

**Department of Health and Human Services  
Division of Public Health  
Licensure Unit  
301 Centennial Mall So, P O Box 94986  
Lincoln, NE 68509-4986**

4-14-16 dj

DEPARTMENT OF HEALTH AND HUMAN SERVICES DIVISION OF PUBLIC HEALTH CERTIFIES THAT	
<b>BRIGHTON GARDENS OF OMAHA</b> MEETS STATUTORY REQUIREMENTS AS ASSISTED-LIVING FACILITY	
Services ALZHEIMERS UNIT AGED/DISABLED MED WVR	Lic # ALF023
EXPIRES 04/30/2017	  Courtney R. Phillips, MPA Chief Executive Officer Department of Health and Human Services

Cut on heavy line and place on license.

FACILITY NAME: BRIGHTON GARDENS OF OMAHA  
ADDRESS: 9220 WESTERN AVENUE, OMAHA, NE 68114

This is to verify that your ASSISTED-LIVING FACILITY is licensed through the date indicated on the above renewal card. Place the renewal card in the lower left hand corner of your original license.

Please notify this office at the address listed above of any change in name, address, or ownership.

MAR 24 2016

4-24-15



STATE OF NEBRASKA
Department of Health and Human Services
Division of Public Health - Licensure Unit
P.O. Box 94986, Lincoln, NE 68509-4986

RECEIVED

Expiration Date
04/30/2016

Table with 1 column: Renewal Fees. Rows: 1-10 beds: \$950, 11-20 beds: \$1450, 21-50 beds: \$1850, 51 or more: \$1950.

Assisted-Living Facility Licensure Renewal Application

IDENTIFYING INFORMATION

- 1. NAME AND ADDRESS OF FACILITY: BRIGHTON GARDENS OF OMAHA
2. PREFERRED MAILING ADDRESS (IF DIFFERENT FROM FACILITY ADDRESS) FOR THE RECEIPT OF OFFICIAL NOTICES FROM THE DEPARTMENT:

LICENSE NO: ALF023
TELEPHONE NUMBER: (402) 393-7313
FAX NUMBER: (402) 393-7340
ADMINISTRATOR: WENDY GROSSE
EMAIL: omaha.bm@SunriseSeniorliving.com

3. FEDERAL EMPLOYER IDENTIFICATION NUMBER OF THE FACILITY

4. TOTAL NUMBER OF BEDS TO BE RELICENSED: 121

5. SPECIFY SPECIAL POPULATIONS: (Please check)

- Special Care Unit for Alzheimer's or Dementia or Related Disorders (checked) 25 Number of Beds
Other -- Please Specify Number of Beds

6. ACCREDITATION: (Check if applicable) Are you requesting deemed status for compliance with 175 NAC 4-006? Yes No (checked)
Name of Accreditation Organization:

OWNERSHIP INFORMATION

7. OWNERSHIP OF FACILITY: SOLOMON HOLDINGS I - THE TRIANGLE LLC
(Legal Name of Individual or Business Organization)

MAILING ADDRESS: 48 OLD ROSWELL STREET
ALPHARETTA, GA 30009

8. BUSINESS ORGANIZATION: (Check one):

- Sole Proprietorship
Partnership
Limited Partnership
Corporation
Limited Liability Company (checked)
Governmental (Check one) State, District, County, City or Municipal
Other (Please Specify)

(check one)
Profit (checked) Non Profit

CERTIFICATION

I/we have read the Rules and Regulations Issued by the Nebraska Department of Health and Human Services and will comply with them should a license be issued. I/we certify that to the best of my/our knowledge, all information and statements on the application are true and correct and I/we hereby apply for a renewal license.

PLEASE NOTE: Neb.Rev.Stat. Section 71-433 requires: Applications shall be signed by

- (1) the owner, if the applicant is an individual or partnership,
(2) two of its members, if the applicant is a limited liability company,
(3) two of its officers, if the applicant is a corporation, or
(4) the head of the governmental unit having jurisdiction over the facility to be licensed, if the applicant is a governmental unit.

Authorized Representative Signature: Alfred S. Holbrook III

Redacted Signature

DATE: 2-18-2016

AUTHORIZED REPRESENTATIVE - TYPE OR PRINT

SIGNATURE

DATE

LICENSURE UNIT

MAR 24 2016

RECEIVED

Nebraska Department of Health and Human Services  
Division of Public Health  
Licensure Unit  
P.O. Box 94986

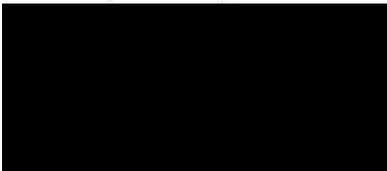
2/17/16

To Whom It May Concern,

This letter represents that I am the sole member and owner of Solomon Holdings 1- The Triangle, LLC d.b.a Brighton Gardens of Omaha.

If you have further questions or need further clarification, please feel free to contact me at 404-713-3769.

Sincerely,



Alfred B. Hobbrook, III  
49 Old Roswell Street  
Alpharetta, GA 30004



48 OLD ROSWELL ST. ALPHARETTA, GA 30004  
WWW.SOLOMONHOLDINGSLLC.COM  
P: 678-566-0034 F: 678-566-0043



# NEBRASKA STATE FIRE MARSHAL CERTIFICATE OF OCCUPANCY



Omaha Fire Prevention Bureau - State Fire Marshal Delegated Authority

Name of Facility: **BRIGHTON GARDENS OF OMAHA - ASSISTED-LIVING FACILITY**

Location: **9220 Western Avenue, Omaha, NE 68114**

Date Issued: **April 24, 2015** Certificate No.: **2015-145**

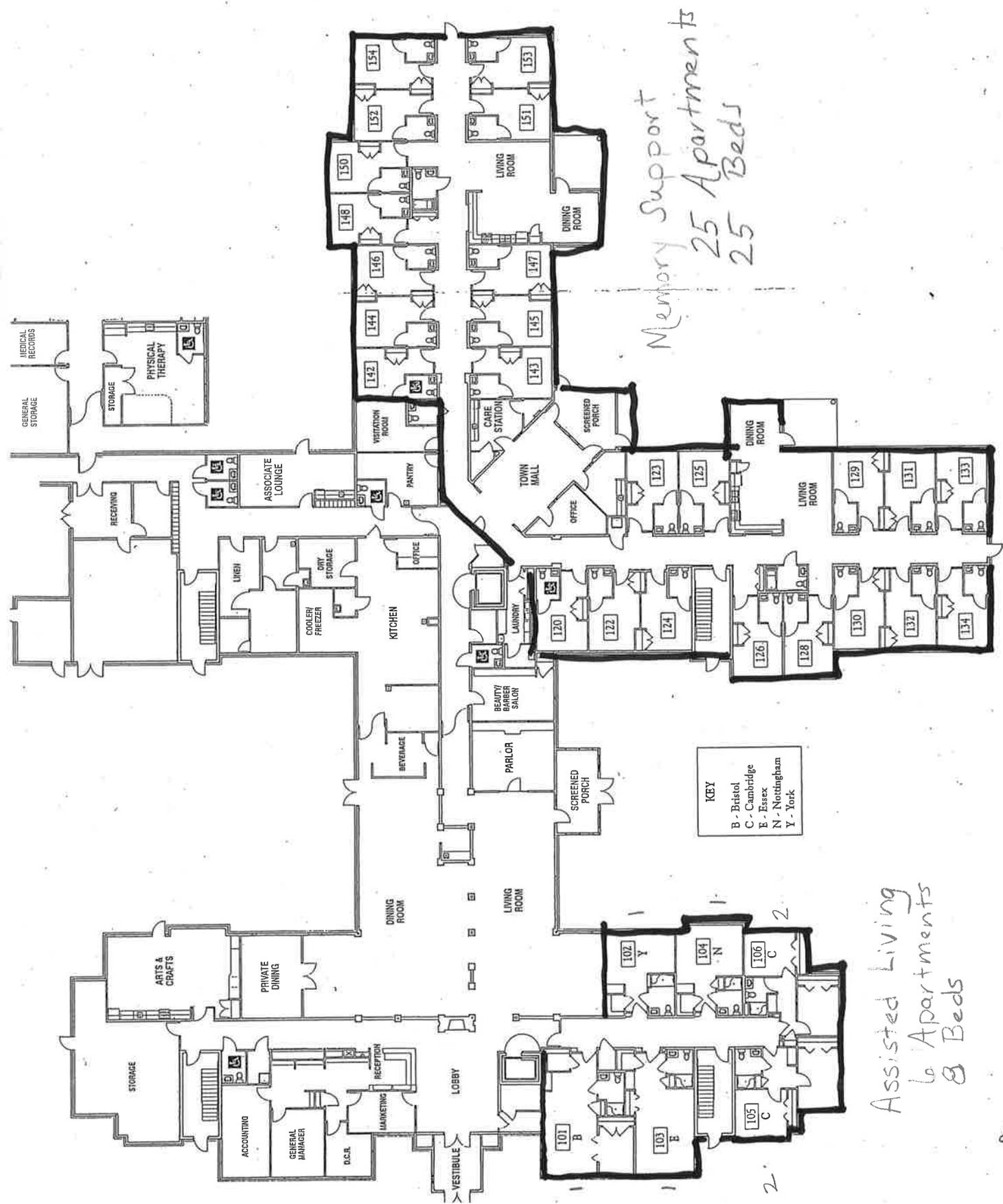
Maximum Occupancy: **- 121 Beds -** Persons

