

# Memory Care, Commonwealth Senior Living at The Eastern Shore

Age Requirements

60+

Documents Required

Call for details

Other Eligibility Criteria

Seniors.

Intake Contact Email

EasternShore@commonwealthsl.com

Intake Process

Call or visit the website for information. Call to schedule a tour or an appointment.

The Memory Care facility opens in the spring of 2019. Deposits for care are currently being accepted.

Intake Contact Telephone

(757) 787-4343

Provider Refer

Yes

Qualifications

Qualification Type

Licensure

Qualification Entity

Virginia Department of Social Services

Report Problems

Call the Agency

Self Refer

Yes

Commonwealth Senior Living

<https://www.commonwealthsl.com>

<https://www.commonwealthsl.com/community/commonwealth-senior-living-at-the-east...>

<https://www.facebook.com/CommonwealthSeniorLiving>

Main

(757) 787-4343

23610 North Street  
23417 VA  
United States

Fee Structure

Call for Information

Payment Method(s)

Private Pay

Aid & Attendance

Languages Spoken

English

When normal daily activities, such as cleaning, bathing or cooking, become too much to safely handle, Assisted Living at Commonwealth Senior Living at The Eastern Shore provides the ideal balance of personalized support, delivered with dignity and respect and independence.

Residents enjoy the comfort, privacy and peace of their own private apartment or companion suite. The Commonwealth team takes care of housekeeping, cooking or laundry. Trained team members are on site 24 hours per day, every day. Residents may take part in engaging programs and activities. Delicious meals feature award-winning dining programs, Farm-to-Table and Today from the Bay and more.

An award-winning program, Sweet Memories™ delivers quality care, support and engagement to our residents living with Alzheimer's disease and other forms of dementia. The program blends the homelike feeling of distinct memory care neighborhoods, personalized care delivered by specially trained caregivers, calm familiarity of routine schedules and consistent staffing with engaging programs and activities.

Sweet Memories™ features four primary components:

- Move-in: From physical to emotional needs, the Commonwealth team helps with every step of the transition from home or hospital to the community.
- The Life Story: The Commonwealth team talks with residents and their families to develop a strong relationship and learns each resident's life story. The Commonwealth team considers residents' medical, mental, emotional, spiritual

and intellectual needs, as well as habits and preferences.

- Resident-Centered Care Plan: The team members evaluate each resident and work collaboratively with their family to create a customized care plan to meet specific needs. These person-centered care plans are as individualized as each resident.
- Virtual Dementia Tour® Training: Technology enables caregivers and family members to experience a simulation of the physical and mental challenges that those with dementia face. Team members use the Virtual Dementia Tour® experience to provide better person-centered care.

Sweet Memories™ features signature programs elevate care and enhance the experience of residents including:

- One Sweet Memory: This program is the Winner of the Best Practice Award from the Virginia Assisted Living Association (VALA). The community team members regularly capture highlights of each resident's day in photographs; the photos are then shared with family members, keeping them connected to their loved ones.
- Expressions: As memory loss progresses and verbal skills begin to fail, art can become a means of self-expression for residents. Conversational prompting stimulates memories which residents can interpret using a variety of mediums, including painting.
- Special Touch: Designed specifically for those with memory loss, this program provides "special touches" that make a difference in care. To heighten the dining experience before lunch, residents enjoy citrus-scented towels that awaken taste buds. Before dinner, lavender-scented towels help residents relax, reinforce their natural circadian rhythms and encouraging them to enjoy their meals.
- Sweet Melodies: For those with later stage dementia who have lost verbal skills, Sweet Melodies stirs memories by using nostalgic music. The team builds personal playlists from conversations with family and by sampling a variety of musical genres.
- SMILE™ Technology: Through SMILE™, families remain connected to their loved one every day. This computer program enables families to see your loved one participating programming and the team regularly shares photos and stories with families.

- Memory Care Life Stations: Specially developed stations help memory care residents reconnect with the past, engaging in familiar or favorite activities. Stations include an office setting, a baby nursery, a kitchen and more.

Sweet Memories™ services and amenities include:

- Healthy, restaurant-style dining options that are easy to eat and meet dietary needs;
- Regular activity schedules that stimulate the mind and body, as well as customized socialization programs that fit the cognitive, social and mental abilities of the resident;
- Open and secure outdoor spaces, such as courtyards, gardens and walking paths;
- Monthly support group meetings for families and loved ones;
- Private or companion suites with private baths;
- Personal care services;
- Medication management;
- Weekly housekeeping and linen services;
- Specially trained team members available 24 hours per day;
- Monthly family night dinners;
- Community newsletter;
- SMILE™ Technology.

Service Area(s)

Accomack County

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Northampton County