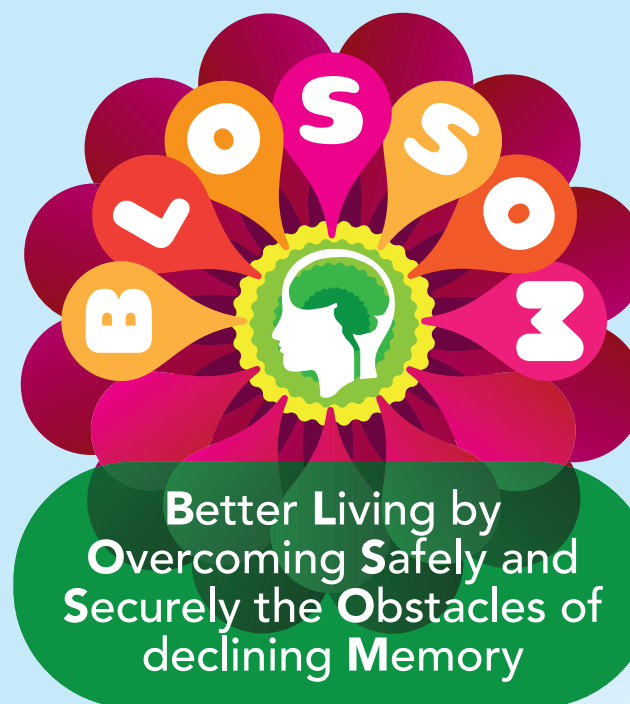


“ In my experience with progressing cognitive decline there is associated functional decline. Eventually it is no longer safe for my patients to live alone. A retirement community that offers a holistic approach with physical, cognitive and social stimulation is a great option. The challenge is when to move? No one wants to leave their home sooner than absolutely necessary. Yet the sooner they move, the easier it will be to adapt to the new secured environment – and the longer they will be able to stay in one place. The longer they wait, the worse the cognition will be, and the more difficult the change to a new environment. A program like Blossom provides a path to earlier and hence easier transition.

— Dr. Frank Knoefel ”



Frank Knoefel, BSc, MD, CCFP (CoE), FCFP, MPA, *Physician, Bruyère Memory Program, Bruyère Continuing Care*, is a physician trained in care of the elderly with extensive experience in geriatric rehabilitation. He holds appointments as Associate Professor, Department of Family Medicine at the University of Ottawa, and Adjunct Professor in the Department of Systems and Computer Engineering at Carleton University. He is also a Clinical Scientist at the Bruyère Research Institute through a partnership between the University of Ottawa and Bruyère Continuing Care. Dr. Knoefel has previously held the roles of Chief of Staff, Vice-President of Medical Affairs, and Health Informatics at Bruyère Continuing Care.



# Introducing BLOSSOM LIVING

**BLOSSOM** has been created to support all residents in an inclusive community. Living in a safe and secure environment gives individuals with mild cognitive impairment the opportunity to thrive and grow.

As we age memory decline sets in and additional support is very appreciated. From carefully developed programming that provide a balance of Physical, Cognitive, Sensory, Social and Spiritual activities to Brain Healthy menu selections we focus on the complete person.



## Strengths of BLOSSOM

- Building is secure and monitored.
- Promotes person-centred care.
- Meets the needs of all residents including those living with cognitive decline.
- Ensures a safe and welcoming environment for all residents, staff, volunteers and visitors.
- Staffing 24/7 that is well trained, energetic, caring and creative.



## Benefits of BLOSSOM

- Putting down roots in a community that is safe, secure, and supported significantly helps reduce the progression of cognitive impairment.
  - Helping with the development of routines,
  - Allowing greater enjoyment of stimulating activities.
  - Meeting new people with similar interests
  - Becoming familiar and comfortable with surroundings.
- Maintaining health longer.
- Living and Staying together more affordable.
- All residents can qualify.
- Individuals remain active and independent.
- Creates an inclusive community for all residents.







Better Living by Overcoming  
Safely and Securely the  
Obstacles of declining Memory

## SAMPLE ACTIVITY CALENDAR

Brain boosting activities are **bolded**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11am Cheery chat + stroll	11am Cheery chat + stroll	11am Cheery chat + stroll	11am Cheery chat + stroll	11am Cheery chat + stroll	11am Cheery chat + stroll	11am Cheery chat + stroll
11:30 social lunch + world trivia	11:30am social lunch + mathematics	11:30am name that tune musical lunch	11:30am social lunch + mathematics	11:30am name that tune musical lunch	11:30am social lunch + mathematics	11:30am name that tune musical lunch
1:30pm yoga + meditation	1:30pm biking + world site seeing	1pm Tuesday trivia hour	1pm math + spelling practice	1:30pm bingo	1pm weights + math practice	1:30pm yoga + meditation
2pm coffee and news review	2pm coffee + <b>current events</b>	2pm coffee and news review	2pm coffee + <b>current events</b>	2pm coffee and news review	2pm coffee + <b>current events</b>	2pm coffee and news review
3pm floor shuffleboard	3pm <b>spelling bee</b> + ice cream	3pm ladder golf + smoothies	3pm bean bag toss + muffins	3pm billiards + geometry	3pm 50's music trivia + ice cream bar	3pm cards + math
4pm mocktails and cocktails	4pm hand massages + <b>one on one aromatherapy</b>	4pm mocktails and cocktails	4pm mocktails and cocktails	4pm <b>adult colouring with classical music + one on ones</b>	4pm mocktails and cocktails	4pm hand massages + <b>one on one aromatherapy</b>
5pm dinner + discussions	5pm dinner + discussions	5pm dinner + discussions	5pm dinner + discussions	5pm dinner + discussions	5pm dinner + discussions	5pm dinner + discussions
6pm winding down evening stretch and walk	6pm outdoor gazebo evening <b>tai chi</b> and walk	6pm evening stretch and walk	6pm outdoor gazebo evening <b>tai chi</b> and walk	6pm evening stretch and walk	6pm <b>chair dancing + evening walk</b>	6pm evening stretch and walk
	Mental	Physical	Sensory	Social	Spiritual	