Inspected By: **Captain Michael L. Green #566**

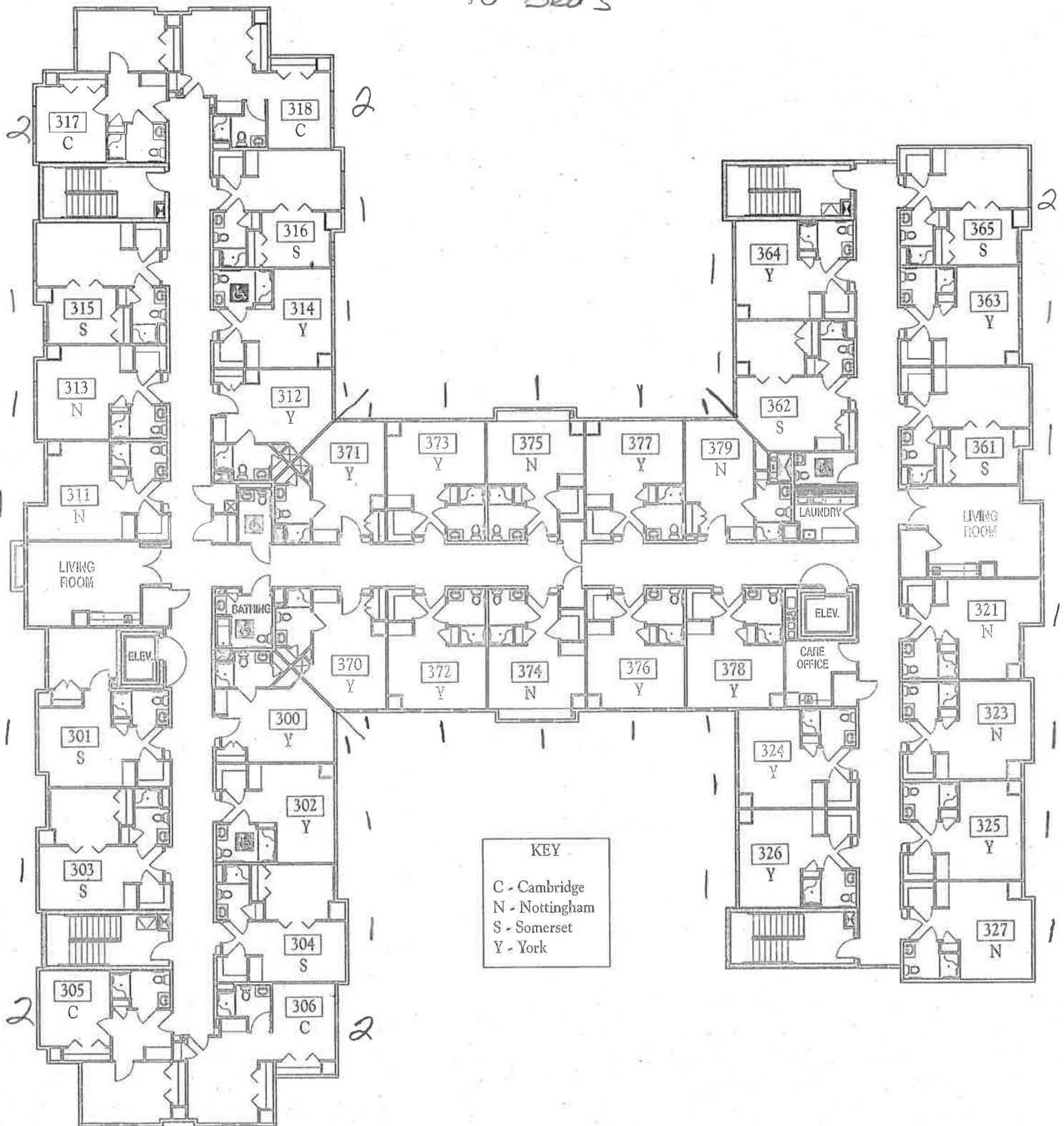
Approved By: **[REDACTED]**

# POST IN A PROMINENT PLACE

Copy to be presented to the State Licensing Agency if necessary.



