



SENIOR LIVING
RESIDENCES

The Right Values

Professional Education Programs Course Catalog

by Senior Living Residences

Over the years we have been committed to sharing the latest in senior living industry knowledge and research with the thousands of professional colleagues we work with. Beyond our own Brain Healthy Cooking and Dementia Friendly Communities continuing education programs, we've developed a robust portfolio of lectures led by area experts. Many of these are also available for CE credits! We've connected thousands of CNAs, Social Workers, Nurses, Emergency Services Professionals and many other elder care professionals to specifically tailored continuing education programs from Elder Law Attorneys, Alzheimer's Researchers, Social Security Experts, Veteran's Benefits Consultants, Nutritionists, Fitness Coaches, and more.



Check out our Courses!

1. BOOST YOUR BRAIN HEALTH BY EATING WELL
2. BRAIN HEALTHY COOKING FOR ONE
3. THE DEMENTIA EXPERIENCE
4. UNDERSTANDING DEMENTIA IN THE REAL WORLD
5. COMMUNICATING THROUGH DEMENTIA
6. GET OUT OF MY SEAT, YOU CAN'T SIT THERE! *Recognizing and Responding to Bullying Among Seniors*
7. A DISCUSSION ON COVID-19 AND ISOLATION AMONG SENIOR ADULTS
8. 3 WAYS TO MAKE ASSISTED LIVING MORE AFFORDABLE
9. UNDERSTANDING MEMORY LOSS
10. RECOVERING AFTER A HOSPITAL STAY

BOOST YOUR BRAIN HEALTH BY EATING WELL (1 hr.)

Learn the benefits of Brain Healthy Cooking

There is no question that eating a diet rich in brain healthy foods can benefit people at any and every age. It reduces inflammation, regulates blood sugar, promotes heart health and scientists are now finding it may have an effect on delaying the symptoms of Alzheimer's disease. Hear from experts why making more healthful and mindful food choices can benefit you.

At the completion of this presentation, participants will be able to...

1. Describe the scientific connection between diet and cognitive health
2. Describe the elements of the Mediterranean diet and their impact on brain and overall health
3. Use brain-healthy, mediterranean-style ingredients in everyday meals

1 CE Credit is available to Social Workers (through National Association of Social Workers, NASW); EMTs (through Office of Emergency Medical Services, OEMS); Case Managers (through The Commission for Case Manager Certification, CCMC); and Nurses (through the American Nurses Association, ANA)



BRAIN HEALTHY COOKING FOR ONE (1 hr.)

Senior Living Residences' chefs will show you how to prepare several tasty Mediterranean-style meals from a short list of cost-effective brain-healthy ingredients, helping you eat nutritiously, reduce food waste and stretch your shopping budget when cooking for one!

At the completion of this presentation, participants will be able to...

1. State the importance and impact of nutrition on seniors as they age
2. Recall the elements of the Mediterranean diet and describe their impact on seniors' cognitive & overall health
3. Practice making nutritious meals, even if it is just for yourself, using healthful Mediterranean-style ingredients

1 CE Credit is available to Social Workers (through National Association of Social Workers, NASW); EMTs (through Office of Emergency Medical Services, OEMS); Case Managers (through The Commission for Case Manager Certification, CCMC); and Nurses (through the American Nurses Association, ANA)



THE DEMENTIA EXPERIENCE (1.5 hrs.)

SLR's Dementia Experience is an intense, interactive training that uses sensory modifications and role playing activities to build empathy and understanding. Participants are asked to re-enact typical daily activities such as taking medications and preparing meals "while under the influence of dementia."

At the completion of this presentation, participants will be able to...

1. Describe the challenges facing a person living with dementia, their family and carers
2. Describe the stigma of dementia and how it impacts communities, families and individuals
3. Practice positive communication techniques and caregiving tactics that preserve dignity with those exhibiting cognitive impairment
4. Explain the impact dementia has on daily life and particularly how it affects nutrition, medication safety and financial security

1.5 CE Credit is available to Social Workers (through National Association of Social Workers, NASW); EMTs (through Office of Emergency Medical Services, OEMS); Case Managers (through The Commission for Case Manager Certification, CCMC); and Nurses (through the American Nurses Association, ANA)



UNDERSTANDING DEMENTIA IN THE REAL WORLD (1 hr.)

An understanding of the impact of dementia and how to support and communicate with those living with it can make a huge difference. The purpose of this presentation is to increase awareness of dementia and help build empathy and a better understanding of this affliction, how it affects our communities and an individual's role in helping to enhance the quality of life for those living with it.

At the completion of this presentation, participants will be able to...

1. Employ positive and appropriate communication approaches for working with people with dementia
2. Identify practical tools and techniques to support people with dementia and their families
3. Express a clear understanding of dementia and its causes
4. Describe the stigma of the disease that affects our communities and the individuals living with dementia



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GET OUT OF MY SEAT, YOU CAN'T SIT THERE! (1 hr.)

Recognizing and Responding to Bullying Among Seniors

This workshop will explore the psycho-social aspects of bullying by taking an in-depth look at the bullying of seniors. We will explore positive interventions that can be employed to transform a senior community into a bully-free environment through discussions, case studies and role playing. Participants will discuss the various losses assisted living residents experience and understand why bullying could be conceived as a reaction to loss and a gain of control. The workshop also examines how dementia can elevate both the effects and occurrences of bullying and how to address bullying in a cognitive friendly way.

At the completion of this session, the participant will be able to...

1. Describe the psychology of bullying
2. Explain to seniors the effects of bullying
3. Construct a zero tolerance policy to make their community bully-free

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BE A BETTER LISTENER (1 hr.)

