensive Memory Care...

## Personalized Care on a Higher Level

Watching and worrying about someone you love progress through the stages of memory loss takes an emotional and physical toll on everyone involved. Finding the right place, that provides trusted Alzheimer's and dementia care that feels like home, as well as education and support for loved ones, is a top priority.

At McLean, rest assured that your loved one will receive the highest quality Memory Care. Unlike most traditional Memory Care communities in Connecticut, we believe in a less inhibiting, more enriching method to memory support. Our design and approach, coupled with cutting-edge technology, can enhance your loved one's abilities and empower them to lead an engaging, fulfilling life.

## Assisted Living Memory Care

Every day, residents and team members bond like a close-knit family. Your loved one will be cared for by a highly trained care team and CNAs certified in dementia care by the Alzheimer's Association.

Residents are surrounded by the familiar, smiling faces of a care team that takes the time to really get to know them on a personal level and helps them stay active. Our Life Enrichment staff plans activities that take their interests into careful consideration. In addition, the longevity of our team helps ensure a higher level of continuity, quality care and service that promotes dignity, independence and respect.



Licensed nursing team members are on-site 24/7 and a wellness nurse oversees daily care for residents, in an intimate, secure neighborhood with beautiful outdoor living spaces where residents bond, share and enjoy a family feeling. A Program Director and experienced Life Enrichment team keep residents stimulated and engaged in meaningful activities that recognize their individual passions, and three restaurant-style meals are served daily.

Call **860-658-3786**  
for more information or  
to schedule a tour.

## Day Program

This social model adult day program is a comfortable introduction to McLean's engaging lifestyle and gives caregivers respite throughout the day, Monday through Friday, 9 am – 3 pm, including a morning snack and delicious, chef-prepared lunch. You choose the days that work best for you! **Call 860-658-3786 for more information.**



McLean



# And Support for Each and Every One

## Memory Care Volunteers

Developed in partnership with the Alzheimer's Association, our specially trained volunteers provide individualized social support and companionship to those needing memory care, and respite for caregivers, in a home setting or at McLean. **Call 860-658-3941 to learn more about the contributions of our volunteers or learn how you can request a volunteer.**

## For the Memory Care Patient:

- **Giving Alzheimer's Purpose (GAP) an Early Stage Social Engagement Program**

In cooperation with a grant made possible through the Alzheimer's Association CT Chapter.

Get out, get active and get connected with McLean, the Alzheimer's Association and others with early stage Alzheimer's.

**These sessions are offered twice a year and meet monthly. Call 860-658-3941 for more information.**

- **Community Café**

A memory care initiative originally developed in the Netherlands, has been adapted as a special program at McLean, giving people with early stage Alzheimer's and dementia and their caregivers place to come together for social interaction, engagement and friendly support. **Join us on the second Saturday of each month, from 10-noon in the McLean Health Center. Call 860-658-3941 to register.**

## For the Caregiver:

- McLean offers a number of support groups for caregivers, on our campus and around the community. All are welcome. Unless otherwise noted or for general questions, please call Ann Pavano at 860-658-3941.

**Alzheimer's and Dementia Support Group, led by Peggy Coburn, MPH, Administrator  
McLean Home Care & Hospice**

Granby Senior Center, 15 N Granby Road, #C  
First Monday of each month  
1:00-2:30 pm  
Call 860-658-8273 for more information

**Alzheimer's and Dementia Support Group, led by Peggy Coburn, MPH, Administrator  
McLean Home Care & Hospice**

Residence at Brookside, Avon,  
117 Simsbury Road, Avon  
Third Wednesday of each month  
3:00-4:30 pm  
Call 860-658-8273

**Alzheimer's Caregiver Support Group at McLean, led by Margaret Crane, LCSW, ACHP-SW**

75 Great Pond Road, Simsbury,  
McLean Health Center Craft Room  
First Tuesday of every month  
1:00-2:30 pm  
Call to register 860-658-3941

- **Caregivers Education**

McLean is proud to be a resource to the community and offers valuable educational seminars and presentations in partnership with the Alzheimer's Association and other health care professionals. Please check **McLeanInspiredLiving.org** or call **860-658-3723** to find out about our upcoming events. Most are by registration, but are free and open to the public.