38 Apartments  
40 Beds



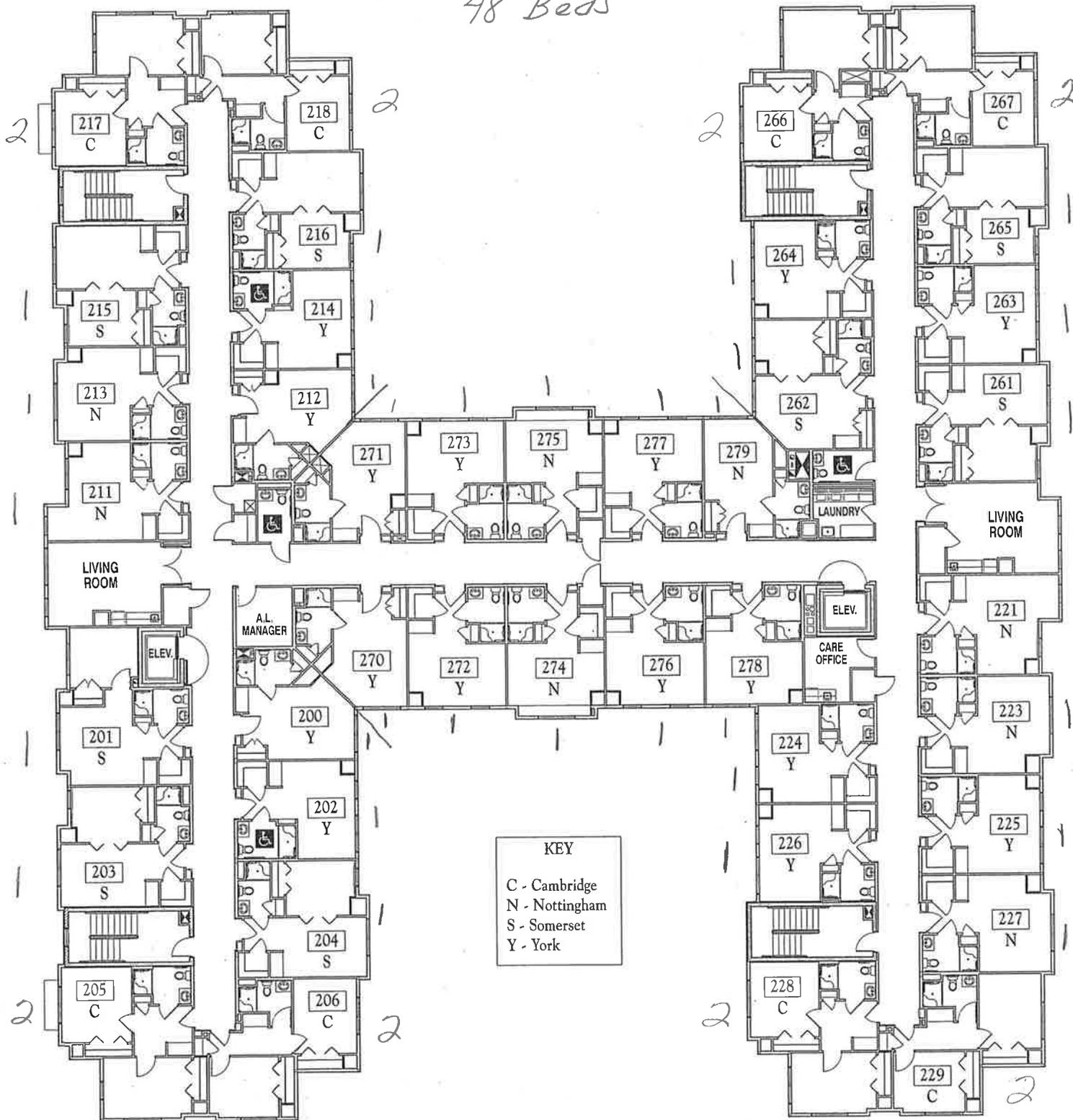
KEY  
 C - Cambridge  
 N - Nottingham  
 S - Somerset  
 Y - York



**BRIGHTON GARDENS THIRD FLOOR PLAN**  
 OMAHA

NEBRASKA

All Assisted Living  
 40 Apartments  
 48 Beds



**BRIGHTON GARDENS SECOND FLOOR PLAN**  
 OMAHA

NEBRASKA



DEPARTMENT	PROCESS OWNER	ORIGINAL DATE	REVISED DATE	
Resident Care and Services	ED, RC, AVC	11/02/98	June 18, 2014	

## REMINISCENCE PROGRAM GUIDELINES

The goal of the Reminiscence Program is to create pleasant days through a holistic program that benefits the mind, body and spirit of each resident. This person-centered program is designed to meet residents' needs for care, security, belonging and purpose in a home-like environment.

### I. APPLICABILITY Assisted Living

#### Guidelines:

- A. Reminiscence is a specialized, purpose-built and secured neighborhood within the assisted living community. Reminiscence features an evidence-based, holistic mind, body and spirit program specially developed for residents with Alzheimer's disease and related forms of dementia. All team members are trained to recognize that although residents with Alzheimer's disease and related dementias change as the disease progresses, their personhood remains intact. The Reminiscence Program supports each resident's existing abilities, while preserving dignity and self-esteem through activities and relationships that: promote meaning, purpose and connection. Programs are adapted to the cognitive, physical and spiritual needs and abilities of the residents, are familiar and comfortable, and involve family and friends.
- B. Sunrise Principles of Service are the foundation of programming in Reminiscence, which focuses on:
  - 1. Nurturing the Spirit: We strive to rekindle and connect with the spirit and essence of all residents. .



2. Encouraging Independence: Team members are trained to assist residents in a manner that promotes and maintains the highest level of independence possible, supporting them in their area of need while promoting feelings of success and self-esteem.
3. Enabling Choice: We always ask residents for their preferences, and design our activities based on their interests and input. Knowing that there is always an alternative to choose gives the resident a sense of independence and control over his or her environment.
4. Preserving Dignity: Everything that we do with the resident is done in a respectful manner, with their personhood in mind.
5. Celebrating Individuality: An Individualized Service Plan (ISP) gives care managers the information they need to provide personalized care and support, based on the resident's unique abilities and preferences.
6. Involving Family and Friends: We welcome Sunrise families and friends to be engaged and involved in our Reminiscence Program and the lives of our residents. Family involvement is encouraged and caregiver support groups are offered monthly.

C. Key programmatic components:

1. Person-centered care: At Sunrise, we acknowledge the uniqueness of each resident. Family members and residents assist the Sunrise team to complete a Resident Profile. This document gathers details about the resident, their personal history, typical daily routine, abilities, needs, and preferences. Our care is personalized and reflects the individual's preferences, routines, likes and dislikes.
2. Designated Care Managers: Research indicates that it is essential for the person with memory loss and their caregiver to have a meaningful relationship (The Swedish Council on Technology Assessment in Health Care, 2006; Alzheimer's Association, Dementia Specific Recommendations, 2007). Designated Care Managers serve and support the same group of residents every day, which promotes continuity of care and establishes a bond of trust. Our Designated Care Managers understand and know their residents intimately.



3. Life Enrichment Manager (LEM): The LEM identifies a daily life enrichment experience and/or life skill for each resident and documents this information to the resident's ISP. Thus, all team members can support the resident in having these meaningful daily enrichment experiences. The Life Enrichment Manager forms and facilitates at least three small groups or clubs weekly where residents with similar life interests spend meaningful time together. Some examples are; military club, retired teachers club, gardening club, and music club. The LEM also provides and engages residents in one to one opportunities. In addition, the LEM develops a community service project that meets weekly.
4. Daily Themed Social with an activity and a snack
5. Hydration is encouraged
6. Daily Baking, Food Prep or Cooking activity
7. Residents are supported and encouraged to participate in familiar and preferred Life Skills of their choice (sorting, dusting, folding, sweeping, watering plants, pet care, making beds, baking, food preparation, washing dishes)
8. Reminiscence Kits, Lap Baskets and Life Skill Stations are available for residents throughout the neighborhood, offering opportunities for residents, team and family members to engage in familiar and interesting interactions and activity.
9. Daily and Monthly activity calendars are displayed in the Reminiscence neighborhood and followed as posted.
10. Care Managers are trained, supported, supplied and assigned to lead activities every day. The RC and AVC should lead at least three activities per week in Reminiscence and will visibly support the activity program daily..

#### D. Mind-Body-Spirit Activities To Promote Quality of Life

1. MIND ~ Cognitive Enhancement
  - a. The Cognitive Programs are designed to support and maintain memory and engagement.
  - b. All cognitive programs should appropriately stimulate, challenge and engage residents.
  - c. Prior to any activity beginning, the leader will greet each resident/participant individually, using their name and establishing a personal connection.
  - d. Whenever possible, activities will be multi-sensory.



