

A DIRECTORY OF BROOKDALE COMMUNITIES AND SERVICES





Making an impact

It's not so much what we do, but rather the impact we have on the residents and patients we are privileged to serve — through the people and the communities that foster joy, inspiration, belonging, independence and purpose every day. That's what makes us who we are and, most importantly, what makes all the difference to our residents.

Tip:

As you scan through the directory, you may see communities that offer more than one level of care. For example, there are communities that offer both Assisted Living and Alzheimer's and Dementia Care.

Table of Contents

This guide is organized by care levels to show Independent Living, Assisted Living and Alzheimer's and Dementia Care options. For a quick and easy reference, check out the map with all of our community locations throughout the area. We also offer access to home health, hospice and outpatient care across the area.

Introduction	1
Мар	3-4
About this guide	5
Clinical expertise at every level	6
Our approach	7-8
The Brookdale advantage	9-10

Independent Living

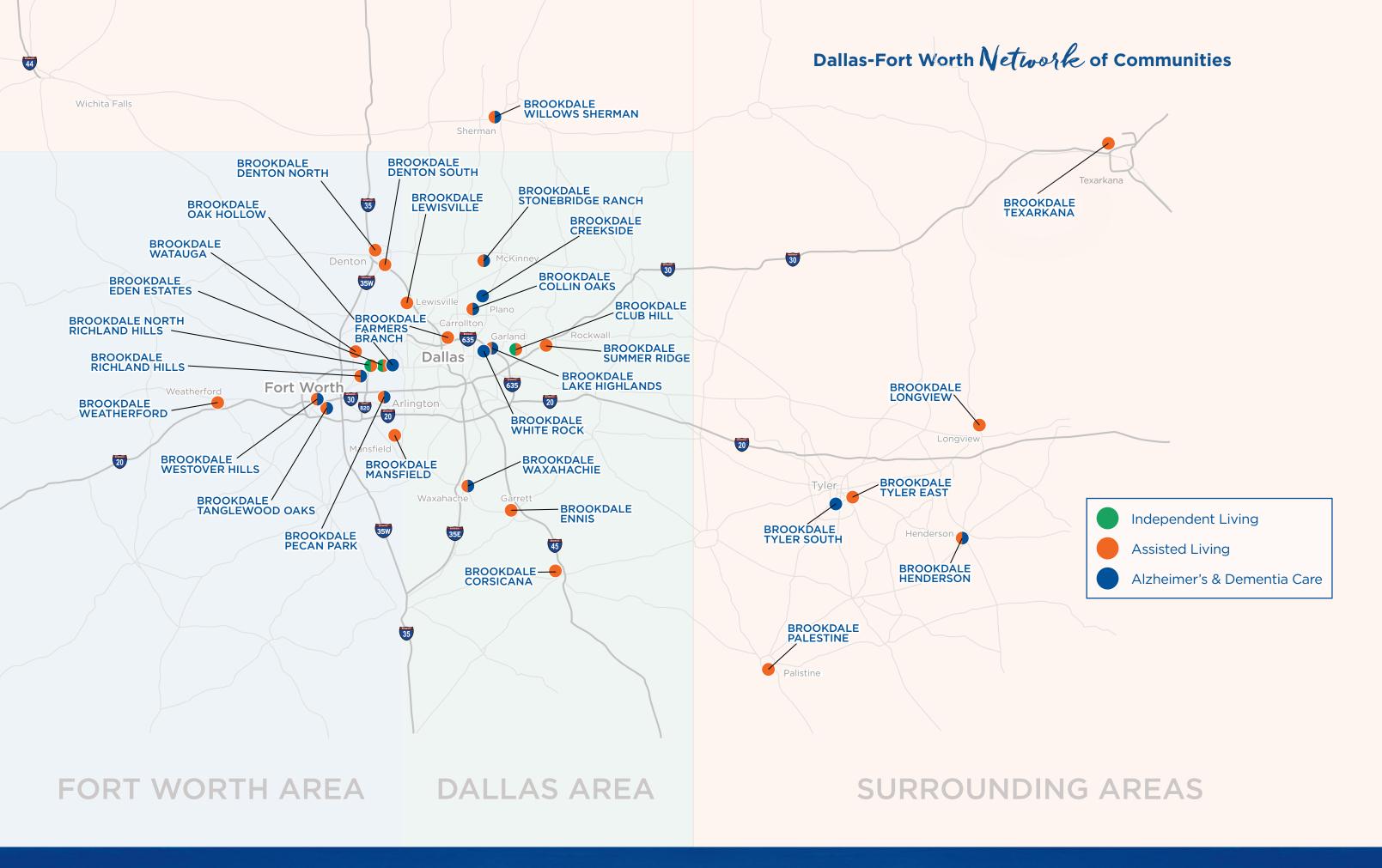
Communities	11-12
Why social connections matter	13-14
Optimum Life	15-16

Assisted Living

Communities	17-24
Medication management	25-26
Personalized clinical care	27-29

Alzheimer's and Dementia Care

Communities	31-34
How dementia care is different at Brookdale	35-36
Tailored meals	37-40
Continuing Education Series	41



3

About This Guide

Brookdale has been operating in Dallas-Fort Worth and surrounding areas for more than 40 years. We leverage our extensive experience and put it to work for our residents and patients. By supporting our residents' health and wellness, we help them live their best possible life.

We are here and ready to serve your patients and families with experience, expertise and scale. Our scale has allowed us to be prepared with strong systems in place to respond to situations like natural disasters or the pandemic. But we know it's our connections and local relationships in the towns we serve that matter the most to our families.

We offer a suite of services to meet your patients' needs wherever they live.



