

SENIOR SHOWCASE

PARC PROVENCE •

Parc Provence's five 'households' give residents a cozy, familiar setting that offers comfort to those living with dementia. The households form a safe neighborhood with the kind of extensive programming and quality care families want for their loved ones, says administrator Tracy Cecil. "Many assisted living and skilled nursing communities just have memory care on the side, but it's our specialty." Cecil has been with Parc Provence since it opened in 2004, initially working as the rehab director and later assistant administrator before starting her current position. "Our management team and a lot of our staff has great longevity," she notes. "Many have been here since we opened."

Familiar faces are just one part of an atmosphere deliberately created to soothe and comfort. Each household is home to about 20 to 30 residents at a similar cognitive level and has its own living and dining rooms, fun room and patio. "Every resident has his or her own room, and spouses are welcome," Cecil says. "And there is a dedicated staff in each household for nursing care, activities and housekeeping." The more than 150,000 square feet of space on the grounds includes a library, three activity rooms, horticulture room, billiards room and a bistro where happy hour is held every evening. "Joe Mancuso's band plays often, and the St. Louis Strutters are a big hit," Cecil says. The community also provides ample open space, with nine courtyards and a walking path around the perimeter. "No resident wants to feel locked in a closed unit," she says. "Even in the large common areas and gardens, residents are able to move around freely in a safe environment without getting lost."

Cecil says the activities program also sets Parc Provence apart. "We have six different programs that run simultaneously throughout the day," she says. "We average 80 to 100 activities every day, with a staff of 35 specialists." She notes that calendar events are determined by residents, with options ranging from yoga and t'ai chi to bridge and rock and roll clubs. "Family members fill out a life assessment form when a resident arrives, so we adapt our calendars to resident

interests and also to their cognitive abilities so everyone can participate in something." Since residents are in various stages of dementia, they may engage at different levels. "Our early-stage programming looks different than our later-stage activities, but there is something for everyone," she says.

Parc Provence also offers field trips several times each week, including the Fox, Missouri Botanical Garden and Cardinals games. "For those who can't get out as easily, we take bus tours throughout the city," Cecil says, noting family members are always welcome to join the outings as well as visit anytime. "We encourage guests 24 hours a day. We invite them for lunch and dinner, and they often come to happy hour in the bistro."

Cecil says it's all about making the residents feel comfortable. She recalls one resident who carried around a picture of her lake house to show everyone.

"I had it enlarged and framed to put in the living room of her house," she recalls. "Our households are our residents' homes, and we want them to feel that way. I love walking around the community and seeing all the different activities and clubs going on. Parc Provence really feels alive, and our residents are truly living and enjoying life."

"... the kind of extensive programming and quality care families want for their loved ones"



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