- e. Residents should be transferred from wheelchairs to soft seating whenever possible
- f. Residents should be engaged in a way that encourages them to feel successful and failure free.
- g. If residents appear to experience self-doubt or frustration with a cognitive activity, the program should be adapted to encourage their successful engagement.
- h. At least 2 of these options will be offered daily and are always adapted to the cognitive level of the residents
  - 1). Cognitively stimulating programs (singing favorite song lyrics, sorting items, repeating or creating rhythm patterns, spiritual songs, patriotic songs).
  - 2). Reminiscence therapy (recalling favorite recipes, childhood games, babies, children, sport teams, weddings, travel, school memories, best friends, military service, movie stars, local history, favorite neighborhood places, seasonal and holiday traditions)
  - 3). Stimulating and engaging cognitive word programs that provide cues to support the resident's success (opposites word games, famous people trivia (give first name), famous pairs (give first name), fill in favorite sayings and prayers)

## 2. BODY ~ Physical Fitness & Wellness Programs

- a. Physical Fitness & Wellness programs will focus on improving vitality, functional endurance, strength, balance, flexibility and improved blood circulation to the brain.
- b. Prior to any activity beginning, the leader will greet each resident/participant individually, using their name and establishing a personal connection.
- c. Whenever possible, props will be used, such as swim noodles, resistance bands, balance discs, scarves and music to make the program multi-sensory. All physical activities should appropriately stimulate and challenge residents.
- d. At least 2 options will be offered daily.
  - 1). Aerobic exercises
  - 2). Light weights
  - 3). Tai Chi
  - 4). Yoga
  - 5). Dancing



- 6). Leisure exercises- Wii Fit, bowling, golf
- 7). Stretching and Flexibility Classes
- 8). Walking Club
- 9). Exercise Essentials
- 10). Go For Life

- e. Residents should be supported and engaged in a way that encourages them to feel successful.

3. SPIRIT ~ Creativity, Culture, Religious, Social Engagement, Spirituality & Lifelong Learning Programs

- a. Program will offer opportunities that nurture the spirit by stimulating creative engagement in musical, cultural, spiritual, and life-enriching events.
- b. Prior to any activity beginning, the leader will greet each resident/participant individually, using their name and establishing a personal connection
- c. At least 2 of these options will be offered daily:
  - 1). Music Appreciation
  - 2). Music Therapy
  - 3). Chorus
  - 4). Informal and Formal Art Classes
  - 5). Twice weekly purposeful bus outings, culture, music
  - 6). Poetry
  - 7). Common Interest Groups
  - 8). Volunteering and Community Service Opportunities
  - 9). Intergenerational Programs
  - 10). Reading Clubs
  - 11). Spiritual/Religious offering
  - 12). Pet Care (caring for house pets, wild bird feeding)
  - 13). The Positive Power of Humor
  - 14). Sensory and Snoezelen

E. Weekly calendar offerings include:

- a. Two Purposeful outings
- b. A high quality art or music appreciation experience led by a skilled facilitator
- c. Volunteer support (preferably 10 or more hours)
- d. AVC-led activity in the Reminiscence neighborhood 3 times per week
- e. Two Religious offerings



F. Monthly calendar offerings include:

- a. One intergenerational activity
- b. Alzheimer's Support Group meeting for families and the community

G. Quarterly offerings:

- a. Spring Event (Whole Community)
- b. Summer Event ( Whole Community)
- c. Fall Event (Whole Community)
- d. Winter Event (Whole Community)

H. Annually:

- a. Volunteer Appreciation Event (Whole Community)

A change in the level of service is not considered a change of fees or charges. Rather, it is an increase in services which are subject to the higher fees corresponding to those services. The Resident shall be responsible for the cost of the increased level of service when he/she begins receiving such services.

G. **Fees During Resident Absence.** During an absence from the Community, the Resident is responsible for payment of the Base Fee and all service level fees through the third day of absence. Beginning with the fourth day of absence, the Resident will not be responsible for service level fees above the Base Suite Rate.

H. **Suite Hold.** During an absence from the Community, the Resident's suite will be held for the Resident provided that, upon return, the Resident continues to meet the Community's admission criteria and all fees and charges incurred by the Resident have been paid.

I. **Double Occupancy.** If two individuals are parties to this Residency Agreement, the second person fees, as listed in Exhibit 1-A, shall be applied. Both Residents shall be jointly and severally liable for all fees and charges incurred by each Resident. When two persons are parties to this Residency Agreement, and when one such person permanently vacates the Suite, the remaining resident shall have the option of:

- Retaining the same Suite, with the understanding that a prospective resident may select that Suite for double occupancy; or
- Retaining the same Suite and paying the fee applicable to private occupancy; or
- Relocating to a single occupancy Suite, if available.

J. **Refund Upon Closing.** In the event the Community ceases to operate, the Resident will be entitled to a pro rata refund of any prepaid amounts for services covering the period after the building has closed.

#### **ARTICLE IV** **Term and Termination**

A. **Term of Residency Agreement.** This Residency Agreement shall commence on the Effective Date and will continue on a month-to-month basis.

B. **Non-Renewal.** As a month-to-month Contract, Community may elect to not renew the Contract upon thirty (30) days written notice to the Resident.

C. **Termination.** The Community may terminate this Residency Agreement prior to the expiration of its term, upon thirty (30) days prior written notice ("Community Notice Period") to the Resident and the Responsible Party for one of the following reasons, as determined by the Community:

1. The Resident:

- a. Does not meet the residency requirements established by the state
- b. Presents an imminent physical threat or danger to self or others;
- c. Is dependent upon a ventilator;
- d. Has stage III dermal ulcers, unless an independent physician has determined that the ulcer(s) is healing;
- e. Has a stage IV dermal ulcer;
- f. Requires intravenous therapy or injections beyond those allowed by state law;
- g. Has an airborne infectious disease in a communicable state that required isolation of the individual or requires special precautions by the caretaker to prevent transmission of the disease;
- h. Has a nasogastric tube;
- i. Has a gastric tube, unless the individual is capable of feeding him/herself and maintaining the gastric tube and the Community deems the individual appropriate for admission/retention;
- j. Requires continuous licensed nursing care;
- k. Is certified by his/her physician as no longer being appropriate for admission/retention;
- l. The resident requires maximum physical assistance as documented by the UAI and meets Medicaid nursing facility level of care criteria as defined in the State Plan for Medical Assistance unless the Resident's independent physician determines otherwise;
- m. Fails to pay fees and charges when due, or breaches any representation, covenant, agreement, or obligation of the Resident under this Residency Agreement;
- n. Fails to accept additional services when it is in the best interest of the Resident to have these services provided to him/her;
- o. Has health care needs that cannot be met in the Community, for reasons such as licensure, design or staffing, as determined by the Community;
- p. Fails to comply with the Community Guidelines;
- q. Is habitually disruptive, creates unsafe conditions, or is physically or verbally abusive to other residents or staff.

2. The Resident's family, guardian, Responsible Party, or guest is habitually disruptive, creates unsafe conditions, or is physically or verbally abusive to the detriment of the welfare of the Resident, other residents or staff.

3. The Resident's personal physician has determined that the Resident needs other services, not available at the Community; or

4. The Community is closed.

Notwithstanding the foregoing, the Community may terminate this Residency Agreement for health or safety reasons, consistent with state law or in the event of a Community emergency or a Resident emergency, as determined by the Community. If this Residency Agreement is terminated for these reasons, the Community will not be required to provide prior written notice.

**D. Termination by Resident.** The Resident may terminate this Residency Agreement, upon thirty (30) days prior written notice to the Community ("Resident Notice Period"), for any reason. In the event of the death of the Resident, this Residency Agreement will terminate on the first full day after all articles are removed from the suite. In the event of a medical emergency, as determined by Sunrise, this Residency Agreement shall terminate effective fourteen (14) calendar days after Sunrise receives notice, provided all articles are removed from the suite by that date.