Communicating Through Dementia

This program provides an overview of how communication is affected and altered by dementia and similar cognitive impairments, what signs and symptoms you may observe, and challenges you may encounter when trying to communicate. Participants will walk away with practical, research-based strategies for overcoming these obstacles, along with greater confidence when interacting with individuals with dementia, whether in a professional or personal setting.

At the completion of this session, the participant will be able to...

1. Describe how dementia can impact someone's ability to communicate.
2. Predict the interpersonal challenges you may encounter when communicating with someone who has dementia and how to overcome them.
3. Demonstrate ways to effectively connect and communicate with individuals with dementia and similar cognitive impairments.

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A DISCUSSION ON COVID-19 AND ISOLATION AMONG SENIOR ADULTS (1 hr.)

This 1 hour presentation covers the many residual effects (physical, cognitive, emotional and spiritual) that Covid-19 has had on our senior population. We'll also discuss the diagnostic criteria for seniors in the early stages of the Covid-19 pandemic and what we have since learned. Participants will get a chance to share their personal experiences and discuss strategies they can use to battle isolation and loneliness in their communities.

At the completion of this presentation, participants will be able to...

1. Identify the many symptoms of Covid-19, including those that appear more often in seniors
2. Discuss the effects of a public health pandemic (i.e. prolonged 'self quarantine' and 'stay at home' orders) on the senior population
3. Construct new practices to combat isolation for future surges of the virus or new viruses



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3 WAYS TO MAKE ASSISTED LIVING MORE AFFORDABLE (1 hr.)

Arm Yourself With the Facts About Assisted Living

Stress, time constraints and a lack of accessible information can make researching assisted living communities a challenge, and make it difficult to weigh the value of one community over another.. With a better understanding of how assisted living works, how assisted living communities can differ, and how people pay for their stay, you will be better able to decide what is the right next step for your family to improve quality of life and add peace of mind.

At the completion of this presentation, participants will be able to...

1. Discover what Assisted Living can and cannot do for residents
2. Understand pricing structures and costs so you can accurately compare communities
3. Learn about programs that can help make a move to assisted living more affordable
4. Know the questions you need to ask so you can make the most informed decision

This public education course is not available for continuing education credit.





UNDERSTANDING MEMORY LOSS (1 hr.)

Memory loss does not always mean dementia. As a society, we tend to throw out the term “memory loss” haphazardly even though it can have several different meanings. We use it to describe the memory loss of normal aging, memory loss that is beginning to become significant, such as with ‘Mild Cognitive Impairment, and as a euphemism for Alzheimer’s disease or dementia. This presentation aims to set the terminology and the perception straight.

At the completion of this presentation, participants will be able to identify normal aging versus warning signs; the differences between memory loss, mild cognitive impairment (MCI), dementia and Alzheimer’s disease; and recognize clues that someone could benefit from a more supportive living environment.

This public education course is not available for continuing education credit.

RECOVERING AFTER A HOSPITAL STAY (1 hr.)

After a hospitalization for a serious health event, many seniors need additional care or rehabilitation services, such as physical or occupational therapy, until they have fully recovered. They may be sent to a skilled nursing facility or rehab center to receive the necessary services short-term, or they might be sent straight home where they may still require assistance. The burden of securing all of the necessary services and assistance most often falls on the family.

This presentation will help participants understand what happens after a senior is discharged from a hospital or rehab stay, why the readmission rate is so high, and all available options for supportive services including Assisted Living Communities.

This public education course is not available for continuing education credit.



Ask about education credits...

Some of our courses are available for professional continuing education credit for nurses, social workers, emergency services, and case managers. To learn more, please contact Pam Maloney at pmaloney@slr-usa.com.

All of our programs are open to the public and can be brought to your business or organization at no cost.

Committed to Discovery...

Senior Living Residences has been at the forefront of innovative Assisted Living and Alzheimer's care for over 25 years, and we consider it a civic responsibility to educate professionals and the general public on topics that are meaningful to seniors and their families.

We are committed to the concept of *discovery* because we believe the desire for learning, purpose and personal growth is lifelong.

Whether we are working with a senior, talking to a family, presenting to the public, or training an employee - there is an opportunity to learn, to teach and to be enriched. This belief drives SLR's education-based approach from program development for residents and associates to our numerous public outreach and education initiatives.

To learn more about Senior Living Residences and our managed assisted living and memory support communities please visit **www.SeniorLivingResidences.com**

Check out a Community Near You!

GREATER BOSTON

COMPASS ON THE BAY, South Boston
CORNERSTONE AT CANTON, Canton
THE CAMBRIDGE HOMES, Cambridge
FORESTDALE PARK, Malden
GODDARD HOUSE, Brookline
JOHN F. KENNEDY APARTMENTS, Cambridge
NEVILLE PLACE, Cambridge
STANDISH VILLAGE, Dorchester/Lower Mills

SOUTHEASTERN MA / CAPE COD

CAPE COD SENIOR RESIDENCES, Bourne
HEIGHTS CROSSING, Brockton

CENTRAL MASS

CONCORD PARK, Concord
CORNERSTONE AT MILFORD, Milford
NASHOBA PARK, Ayer

NORTHEAST / NH

CORNERSTONE AT HAMPTON, Hampton, NH
METHUEN VILLAGE, Methuen

WESTERN MA / CT

ARMBROOK VILLAGE, Westfield
FARMINGTON STATION, Farmington CT
RIDGEFIELD STATION, Ridgefield CT



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