



First Quarter 2017

Vol. 10, Issue 1



## MIND AND BODY WELLNESS

## Save The Date @ The Ivey

**John Leon Lewis**  
**NOW 3 PERFORMANCES**  
**EACH WEEK!!!**  
**February 2017**

**11:00 - 11:45 am**

*Mondays, Feb. 6, 13, 20, 27*

*Thursdays, Feb. 9, 23*

*Friday, Feb. 3, 10, 17*

**1:30 - 2:30 pm**

*Thursdays, Feb. 2, 16*

*Friday, Feb. 24*

***Please see March performance dates posted to the calendar on our website:***

**[www.theivey.com/activities-services/calendar/](http://www.theivey.com/activities-services/calendar/)**

**(Schedule also available on monthly calendar at the front desk)**

## New “Standing Exercise” Added to The Ivey’s Exercise Program!

Each day at The Ivey, our members participate in physical exercise – because we know that *what’s good for the body is good for the mind*. For many of our members, “chair exercise” is the best and most appropriate form of exercise yet for those members who can do more, we recently added a new “standing exercise” program specifically for individuals who are able to exercise while on their feet.



Developed by Certified Golden Hearts™ Senior Fitness Trainer Jen Sexton (who is also The Ivey’s Program Development Coordinator) alongside Certified Personal Trainer Sandi Borgione, this new offering launched in October and is a great addition to our Mind and Body Wellness Program.

“Many of our members can push themselves more physically, and we want to make sure we are reaching everyone’s capabilities,” explains Jen.

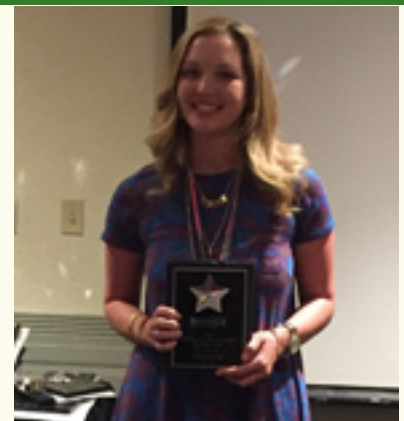
Research suggests that physical exercise should be continued for as long as possible for people with dementia, due to a number of benefits, such as preventing muscle weakness, improving mobility and minimizing health complications associated with inactivity. It can promote a normal day-night routine, improve mood, increase social participation and reduce stress and depression.

Evidence suggests that only a small number of people 65 and older – fewer than 20% – engage in an adequate level of physical activity, while people who have dementia are even less likely to engage in such activity. Exercise incorporated into a person’s lifestyle in the early stages of dementia is more likely to be maintained as the condition progresses, extending the benefits to health and well-being for as long as possible.

In moderate to late stages of dementia, it’s also vital to continue exercising. The Ivey’s trained staff and structured exercise program (replete with aerobic exercise, resistance training, chair yoga and flexibility and balance exercises) can ensure this.

So, any day you visit The Ivey, there’s a good chance you may catch Jen leading our members through a series of fun and healthy exercises – whether they’re in their chairs or on their feet!

## STAFF SPOTLIGHT



Jessica Martin, MA, CCC-SLP, Director of Rehab Services received the **Clinical Excellence Award for Innovation** from Genesis Rehab Services in recognition of successfully implementing The Compass Dementia Program as well as identifying and executing other therapy needs at The Ivey, resulting in outstanding, measurable outcomes. Way to go Jessica!

# OUR FIVE PROGRAMS



The Ivey Memory Wellness Day Center is built around five key programs – covering a full array of research-based care approaches and convenient on-site amenities that support your loved one, your family, your community, and YOU.



## FAMILY RESOURCES

### Support Group Treats Staff to Lunch

On December 6th, participants of our support groups did a very special thing for The Ivey staff: they planned a beautiful “appreciation luncheon” to thank our team for their hard work.

Support group member Patricia “Pat” Neely first suggested the idea, and everyone was immediately on board. “It’s important to me and my husband that we recognize their efforts throughout the year,” explains Pat. “They really are angels helping all of our families to deal with this disease on a day-to-day basis. We wanted to do something that would express our appreciation.”



In addition to a delicious lunch from the legendary Price’s Chicken Coop, the support group participants were each asked to write a card of thanks, all of which were read to the staff. Each staff member was also presented with a gift – an angel pin with a verse. “The angel signified the fact that they have an inner light that shines on the world with all that they do,” says Gail.

The Ivey’s COO, Janet LeClair, shared her thoughts on the gesture. “Each person spoke, and their words really came from the heart. They talked about our staff being their lifelines. And their cards were all so beautifully written and emotional. The entire experience was so validating and moving.”

The heartfelt notes are currently on display in The Ivey library for all to read and enjoy.

Pat sums up her thoughts as follows: “You can tell that The Ivey staff love what they’re doing and it’s coming right from their heart. To me, they demonstrate that every day. I am there frequently, I see the staff in action, and it is so comforting to know that my husband is among people he likes and who are concerned for his safety and want to keep him happy. Our neurologist emphasized this as being extremely important – don’t get depressed. Stay happy. The Ivey staff is fulfilling all of that.”