**E. Refunds.**

1. In the event the Community terminates this Residency Agreement and the Resident vacates the Suite before the Community Notice Period is over, the Community shall refund the Resident a prorated amount of the paid Base Fee, and the Additional Assisted Living Services Fees for the unused portion of the Community Notice Period.

2. In the event the Resident terminates this Residency Agreement, the Resident will be liable for all charges accrued or incurred for the entire length of the Resident Notice Period, regardless of whether the Resident vacates the Suite prior to the expiration of the Resident Notice Period.

**F. Removal of Personal Property.** Upon termination of this Residency Agreement, the Resident's personal property must be removed from the Suite. The Community shall continue to assess, and the Resident will be required to pay, the Base Fee on a prorated basis until the personal property is removed from the Suite.

**ARTICLE V**  
**Miscellaneous Provisions**

**A. Choice of Accommodations.** In the event that the suite of the Resident's choice is not immediately available, an alternate suite will be made available and the Resident will be charged the rate customarily associated with such suite. Once the Resident's desired suite becomes available the Resident will be allowed to move into the desired suite in accordance with the Community's policy and the rate set forth in Exhibit 2, will apply.

# CARE MANAGER/CARE PARTNER LEARNING MAP



## ONBOARDING / REQUIRED COURSES

## DONE / DATE

Orientation courses can be taken online or in a classroom setting (unless otherwise noted) to allow communities flexibility in delivery. Additional state-mandated training may be required.

ORIENTATION STANDARD	COURSE DESCRIPTION	COMPLETION	DATE
	<p><b>Community Introduction</b> – Includes information that team members must know before they begin providing care and services to residents, including state-required topics.</p> <p><i>DAY 1</i></p>	<input type="checkbox"/>	
	<p><b>Community Introduction Knowledge Check</b></p>	<input type="checkbox"/>	
	<p><b>Compliance &amp; Code of Conduct</b> – Covers key information from the Sunrise Code of Conduct &amp; Integrity.</p>	<input type="checkbox"/>	
	<p><b>Fundamentals 101</b> – Provides a foundation of Sunrise history and culture, Sunrise's belief in resident-centered care, and introduces team member responsibilities.</p>	<input type="checkbox"/>	
	<p><b>Fundamentals 102</b> – Covers building a positive atmosphere, team member roles and safety, resident safety, and emergency procedures.</p>	<input type="checkbox"/>	
	<p><b>Ageing Process 101</b> – Provides team members with tools to understand residents and the aging process.</p>	<input type="checkbox"/>	
	<p><b>Activities of Daily Living 101</b> – Covers the skills and tools needed to give personalized assistance to residents while encouraging independence and choice, including activities of daily living principles and personal hygiene.</p>	<input type="checkbox"/>	
	<p><b>Community Relations 101</b> – Expands on the whole community approach as it pertains to the sales process; covers the impact of first impressions and what makes Sunrise unique.</p>	<input type="checkbox"/>	
	<p><b>Dining Services 101</b> – Focuses on how to create pleasant dining experiences for residents, special needs of residents in dining services, and topics such as safety, sanitation, food handling, and how to prevent the spread of germs.</p>	<input type="checkbox"/>	
	<p><b>Activity Programming 101</b> – Introduces Sunrise's belief that activities should always be personalized in accordance with each resident's abilities, preferences, and interests; covers the whole community approach and unique Sunrise activities.</p>	<input type="checkbox"/>	
	<p><b>Customer Service 101</b> – Includes how to provide great customer service and resolve issues, explores Moments of Truth, Moments of Magic, and Moments of Misery.</p>	<input type="checkbox"/>	
	<p><b>Housekeeping Services 101</b> – Focuses on the role of housekeeping at the community, including applying the Principles of Service, and knowing how to use housekeeping equipment and products.</p>	<input type="checkbox"/>	
	<p><b>Alzheimer's and Dementia Care 101</b> – Provides fundamental information about memory care for all team members, including: ways to support families, relationship-based care and basic human needs, understanding dementia and Alzheimer's, health care concerns, communicating with compassion, and understanding challenging behaviors.</p>	<input type="checkbox"/>	
	<p><b>Alzheimer's and Dementia Care 102</b> – For team members who interact and serve residents regularly, this course integrates hands-on activities to help team members better understand conditions causing dementia, daily programming, specific behaviors, and communication techniques.</p>	<input type="checkbox"/>	
	<p><b>Working Through Conflict Together</b> – Focuses on recognizing, preventing, and resolving conflicts that may arise.</p>	<input type="checkbox"/>	
	<p><b>Shadowing and Skills Demonstration</b> – On-the-job training where team members learn the skills needed to do their jobs from more experienced team members.</p>	<input type="checkbox"/>	
	<p><b>HIPAA (US)/Privacy Policy Training (Canada)</b> – Covers the residents' right to privacy and the use and disclosure of Protected Health Information, and for US team members includes the overview of the Health Insurance Portability and Accountability Act of 1996 (HIPAA).</p> <p><i>COMPLETE BY DAY 60</i></p>	<input type="checkbox"/>	

CLASSROOM ONLINE

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# miniModules

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# MINIMODULES

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The miniModules were designed to offer an easy, efficient way to provide on-going dementia training for care managers, department heads and other Sunrise staff. They are intended to last approximately *10 to 15 minutes each*, but can be combined to create longer in-services or training workshops. miniModules were developed to supplement and enhance the Sunrise University Training Program.

The success of the miniModule format depends on how well the presenter/trainer prepares as well as how interactive the session is. If you are the trainer, please review the miniModule thoroughly prior to the session and be sure you understand the material. The miniModules are **not** intended to be simply read to staff, but instead, to encourage the participation of the trainees.

Some guidelines to remember are:

- Present a miniModule at each weekly department head meeting
- Present at least 2 miniModules each month for all shifts of care managers that work in the neighborhood
- Document miniModule training in training file
- Include miniModules in family support meetings
- Make miniModules available to any family member in Sunrise Assisted Living
- Encourage staff to take copies of the miniModules and develop their own notebooks of miniModules
- Remember that the information included in Sunrise's miniModules align closely with Guidelines for Dignity, the Alzheimer's Association's set of standards
- Encourage your DCR to offer copies of appropriate miniModules to families of prospective residents

# MINIMODULE TABLE OF CONTENTS

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## Activities of Daily Living

- ADL-1 ..... Assisting Residents with ADL's
- ADL-2B ..... Bathing
- ADL-3B..... Grooming
- ADL-4B ..... Brushing Teeth
- ADL-4.5B ..... Denture Care
- ADL-5 ..... Pericare
- ADL-6 ..... Dressing

## Activities Programming

- AP-2 ..... Enhancing the Life Skill Program
- AP-3 ..... Personalizing Recreational Activities

## Behavior

- B-1 ..... Resistance to Care - Pain or Discomfort
- B-2 ..... Resistance to Care - Frustration
- B-3 ..... Resistance to Care - Fear and Confusion
- B-4 ..... Resistance to Care - Fatigue
- B-5 ..... Aggression - Causes
- B-6 ..... Aggression - Interventions
- B-7 ..... Chemical Restraints - Doing Without
- B-8 ..... Physical Restraints - Why We Avoid
- B-9 ..... Wandering
- B-10 ..... Not Necessarily Sexual
- B-11 ..... Suicide Precautions
- B-12 ..... Depression
- B-13 ..... Challenging Behaviors and What to Do

## Communication

- C-1 ..... Respect One Another
  - C-2 ..... Active Listening
-

## MINIMODULES

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### Resident Services

- RS-3 ..... Being Sensitive to the Mentally Handicapped
- RS-4 ..... The Reminiscence Program Overview
- RS-7 ..... Reminiscence Family Style Dining

