Expressions
Memory Care

A Memory Care Program to Remember

Prestige Assisted Living at Chico

Prestige Senior Living, L.L.C.
The character of our people is what sets us apart...

Our Expressions staff is carefully selected and trained to care for those with Alzheimer’s and other forms of dementia. We hire compassionate people and train them in the latest and most advanced forms of memory care.

Ours is a very personal business and we take great pride in knowing that we have created a warm and caring culture for our employees and residents.
A friend to turn to…

One of the biggest challenges a family can face is finding help for a parent or loved one with Alzheimer’s or other forms of dementia. It can be difficult to find a community that not only provides quality care, but creates an environment in which the affected individual can thrive and live a productive and active life. It is important to find someone who can truly help your loved one, while always treating them with dignity and respect.

Our Expressions memory care program is different. We believe a resident’s well being is directly related to how they feel and interact with the world around them. We have designed a program that makes our residents feel accepted, important, comfortable…at home. Our goal is to become an extended family, creating a buffer against fear and the stress of the illness.

Of course it is our job to provide quality care. It is also our job to keep our residents engaged and fulfilled. Expressions focuses on turning daily activities into memorable and meaningful events. Using innovative care techniques and life enrichment programming, Expressions provides people with dementia an outlet for creativity through arts, learning, and spirituality.

Most importantly, we take care of the details so that you can focus on the more positive aspects of your relationship.

"Prestige’s new dementia care program, Expressions, focuses on turning daily activities into memorable events and meaningful moments. It’s all about creating a caring community."

Over 5 million Americans are struggling with Alzheimer’s or some form of dementia and the number is expected to grow exponentially over the next few years.

David Troxel, MPH
Author of The Best Friends Approach to Alzheimer’s Care
Consultant to Prestige’s Expressions Program
Life is an activity!

All of us engage in activities every day; sometimes planned or spontaneous, simple or elaborate. Activities in memory care should have the same flavor. Based on that philosophy, we have developed a program that nurtures body, heart, soul, and mind. We call our program *Expressions of My Life*.

All of our Expressions communities use the following Expressions of my Life Activities to keep our residents engaged and fulfilled, ultimately improving their quality of life.

**ARTISTIC EXPRESSIONS**
These activities celebrate the creative spirit in us all. Research has established that persons with Alzheimer’s and related dementias often experience a spike in creativity. Artistic Expressions celebrate and encourage imagination involving the arts, poetry and music.

**HEALTHY EXPRESSIONS**
Exercise is very important for persons with Alzheimer’s and related dementias. In fact, research shows that people who exercise regularly develop Alzheimer’s later in life and regular exercise actually slows the disease. Healthy Expressions activities focus on regular physical expression.

**TASTY EXPRESSIONS**
Tasty Expression activities celebrate the joy and pleasure that can come from food. Food provides nutrition, a chance for socialization, an opportunity to reminisce about favorite foods and recipes. It is a wonderful way to stimulate the senses.

**EDUCATIONAL EXPRESSIONS**
These Expressions activities emphasize the value and benefit that comes from lifelong learning. We used to believe that persons with dementia could not learn and retain information. Now we know that many can. Even those who are profoundly forgetful, still enjoy the experience of learning.

**SPIRITUAL EXPRESSIONS**
Spirituality means different things to different people. For some people, it is a connection with God, or a higher being. For others, it is an experience of awe, focused attention, or mental discipline. Spiritual Expressions activities enable each person to develop inner peace through their own spiritual journey.
A community of caring based on values.

We look at care a little differently. Ours is not so much a job as a privilege. You see, we spend our days and nights with fascinating people who have wonderful stories to share. We take the time to get to know our residents and consider every one of them to be a cherished and respected member of our family.

At Prestige Senior Living, we make it our mission to deliver quality care guided by a compassionate heart. It’s a philosophy of caring based on the values we live by every moment, hour and day we touch our residents’ lives.

Our Prestige Values:

**RESPECT**
Every person is a unique individual made in the image of our Creator; inherently deserving of our respect. We base our care on a foundation of respect for our residents and their families and for ourselves as individuals. No matter how we live or what we believe, we all need and deserve the respect of those around us.

**INTEGRITY**
Every action is driven by our core values, no matter the circumstances. Our care is based on the foundation of truth and honor. We believe in doing the right thing; always acting in the best interest of our residents.

**COMMITMENT**
Our behavior results from our passion for the completion of our individual special purpose in the world. We serve others because it is our calling. We believe it is our privilege and honor to provide senior services and an obligation that we take very seriously.

**TRUST**
Character is of such high value to us that our word and actions will always be true. We know that trust must be earned, and we strive every day to act in ways deserving of yours. It is our pledge that we will care for your loved ones as if they were our own.
Our communities do not discriminate on the basis of sex, age, race and color, religion, marital status, national origin, political ideology, disability or veteran status.