



*Attending to  
the social, emotional  
and physical needs  
of memory care residents*

THE FRANK B. FOSTER PAVILION FOR MEMORY CARE  
Non-sectarian member of  Presbyterian Homes

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# The Frank B. Foster Pavilion for Memory Care

The Foster Pavilion offers beautiful, sensitive and homelike surroundings designed to meet the specialized requirements of memory care residents by attending to their social, emotional and physical needs. In Ashland Court, Birch Court and Chestnut Court, you will find private and secure environments staffed with nurses and certified nursing assistants who are committed to the welfare of the residents. Activities therapists, volunteers, and dining services staff also enrich residents' lives every day.

Alzheimer's disease and other memory losses affect individuals differently and are often progressive in nature. As the needs of the residents change, we help them join the community that best suits their changed situations.

It is inevitable that as an individual's needs change, so must the environment. Since each person's memory impairment affects them differently, we have created three communities that allow our professional staff to find just the right place for each person to thrive. This unique approach allows the staff in each community to focus on the strengths of each person.

When an individual will be better served in a different community, a move takes place, thus insuring that each individual has every opportunity to succeed within Foster Pavilion. In our experience, all residents eventually move within Foster Pavilion. The resident communities are:

## ASHLAND COURT

Ashland Court residents tend to be very active and social. They enjoy the company of others, and they will generally seek out other people for conversation. They need a secure environment and structured program, because periodically they may get confused or anxious. Programs at Ashland Court typically consist of group activities that are planned for the majority of the community. With some cueing and minor assistance, individuals can maintain a level of independence with bathing, dressing and dining.

## BIRCH COURT

Residents of Birch Court typically require more hands-on assistance than those in Ashland Court. In addition, their social and emotional needs can be significantly different. They are less likely to initiate conversation and more likely to succeed in smaller group activities. Residents of Birch Court have more difficulty recalling recent events and are challenged to learn new things. Many are in need of hands-on assistance with dressing and bathing.

## CHESTNUT COURT

We provide daily, individualized assistance to the residents of Chestnut Court. They may have difficulty communicating their thoughts and recognizing familiar things or people. For this reason, the staff spends more one-on-one time anticipating and meeting the individual's physical and emotional needs. Since staff members interact with the same residents of Chestnut Court every day, they become familiar with the specific preferences and desires of each person. In addition to hands-on help with bathing and dressing, many residents need significant assistance during mealtime.

## CARING AT FOSTER PAVILION

Regardless of the community, the staff of nurses, therapists, social workers, volunteers, and administrators recognize that caring is more than just a word. Caring at the Foster Pavilion means providing each resident with the greatest opportunity to experience joy, friendship and the security of belonging to a larger community.

Each individual benefits from this unique approach to memory care, and also from Presbyterian Homes' skill in providing more traditional nursing care and rehabilitation services if needed. All residents of Presbyterian Homes' communities have programs and activities available to them both on- and off-campus. Residents are encouraged to try new things and to continue to experience the joys in life.

## MUSIC PROGRAMS

Residents can participate in our music programs at any level: playing instruments, singing, humming, clapping, tapping toes, or listening. We offer a fun, low-stress environment using a piano or guitar for live music. Live music provides opportunities to alter the words of a song, respond to song requests, or play songs related to the season or holiday. Music can be used to encourage reminiscence or socialization, and to reinforce orientation. Several Foster Pavilion members sing with their more independent campus neighbors in the resident choir.

## EXERCISE PROGRAMS

In addition to individual instruction at the Kimble Fitness Center, there are many opportunities for exercising in the Foster Pavilion, including Exercise Class, Afternoon Stretch, Active Games and Walking Club. The goals of these programs are to improve spatial awareness, maintain mobility and range of motion, and increase flexibility and strength. Exercise also aids socialization, non-verbal communication, enjoyment and relaxation.

## ARTS AND CRAFTS

Arts and Crafts and Busy Fingers are two of the programs we use to bring hands-on creativity to the residents. A variety of media are used including clay, ceramics, colored pencils, pastels, acrylics, watercolors, yarn for needlework projects, and looms for weaving. Individuals can feel a sense of accomplishment by creating items for sale at the Holiday Craft Fair or the on-campus Little Store.

## INTELLECTUAL PROGRAMS

Trivia, Current Events, Book Club, Fun with Computers, and Travel Thru the Bible are just a few of the programs offering intellectual stimulation for the residents. We seek to keep individuals abreast of current events in the world and provide a sense of continuity between past and present.

## GAMES AND OUTDOOR ACTIVITY

We play games not only for fun, but also to provide intellectual stimulation, encourage socialization and conversation, and lengthen attention span. The activity staff may use bingo, for instance, to evaluate memory, range of motion, and eye-hand coordination. Since bingo is such a popular activity, it is often used to reach goals developed in a resident's individual plan of care. Foster residents can connect with their campus neighbors through scheduled cookouts with McGaw residents. These cookouts, as well as Garden Club activities, take place on Foster's secured and sheltered deck.

## INDIVIDUAL VISITS

In our experience, individual visits are very important. Some residents are unable or unwilling to participate in group activities; others may just need some special attention. Almost any group activity can be adapted to take place during an individual visit with the same goals as with a group activity. The calendar may list Friendly Visits or Brief Encounters, which is a time set aside for staff to visit residents on an individual basis. In addition, Coffee Cart, Pet Visits, and Manicures also take place on a one-on-one basis.

## OUTINGS

Foster Pavilion members go on periodic outings accompanied by activity staff and several loyal, well-trained volunteers. These outings keep residents connected to the larger world and vary based on season, interest or weather. Some recent destinations were the Chicago Botanic Gardens, Gillson Park, Chinatown, Arlington Park, Navy Pier, and Lincoln Park Zoo.

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The Frank B. Foster Pavilion is open to admission to individuals regardless of race, color, sex, age, national origin, religion, and to qualified individuals with handicaps or disabilities.