### Resource Library

- RL-1 ..... Reminiscence Resource Library: Using it Effectively
- RL-2 ..... Activities Resource Library: Using it Effectively

### Snoezelen

- SN-1 ..... An Experience for Everyone
- SN-2 ..... Aromatherapy

### Socialization

- S-1 ..... Reminiscing - The Purpose
- S-2 ..... Music - Singing and Dancing
- S-3 ..... Nurturing the Spirit

### Sunrise Basics

- SB-3 ..... Sunrise Principles of Service
- SB-4 ..... Shared Core Values
- SB-6 ..... Characteristics of a Sunrise Team Member
- SB-14 ..... Designated Care Managers

### Understanding Dementia

- UD-1 ..... The Importance of Life Stories
  - UD-2 ..... Six Key Facts About Alzheimer's Disease
  - UD-3 ..... Other Things to Know About Alzheimer's Disease
  - UD-4 ..... Other Forms of Dementia
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  - UD-7 ..... Identifying Pain and Discomfort
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*Creating Pleasant Days*

*Reminiscing: Let the Past Bring Joy to the Present*

*Life Skills: Familiar and Favorite Everyday Activities*

*Snoezelen: A Way to Relax and Comfort Residents*

*Understanding Basic Human Needs*

*Connecting With Residents Living With Dementia*

*Meaningful Connections: Advanced Dementia*

*Responding With Empathy*

*Building Trust to Foster Cooperation and Knowledge Check*

*Bathing: Tips and Advice for Fearful Residents*

*Creating a Spa-Like Experience*

*Dining in the Reminiscence Neighborhood*

*Using Centering Techniques*

*Avoiding Burnout*



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*Fear and Confusion: Causes and Interventions*

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*Need Driven Vocalizations*

*Understanding the Reasons Some Residents Spit*

*Expressions of Intimacy*

• *Challenging Behavior: Module*

SUPPORTING FAMILIES

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*How Move-In Affects Spouses and Partners*

*Understanding Families Mixed Emotions*

*Helping Families & Residents to Have Good Visits*

*Helping Family Members Cope with Grief*

*How to Use the Reminiscence Resource Library*

TYPES OF MEMORY LOSS

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*Understanding Alzheimer's Disease*