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## SAMPLE MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Assorted Juice Cream of Wheat <i>or</i> Assorted Cold Cereals Cheddar Cheese Whole Wheat Toast	Assorted Juice Oatmeal <i>or</i> Assorted Cold Cereals Sausage Patty Whole Wheat Toast <i>or</i> English Muffin	Assorted Juice Cream of Wheat <i>or</i> Assorted Cold Cereals Scrambled Eggs Whole Wheat Toast <i>or</i> Cinnamon Bun	Assorted Juice Oatmeal <i>or</i> Assorted Cold Cereals Waffles Whole Wheat Toast	Assorted Juice Cream of Wheat <i>or</i> Assorted Cold Cereals Hard Boiled Egg Whole Wheat Toast <i>or</i> Raisin Toast	Assorted Juice Oatmeal <i>or</i> Assorted Cold Cereals Cottage Cheese Whole Wheat Toast <i>or</i> Orange Muffin	Assorted Juice Cream of Wheat <i>or</i> Assorted Cold Cereals Scrambled Eggs and Bacon Whole Wheat Toast
LUNCH						
Potato Bacon Soup Ham & Swiss on Multigrain <i>or</i> Mushroom Quiche Bean Salad Fruit Cocktail <i>Dessert:</i> Carrot Cake	Bean Vegetable Soup Cheese Omelette <i>or</i> Turkey Caesar Salad Sliced Tomato Frozen Yogurt Bar	Beef Noodle Soup Pancakes & Ham with Strawberry Compote <i>or</i> Tuna Salad Sandwich Pasta Salad Lemon Pudding	Tomato Soup Grilled Cheese Sandwich <i>or</i> Chicken Strips with Potato Puffs Cucumber & Red Pepper Salad Pineapple	Italian Wedding Soup Cold Roast Beef Sandwich <i>or</i> Macaroni & Cheese Spinach & Beet Salad Chocolate Pudding	Cream of Asparagus Soup Breaded Shrimp with Seafood Sauce <i>or</i> Egg Salad on a Croissant Broccoli Cauliflower Salad Trail Mix Bar	French Canadian Pea Soup Devised Egg Cold Plate with Mini Croissant <i>or</i> Meat Sauce & Egg Noodles Italian (Beans, Carrots, Broccoli, Zucchini, Cauliflower & Pepper) Jello
SUPPER						
Baked Fish <i>or</i> Pepper Steak Stir Fry Buttered Noodles Scandinavian (Peas, Carrots, Beans, Zucchini & Onion) Squash Cranberry Crisp	Oven Fried Chicken <i>or</i> Smothered Pork Chop Whipped Potatoes Broccoli Carrots Blackberry Trifle	Veal Cutlet <i>or</i> Hearty Vegetable Stew Parslied Potatoes <i>or</i> Rice Pearl (Romano Beans, Pearl Onions, Carrots, Bok Choy & Red Pepper) Cheesecake with Fruit Topping	Sweet-N-Sour Meatballs <i>or</i> Pork Chop Mushroom Supreme Chive Mashed Potatoes <i>or</i> Brown Rice Asparagus Corn Vanilla Cupcake	Teriyaki Salmon <i>or</i> Ham & Potato Casserole Rice Brussel Sprouts Chef's Blend Vegetables Banana Cream Tart	Pork Ribs <i>or</i> Stuffed Pasta Shells Boiled Potatoes Cauliflower With Cheese Sauce Baked Beans Pumpkin Cake	Chicken With Gravy <i>or</i> Lamb Shepherds Pie Rice Orange Glaze Beets Green Beans Cherry Pie

Prune juice, peanut butter, jams and jellies available at breakfast; WW bread, margarine, milk, tea, coffee and water offered at each meal.  
Variety of assorted fruits & desserts available each day.

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PROUDLY CANADIAN



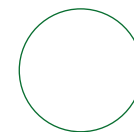
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# BLOSSOM Enrolment Checklist

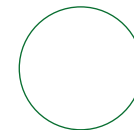
## Welcome to BLOSSOM Living

We are looking forward to you settling into your new home and transition into our inclusive community. Our first step is to really get to know you by gaining greater knowledge of your life, by understanding your needs, likes, interests and health.

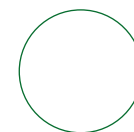
From this stage we will be able to develop a person-centred support program and nutritional recommendations for you as an individual. To do this we will utilize out proprietary QOLA database tool during a series of getting to know discussions.



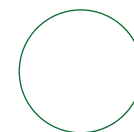
NUTRITIONAL PREFERENCES AND NEEDS



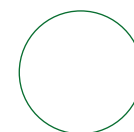
INTERESTES AND HOBBIES



FAMILY HISTORY



HEALTH REVIEW WITH NURSE



OTHER

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