Pat and Gail hope that this will be the beginning of an annual tradition. “The luncheon was a total lovefest.” Pat shared. “I was never hugged as many times as I was that afternoon. It felt so good.”



## Setting the Bar in Medical Trainings

2016 was an impressive year for continuing education at The Ivey. Healthcare Coordinator/RN, Lisa Grodi conducts staff training each year and The Ivey consistently exceeds the minimum required hours. Last year, our team members received special trainings in Red Cross CPR certification, Seizures, 911 Drill, CPR Overview, Diabetes, CHF, AED, Bee/Ant/Wasp Bites, and Aspiration. Furthermore, as new members join who may have a medical need or condition we haven't previously encountered, we train the staff so everyone is fully prepared. Our continuing education programs are tailored to the needs of our members which provides additional peace of mind for our families.



## USC Students “Optimizing” The Ivey’s Kitchen

Michael Bragg, son of The Ivey’s COO Janet LeClair, is putting his collegiate education to work before he even finishes school...and The Ivey is the lucky beneficiary!

As a current student in the University of South Carolina’s Global Supply Chain Management program, he and his fellow classmates chose The Ivey as the focus of a class project, aiming to increase efficiency in our commercial kitchen. The project launched in September and was completed in December.

The Ivey’s membership has grown well over 50% since 2014, with average daily attendance now at an all-time high. On days when 50+ members are concurrently served our delicious and nutritious food, it can be challenging for our Food Service team.

Michael and his team are using their project to improve our kitchen’s workflow. This will ensure that:

- Food is served hot, on time, and to our members’ full satisfaction
- Our Food Service staff feel they are able to perform at their best
- Other team members can depend on the kitchen staff to meet and exceed expectations
- Our Food Service staff’s hours are in line with an efficient kitchen operation
- The Ivey can scale its Food Service operation to accommodate increased member growth

The project’s scope included analysis of the main kitchen, the member kitchen and the dining area, and involved our Executive Chef Mark Zink, kitchen assistants and volunteers, and other members of The Ivey team. It also took into account the importance of a well-run culinary program to the overall nutritional value, meal quality, and our members’ social experience.

Beyond the newfound efficiencies, the project culminated in a document providing best practices to both maintain and continue to improve our kitchen’s operations as our membership grows.



## Local Scout Helping Members Grow

Charlottean Dylan Masi is working toward his Eagle Scout badge, and we are thrilled to announce that he has chosen The Ivey for his Eagle Scout project. After some research, he presented us with a proposal to support our Horticulture Program. With spring just around the corner, the timing couldn’t be better!

As soon as the proposal is approved by his Scoutmasters, Dylan and a team of Scouts will begin constructing two high planters and one tiered herb planter which, once completed, will be placed on our outside front porch – a secure location that allows all of our members to participate in horticulture activities. The Scouts will also provide the soil and plants, and then our members will do the planting.

Members will also help take care of the plants and herbs on an ongoing basis. Furthermore, The Ivey’s Executive Chef Mark Zink plans to use the herbs in his recipes – which mean’s Dylan’s efforts will positively impact our culinary program, too.

Many of our members have enjoyed gardening at home for decades, and we know the value of focusing memory care on our members’ hobbies. In fact, tapping into a member’s interests can not only spark memories, but it can also kindle joy. Joy is an emotion that every person living with dementia deserves to feel – and is capable of feeling – at every stage of the disease.

With the right level of support and assistance from our care team, tending to flowers and other plants will help our members connect to the past and the future. Nurturing mind, body, and spirit in this way can even help improve dexterity, independence, and confidence.

Charlotte's only Memory Wellness Day Center for nearly a decade!



6030 Park South Drive  
Charlotte, NC 28210

### *Lynn's Attitude of Gratitude*

*At the beginning of every year, we are excited to think about the New Year and hopeful changes to come. For me, it will be hard to top the enormity of change that occurred in my life in 2016. My engagement and marriage to John; the sale of my home of 12 years and subsequent move into our new home; and at the end of the year, my father's passing are the events that will forever change my life as I had known it for the past 60 years. New beautiful doors were opening while a significant one was planning its close at the end of the year.*

*Throughout these events, the feelings of unconditional love, compassion and gratitude was nearly overwhelming to me! So grateful am I for the time I was able to spend with my father over the past 4 years in a reversed role of ensuring his care was as he needed, wanted, and intended. So grateful am I that I could tell him that I had found the kind of love he and my mother had shared with a man who had all of his great qualities and more! So grateful am I that my new husband is not only a wonderful partner in love but also in business! So grateful am I that The Ivey is reflecting my original dreams and much, much more with a great staff and very special families who grace the halls of this beautiful place each day! So grateful am I for the generosity in our community from those who remember The Ivey each year with their time, talent and treasures. So grateful am I that our exceptional country, after nearly 2.5 centuries, can still celebrate the most peaceful transfer of power of any country in the world!*

*So as we look forward to the New Year, reflect on our goals, our dreams, and our commitments, let's be inspired by the blessings we experience, the generosity of others, and the gratitude in our hearts. Much like the students and scouts highlighted in this issue, when we give of our time and talent with unconditional love and compassion, positive impact can go a lot further. And you will have amazing memories for years to come.*

*—Lynn Ivey, Founder and CEO*