*Understanding Lewy Body Dementia*

*Understanding Vascular Dementia*

*Understanding Frontotemporal Dementia*

*Understanding Mild Cognitive Impairment*

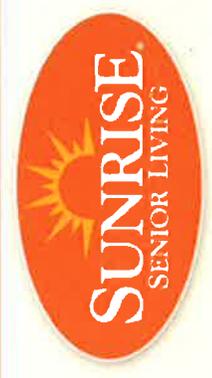


SUN	MON	TUE	WED	THUR	FRI	SAT
<b>ROOM KEY</b> AR - Activity Room AL - Assisted Living	<b>1</b> 9:30 Exercise Essentials With Noodles 10:00 C3 Club 11:00 Live w/ Anticipation Club 1:30 Monthly Happenings Social 3:30 Rosary (Skilled Nursing) 4:00 Trivia 6:00 Musical Matinee <b>7:00 Alzheimer's Support Group (AL)</b>	<b>2</b> <b>Groundhog Day</b> 9:30 Go4Life Exercise Club 10:00 C3 Club 10:30 Sing-Along (AR) <b>10:30 Music by Joe Taylor (Skilled Nursing)</b> 11:00 Music Appreciation 1:30 Go4Life Walking Club 2:00 Giveback Group 3:00 Groundhog Day social 4:00 Mind Joggers 6:00 Live w/ Reflection Evening Relaxation	<b>3</b> 9:30 Exercise with Tamera 10:00 C3 Club with Tamera 10:30 Legacy Kids Club (AL) 11:00 Scrapbooking Class 1:30 Flower Arranging (AR) 1:30 Go4Life Walking Club 2:00 Bingo (AL) 3:00 News Currents Social (AL) 4:15 Daily Inspirations with Tamera 6:00 Happy Hour Social and Trivia	<b>4</b> 9:45 Exercise Essentials- Noodles 10:00 Outing- Giveback Delivery 10:00 C3 Club 10:30 Mind Joggers 1:00 Crafters Club (AR) 1:30 Go4Life Walking Club 3:00 News Currents Social (AL) 4:15 Daily Inspirations with Tamera 6:00 Live w/ Reflection Evening Relaxation	<b>5</b> 9:30 Exercise Essentials With Noodles 10:00 C3 Club 10:30 Puzzle Club (AR) 11:00 Fun In The Kitchen with Melissa (AR) 1:30 Go4Life Walking Club <b>2:30 Music by Steven (AL)</b> 3:30 TGIF Birthday Social (AL) 4:00 Trivia 6:30 Friday Night Movie	<b>6</b> 9:30 Exercise Essentials- Weights 10:00 C3 Club <b>10:30 Mass and Rosary (AL)</b> 11:00 Spa Day 1:30 Go4Life Walking Club 2:00 Bingo (AL) 4:00 Mind Joggers 6:00 Live w/ Reflection Evening Relaxation
<b>7</b> 9:30 Exercise Essentials- Bands <b>9:30 Protestant Church Service (AL)</b> 10:00 C3 Club 10:30 Art Fun (AR) <b>11:30 Catholic Communion (Reminiscence)</b> 1:30 Go4Life Walking Club 2:00 Sing Along (AR) 3:00 Sunday Sports Social 4:00 Trivia 6:30 "Sundae" Drive Down Memory Lane	<b>8</b> <b>Chinese New Year</b> 9:30 Exercise Essentials With Noodles 10:00 C3 Club 11:00 Live w/ Anticipation Club 1:30 Go4Life Walking Club <b>2:00 Meet Me at MoMa (AL)</b> 3:00 Chinese New Year Social (AL) 3:30 Rosary (Skilled Nursing) 4:00 Trivia 6:00 Musical Matinee	<b>9</b> <b>Shrove Tuesday/Mardi Gras</b> 9:30 Go4Life Exercise Club 10:00 C3 Club 10:30 Sing-Along (AR) 11:00 Music Appreciation 1:30 Go4Life Walking Club <b>2:00 Mardi Gras Celebration (AL)</b> 2:00 Giveback Group 4:00 Mind Joggers 6:00 Live w/ Reflection Evening Relaxation	<b>10</b> <b>Ash Wednesday</b> 9:30 Exercise with Tamera 10:00 C3 Club with Tamera 10:30 Legacy Kids Club (AL) 11:00 Scrapbooking Class 1:30 Flower Arranging (AR) 1:30 Go4Life Walking Club 2:00 Bingo (AL) 3:00 Who's What? When& Social	<b>11</b> 9:45 Exercise Essentials- Noodles 10:00 Outing- Giveback Delivery 10:00 C3 Club 10:30 Mind Joggers 1:00 Crafters Club (AR) 1:30 Go4Life Walking Club 3:00 News Currents Social (AL) 4:15 Daily Inspirations with Tamera 6:00 Live w/ Reflection Evening Relaxation	<b>12</b> 9:30 Exercise Essentials With Noodles 10:00 C3 Club 10:30 Puzzle Club (AR) 11:00 Fun In The Kitchen with Melissa (AR) 1:30 Go4Life Walking Club <b>2:30 Music by Joe Taylor (AL)</b> 3:30 TGIF Social (AL) 4:00 Trivia 6:30 Friday Night Movie	<b>13</b> 9:30 Exercise Essentials- Weights 10:00 C3 Club <b>10:30 Mass and Rosary (AL)</b> 11:00 Spa Day 1:30 Go4Life Walking Club 2:00 Bingo (AL) 4:00 Mind Joggers 6:00 Live w/ Reflection Evening Relaxation
<b>14</b> <b>Valentine's Day</b> 9:30 Exercise Essentials- Bands <b>9:30 Protestant Church Service (AL)</b> 10:00 C3 Club 10:30 Art Fun (AR) <b>11:30 Catholic Communion (Reminiscence)</b> 1:30 Go4Life Walking Club 2:00 Sing Along (AR) 3:00 Sunday Sports Social 4:00 Trivia 6:30 "Sundae" Drive Down Memory Lane	<b>15</b> <b>Presidents' Day</b> 9:30 Exercise Essentials With Noodles 10:00 C3 Club 11:00 Live w/ Anticipation Club 1:30 Go4Life Walking Club <b>3:00 Travelling Nature Program (AL)</b> 3:30 Rosary (Skilled Nursing) 4:00 Trivia 6:00 Musical Matinee <b>7:00 Alzheimer's Support Group (AL)</b>	<b>16</b> 9:30 Go4Life Exercise Club 10:00 C3 Club 10:30 Sing-Along (AR) 11:00 Music Appreciation 1:30 Go4Life Walking Club 2:00 Giveback Group 3:00 Word Puzzles and Pie Social 4:00 Mind Joggers 6:00 Live w/ Reflection Evening Relaxation	<b>17</b> 9:30 Exercise with Tamera 10:00 C3 Club with Tamera 10:30 Legacy Kids Club (AL) 11:00 Scrapbooking Class 1:30 Flower Arranging (AR) 1:30 Go4Life Walking Club 2:00 Bingo (AL) 3:00 Sing Along with Mianna (AL)	<b>18</b> 9:45 Exercise Essentials- Noodles 10:00 Outing- Giveback Delivery 10:00 C3 Club 10:30 Mind Joggers 1:00 Crafters Club (AR) 1:30 Go4Life Walking Club <b>2:00 Cooking with Dan (AL)</b> 3:00 News Currents Social (AL) 4:15 Daily Inspirations with Tamera 6:00 Live w/ Reflection Evening Relaxation	<b>19</b> 9:30 Exercise Essentials With Noodles 10:00 C3 Club 10:30 Puzzle Club (AR) 11:00 Fun In The Kitchen with Melissa (AR) 1:30 Go4Life Walking Club <b>2:30 Music by Pluckin Nuts (AL)</b> 3:30 TGIF Social (AL) 4:00 Trivia 6:30 Friday Night Movie	<b>20</b> 9:30 Exercise Essentials- Weights 10:00 C3 Club <b>10:30 Mass and Rosary (AL)</b> 11:00 Spa Day 1:30 Go4Life Walking Club 2:00 Bingo (AL) 4:00 Mind Joggers 6:00 Live w/ Reflection Evening Relaxation
<b>21</b> 9:30 Exercise Essentials- Bands <b>9:30 Protestant Church Service (AL)</b> 10:00 C3 Club 10:30 Art Fun (AR) <b>11:30 Catholic Communion (Reminiscence)</b> 1:30 Go4Life Walking Club 2:00 Sing Along (AR) 3:00 Sunday Sports Social 4:00 Trivia 6:30 "Sundae" Drive Down Memory Lane	<b>22</b> 9:30 Exercise Essentials With Noodles 10:00 C3 Club 11:00 Live w/ Anticipation Club 1:30 Go4Life Walking Club <b>2:00 Meet Me at MoMa (AL)</b> 3:00 Chair Travelers Social 3:30 Rosary (Skilled Nursing) 4:00 Trivia 6:00 Musical Matinee	<b>23</b> 9:30 Go4Life Exercise Club 10:00 C3 Club 10:30 Sing-Along (AR) 11:00 Music Appreciation 1:30 Go4Life Walking Club 2:00 Giveback Group 4:00 Mind Joggers 6:00 Live w/ Reflection Evening Relaxation	<b>24</b> 9:30 Exercise with Tamera 10:00 C3 Club with Tamera 10:30 Legacy Kids Club (AL) 11:00 Scrapbooking Class 1:30 Flower Arranging (AR) 1:30 Go4Life Walking Club 2:00 Bingo (AL) 6:00 Happy Hour Social and Trivia	<b>25</b> 9:45 Exercise Essentials- Noodles 10:00 Outing- Giveback Delivery 10:00 C3 Club 10:30 Mind Joggers 1:00 Crafters Club (AR) 1:30 Go4Life Walking Club 3:00 News Currents Social (AL) 4:15 Daily Inspirations with Tamera 6:00 Live w/ Reflection Evening Relaxation	<b>26</b> 9:30 Exercise Essentials With Noodles 10:00 C3 Club 10:30 Puzzle Club (AR) 11:00 Fun In The Kitchen with Melissa (AR) 1:30 Go4Life Walking Club <b>2:30 Music by Christine (AL)</b> 3:30 TGIF Social (AL) 4:00 Trivia 6:30 Friday Night Movie	<b>27</b> 9:30 Exercise Essentials- Weights 10:00 C3 Club <b>10:30 Mass and Rosary (AL)</b> 11:00 Spa Day 1:30 Go4Life Walking Club 2:00 Bingo (AL) 4:00 Mind Joggers 6:00 Live w/ Reflection Evening Relaxation
<b>28</b> 9:30 Exercise Essentials- Bands <b>9:30 Protestant Church Service (AL)</b> 10:00 C3 Club 10:30 Art Fun (AR) <b>11:30 Catholic Communion (Reminiscence)</b> 1:30 Go4Life Walking Club 2:00 Sing Along (AR) 3:00 Sunday Sports Social 4:00 Trivia 6:30 "Sundae" Drive Down Memory Lane	<b>29</b> 9:30 Exercise Essentials With Noodles 10:00 C3 Club 11:00 Live w/ Anticipation Club 1:30 Go4Life Walking Club 3:30 Rosary (Skilled Nursing) 4:00 Trivia 6:00 Musical Matinee <b>7:00 Alzheimer's Support Group (AL)</b>	<b>Outings may be cancelled due to weather</b>		<b>C3 Club- Coffee, and Cooking, and Chronicles</b>		

# February 2016

Reminiscence

9220 Western Ave Omaha, NE 402-393-7313 Brighton Gardens of Omaha





## Alzheimer's Support Group Meetings

This group meets every other Monday evening from 7pm – 8:30pm in the meeting room down the hall behind the check-in desk. If you have questions about if there will be a meeting or not due to weather call Carol Stoltenberg (402-392-0446), Bev Therkildson (402-331-4926) or The Alzheimer's Association Chapter Office (402-502-4300).

January 4 & 18	May 9 & 23	September 5 & 19
February 1, 15 & 29	June 6 & 20	October 3 & 17
March 14 & 28	July 11 & 25	November 7 & 21
April 11 & 25	August 8 & 22	December TBD



9220 Western Ave  
Omaha, NE 68114

Sunrise's Reminiscence Neighborhoods are secure and comfortable living areas specially designed for those with Alzheimer's disease, dementia and other forms of memory loss. Before move-in, our team conducts a formal assessment to determine appropriate care and service, and develops an Individualized Service Plan (ISP) that's updated on an ongoing basis to meet the resident's evolving needs.

Our memory care teams receive special training to help stimulate the memories and senses of our residents, and to engage with empathy. In particular, we utilize the Validation® Method, a manner of communicating with those who are disoriented as a result of memory loss. This method focuses on empathy and meeting seniors in their own reality. Sunrise is certified as an Authorized Validation® Organization by the Validation® Training Institute.

