

## VERVE SIGNATURE PROGRAMS

### Meet Me at the MoMA

Meet Me at the MoMA is an art program utilizing prints, sketches, and photography from the Museum of Modern Art. An art lecture series will accompany all art modules in the Meet Me at the MoMA program. Residents will enjoy working with art in different mediums and have the opportunity to engage in intellectual conversations about art history, the artists and their works. Art alone can be fun and experiential but is not limited to just an artistic endeavour, but residents will also enjoy the many health benefits associated with art and will be encouraged and supported in their artistic expression and creativity.

This is a program designed to engage all resident populations: Independent Living, Assisted Living and Memory Care. Families are welcome to join their loved ones who reside in Memory Care to experience Art first hand.

#### Benefits of the Meet Me at the MoMA Art and Lecture Program

There are many reasons to pick up a paint brush and begin to paint but it is not just limited to being an artistic endeavour. Painting is extremely therapeutic and calming and the following are the most common benefits:

- Helps individuals relax
- Assists with critical thinking skills
- Reduces depression and anxiety
- Assists in socialization
- Improves cognition
- Offers sensory stimulation
- Fosters a stronger sense of identity
- Nurtures spirituality
- Reduces boredom
- Develops and sharpens fine motor skills
- Boosts creativity: Creative seniors visit the doctor less, take less medication, and have higher morale
- Improves concentration



## Go4Life Daily Walking Club

Go4Life is a fitness programs, including walking, that encourages adults to incorporate exercise and physical activity into their daily lives. The National Institute on Aging (NIA) leads the efforts in conducting and supporting research on aging and the health and well-being of older adults. They created Go4Life to try and make a difference by providing information and motivational tools to assist with physical activity and by working with organizations to provide an environment that support their efforts. A daily walking club was one of the key exercise programs. Go4Life also emphasizes the importance of resistance exercise for the overall goal of achieving overall brain health.

Walking alone certainly can increase physical activity and may have other benefits as well; however, studies have shown that walking in a group offers a wide variety of physical and social benefits. One of the most advantageous parts of a walking group is the instant support system it creates, which helps people stick to a plan of increasing their steps.

### Benefits of daily walking include:

- Improves circulation
- Slows the loss of bone mass
- Leads to a longer life
- Improves sleep
- Improves cardio and pulmonary function
- Slows mental decline
- Improves creativity (Stamford University research)
- Increases energy
- Releases endorphins to boost mood making one feel happier
- Reduces stress and anxiety



## **Java Music Club**

The Java Music Club is a signature program at Verve Senior Living and is an evidence-based peer support program that targets loneliness and social isolation. It provides a framework and structure for residents to engage in meaningful emotional support and to reach out to their peers that may be lonely. During the groups, residents participate in peer support activities using a unique combination of music, photography, readings and sharing. Founded on principles of altruism, the Java Music Club fosters trust and empathy among residents and helps them live purposeful lives.

## **Java Memory Care**

Our other signature Java program is called Java Memory Care, which is an adaptation of the Java Music Club for those living with mid-late stage dementia. The program helps residents develop close relationships and includes a calming getting centered practice and innovative approaches to peer support using adapted themes, photography, music, and readings. Java Memory Care (also called “Java Time”) gives staff the means to: 1) cultivate emotional engagement; and 2) enhance meaningful resident to resident interactions.



## Gentle Persuasive Approaches

Gentle Persuasive Approach is an evidence-based training program that helps care providers deliver person-centred, compassionate care to individuals with dementia. All of our care staff have been trained to work with and agree that:

Individuals with dementia are people first and foremost, with a unique history and a capacity for interpersonal relationships.

- All behaviour has meaning, and to understand the behaviour we must know the person behind the illness.
- The onus is on caregivers to try and understand patterns and triggers, and respond respectfully and confidently to the individual with dementia.
- Reframe behaviour as a response attempt to protect/defend yourself.
- Despite our best efforts, sometimes protective behaviours occur and caregivers need to learn ways to protect themselves and the persons with dementia to reduce injury.

Our staff also understand that a person with dementia is a unique human being, capable of interacting with the world. They understand the relationship between the disease process and behavioural responses. They use emotional, environmental and interpersonal communication strategies that are immediately useful.



## **Canfitpro**

Canfitpro is a nationally recognized educator in the Canadian fitness industry. Our professional Life Enrichment Managers and Assistants are certified by Canfitpro to provide group fitness to our residents.

As a qualified Fitness Instructor Specialist our staff can lead groups in various formats of cardiovascular conditioning, muscle strength and endurance training, stretching and relaxation, or a calming cool-down. A Canfitpro certified FIS is knowledgeable about different types of music, understands how to use music in a group setting, keeps current on the latest fitness trends and can give generalized advice about healthy living.



## **Fit Minds**

Fit Minds programs are evidence-based Cognitive Stimulation Therapy Programs based on Language and Music, Visual/ Spatial Orientation, Working & Long Term Memory, Critical Thinking and Computation skills.

Because of the concept of brain plasticity, we know the brain can continue to grow as we age. The key question for many of us is how do we make that happen?

Fit Minds group cognitive stimulation programs are designed to be delivered by our Life Enrichment Managers staff. With fresh programming every week, our residents will never feel like they are doing the same old thing. Each program encompasses challenging and engaging exercises that are novel and complex. Our residents are working their minds in every session; and the results can be quite remarkable!