



PHOTO: ROB WESTRICH

PARC PROVENCE'S KELLEY POLLARD, CRYSTAL BEUERLEIN, HER MOTHER RENA TINLIN, AND JOHN BEUERLEIN



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LOVING HOME]

PARC PROVENCE

by stephanie zeilenga

MOVING A LOVED ONE into a memory care community can be a stressful process; there's so much to consider: Will they be happy?

Will it feel like home? How will they be treated by the staff? What kind of support will you get as caregiver? But Crystal Beuerlein, whose mother moved into Parc Provence in 2008, a memory care community also offering all levels of nursing care, says she's never had to worry about a thing.

T&S: What made you decide your mom needed professional care?

CB: Mom was living in Dallas and a really bad fall necessitated her going into assisted living. She was in a good place there, but she kept falling, so my husband John and I kept going to Dallas because we have no other family there. After awhile, we knew it was time to bring her to St. Louis, and she's been at Parc Provence ever since.

T&S: What does she do there that makes you feel good about the decision?

CB: They have a lot of activities that help residents build on their abilities and strengths. At first, Mom participated, but now that she's been there six years, she's more selective about activities. But the staff still makes sure to visit with

her so she gets some special one-on-one time. And she loves her weekly massage with the massage therapist—it's her favorite activity.


T&S: Being a caretaker of an aging parent can be overwhelming. Do you feel supported?

CB: Yes. The staff keep me informed of any changes in her medication, even if she's just had an extra aspirin or Tylenol. Another thing I've been so grateful for is that Parc Provence provides all her medical care, so that when my husband and I take her out, it's always for fun and not to go to doctors' appointments.

T&S: Did your mom have input on where to settle?

CB: About a year ago we moved to Clayton, which is farther from Parc Provence than our previous location. So we found a place for Mom closer to us and took her to look at it, but let her know it was ultimately her choice. She said *Nope, I want to stay at Parc Provence.* It was a nice feeling knowing that she's happy there.

T&S: When friends dealing with a similar situation ask you for advice, what do you tell them?

CB: I say that they'll know the right place when they find it—it's not one-size-fits-all. You've got to find what works for you. I always recommend Parc Provence, if that's the kind of memory care and skilled care they're looking for. 

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