### THE BENEFITS OF SUNRISE MEMORY CARE INCLUDE:

- Living spaces designed to create a familiar yet stimulating environment for residents with Alzheimer's, dementia and other forms of memory loss
- Monthly wellness visits by a licensed nurse
- Special memory care team available 24 hours a day
- Emergency call response and fire safety system in each suite
- Assistance with dressing, bathing, continence and mobility
- Three fresh, delicious home-cooked meals created by our culinary team daily
- Weekly housekeeping, daily trash removal, laundry assistance and scheduled transportation
- Daily activities including social, educational, devotional and recreational programs
- Comfortable and secure common areas, including beautifully landscaped grounds, that encourage resident engagement
- Regular, open communication with family members
- Support groups and programs to encourage family involvement
- Community dog and cat (residents are also welcome to bring and care for their own pet)

### DAILY MEMORY CARE FEES

#### Base Fees Starting At:

Private Studio \$135

#### Personal Care & Fees:

Levels of assistance and fees above Base determined by the assessed needs of the resident.

Reminiscence Program Fee	\$48
Reminiscence Plus	\$70
Reminiscence Plus Plus	\$88
Enhanced Care starting at	\$109

Enhanced levels of care available based on need.

#### Additional Fees:

Medication Management 1	\$18
Medication Management 2	\$23
Medication Management 3	\$29
Move-in fee	

A specific fee schedule of service delivery is provided in the residency agreement. Fees are subject to change.

<b>PROCESS OWNER</b>
Health Care Coordinator

<b>ORIGINAL DATE</b>	<b>REVIEWED DATE</b>
11/02/98	02/01/07

<b>POLICY #</b>
Evaluating_and_Assessing_Residents_P_RCS_0005_AL_SRZ

## Evaluating and Assessing Residents

**POLICY:**

Prior to move-in, residents are evaluated and assessed to determine the best plan for service and care delivery. Thereafter, an update is completed each month.

**PROCESS:**

1. The *Service Evaluation and Health Assessment* form is used to complete an evaluation and assessment of each resident prior to move-in and every 6 months or more often as state regulations require.
2. The *Service and Health Update* is used each month to evaluate and assess residents. Refer to the chart below for details as to which form is used at which frequency.

FREQUENCY	FORM TO BE USED
Prior to move-in	<i>Service Evaluation and Health Assessment</i>
30 days after move-in	<i>Service and Health Update</i>
Each Month	<i>Service and Health Update</i>
Every 6 months or as required by state regulations	<i>Service Evaluation and Health Assessment</i>
Change in condition (including a resident's return from the hospital, etc.)	<i>Service and Health Update</i>

**NOTE:** When a *Service Evaluation & Health Assessment* is completed, it replaces the need for a *Service & Health Update* that month

3. The Assisted Living (ALC)/Reminiscence Coordinator (RC) and the Health Care Coordinator (HCC) collaborate to complete the *Service Evaluation & Health Assessment* and the *Service & Health Update*.
  - The ALC/RC completes the **evaluation** components such as Socialization & Mood, Memory & Cognition, Activities of Daily Living, Continence, etc.
  - The HCC completes the **assessment** components such as Nutrition, Skin, Pain, Cardiac & Respiratory, Medications, etc.

- The HCC reviews any noted changes in either section and initiates appropriate follow-up.
  - Follow-up is documented using the *Progress Notes* in the resident's *Wellness File*.
4. Additional information will be gathered from the following as appropriate:
- The Resident, Family/responsible party or the involved individual
  - Sunrise team members, including the Designated Care Manager
  - Physician
  - Support service providers, i.e., Rehabilitation Therapy, Hospice, etc.
  - Any other appropriate individuals
  - If the resident is not able to participate, a dialogue may be conducted with a Hands-on Caregiver/Family member, Physician or Home Health Care agency, etc.
  - Any necessary medical documentation
5. The following will be emphasized to the prospective resident/responsible individual that:
- The community's ability to meet the resident's needs is based on an accurate evaluation and assessment
  - Should those needs change once the move-in occurs, an update may be necessary
6. Upon completion of the *Resident Assessment*:
- The HCC reviews the entire evaluation and assessment and provides the final signature
  - Information (including the service level) in addition to completed evaluations and assessments will be promptly shared with the resident, family or responsible party
  - The *Individualized Service Plan* is initiated or updated
  - The assessment is placed in the resident's *Wellness File*
7. A system will be used to track the due dates of each resident's next evaluations and assessment.

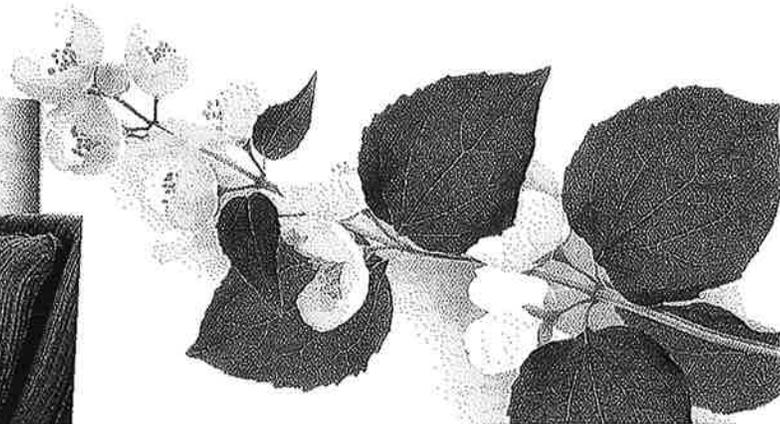
DAILY SKILLED NURSING FEES

Base Fees Starting At:

Shared Suite	\$275
Private Suite	\$310

Additional Fees:

A specific schedule of service delivery is provided in the residency agreement. Fees are subject to change.



## EXHIBIT B

### SUPPLEMENTAL SERVICES AND SUPPLIES

The Nursing Facility offers the following supplemental services and supplies to you at the fee indicated.

- |  |   |
|--|---|
| (1) Assistance with Resident requested special maintenance projects, such as hanging pictures, furniture assembly, <i>etc.</i> beyond that maintenance required by this Agreement. The use of outside contractors or handyman services is not permitted without prior written approval of Community. | \$ <u>25.00</u> /hour   |
| (2) Housekeeping services in addition to those included as part of the Skilled Nursing Services  | \$ <u>20.00</u> /hour   |
| (3) Transportation for personal trips, shopping, recreation, and for medical, health related, or therapy services outside the community's provided service. The hours that transportation is available for scheduling will be determined by Community.   | \$ <u>No Cost</u> /round trip<br>*within a 5 mile radius.                     |
| (4) Private Duty Companion Services/Care Management beyond care required by this agreement (ie physician visit escort)   | \$ <u>25.00</u> /hour   |
| (5) Guest meals (excluding special meals such as holiday buffet)   | \$ <u>6.00</u> /breakfast<br>\$ <u>8.00</u> /lunch<br>\$ <u>10.00</u> /dinner |
| (6) Room Service Trays personal request (not medical necessity)  | \$ <u>5.00</u> /each  |
| (7) Barber and Beauty services (See Salon Pricing)   | Varies based on service   |
| (8) Continence Products  | \$ _____  |
| (9) Standard Wheelchair Rental   | \$ <u>50.00</u> /month  |
| (10) Wanderguard Pendant   | \$ <u>150.00</u> /pendant   |
| (11) Supplements   | \$ <u>2.00</u> /can   |
| (12) Fall Alarms and/or Mat  | \$ <u>20.00</u> /month  |
| (13) Personal Care Supplies (i.e. Creams, Kleenex, urinals, UA Supplies)   | Varies by product   |
| (14) Catering Services   | Varies by event/menu  |