Independent Living

A retirement living experience with fewer worries

- Spacious apartments with minimal maintenance
- Daily activities, clubs, outings and classes
- Housekeeping, laundry, maintenance and concierge services



Assisted Living

The right choice for people who need extra help with daily activities

- Qualified staff assists with managing medication, getting dressed, and bathing
- Private residences from studio to two-bedroom apartments
- · Activities and events for various levels of acuity



Alzheimer's & Dementia Care

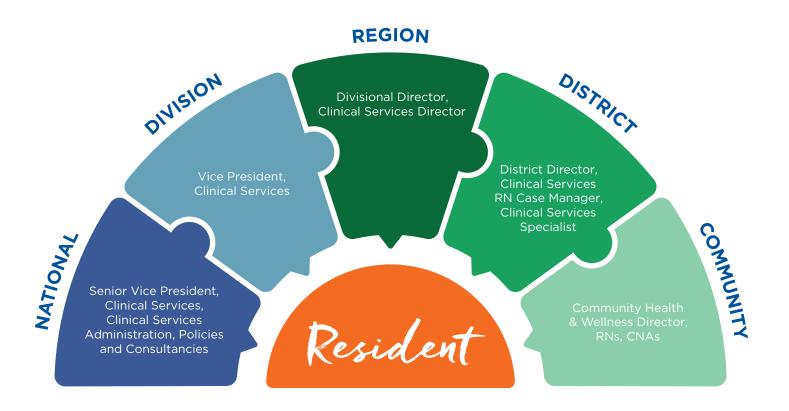
Person-centered care for people with varied stages

- Experienced staff and programs that leverage current research in dementia care
- A care philosophy defined by meaningful relationships based on trust and compassion
- Progressive levels of care to meet changing needs through different stages of the disease

Clinical Expertise at Every Level

population of older adults.

At every level of our organization, we rely on guidance from experienced clinicians to optimize the health and care of our residents. At the community level, teams work with each resident individually to create, monitor and maintain a personalized, comprehensive care plan. These local teams are supported and guided by district, regional, divisional and national clinical leaders**.



^{*}Source: NIC Industry Data - Q4 2020

^{**}Positions vary by community and district. Check with your local community for details.

Our Approach for Population Health

At its core, population health refers to the health outcomes of a group of individuals — like seniors living in an assisted living community. But among practitioners, population health refers to more than just a group of individuals; it's evolving into a framework for collaboration among healthcare providers, agencies and organizations to work together to improve the health outcomes of the populations they serve.

Rather than waiting until a resident or patient is in need, our goal is to provide encouragement for and access to preventive care to help manage chronic conditions and help avoid hospitalizations.

How does the population health model work in a senior living setting?

In a senior living setting, the population health model is a **proactive, wholeperson view of care**, as well as the other non-medical interventions needed to maintain or improve an individual's health.

The second way this model comes to life in Assisted Living is with healthcare methodologies, programs and tracking outcomes that address the overall health of a larger group of people (such as a specific community) through actions of its individuals.

Brookdale addresses the overall health of our Assisted Living residents with programs like our falls management program, which focuses on education and reducing risk factors, and our medication management program. We also offer a continuum of care options, including specialized dementia care.

The third opportunity to use the population health model is **delivering care that focuses on health and wellness along with education**. Coordinating care to address an individual resident's needs has the potential to improve things for a larger group by creating a healthier community of residents.

Brookdale's integrated approach



Source: brookdale news. com/partnering-with-our-residents-physicians-collaborations-to-improve-our-residents-health-outcomes. htm

The Brookdale Advantage

Five Ways Brookdale Can Help Support Your Patients with Chronic Conditions



1. Specialized care resources focused on the most common chronic health conditions are reviewed and updated regularly to deliver quality clinical care. Brookdale clinicians are trained and supported by a clinical center of excellence providing leadership, expertise and resources at the local, regional and national levels.



2. Enhancements in technologies and systems provide benefits for patients and healthcare partners, including timely clinical response to change in condition and oversight and management of medications through Electronic Medication Administration Records (eMAR) and improved communications, reporting and tracking of conditions and incidents through the use of Electronic Health Records (PointClickCare).





3. Person-centered care drives our programing and care plans.

While helping residents meet goals, maintain independence and try to avoid unnecessary hospital stays, individualized care plans inform collaborative care reviews and our partnerships with healthcare providers.

11 Areas of Focus for Chronic Conditions:

- Bone and Joint Health
- Cancer
- Chronic Pain
- Depression
- Diabetes
- Heart Failure

- Palliative Partnering
- Parkinson's
- Pulmonary Health
- Stroke
- Wound Care



4. We embrace a proactive, whole-person approach to care, as well as other non-medical interventions needed to help maintain or improve an individual's health. Our Optimum® Life foundation program, which is based on six dimensions of wellness, is woven into our Resident Engagement signature programs.



5. We offer a suite of services including Assisted Living, Alzheimer's and Dementia as well as access to home health, hospice and outpatient therapy.



Independent Living

A retirement living experience with fewer worries and more time for fun

MID-CITIES AREA COMMUNITIES



Brookdale Eden Estates Independent Living Assisted Living 1997 Forest Ridge Drive Bedford, TX 76021 (817) 756-5010

Facility No. 0-30035

- Gated Community
- Pet-Friendly
- Fitness Center
- Concierge Service
- · Coffee Shop



Brookdale North Richland Hills

Independent Living
Assisted Living
8500 Emerald Hills Way
North Richland Hills, TX 76180
(972) 525-8015
Facility No. 010232

- Outdoor Pool
- Concierge Service
- Beauty/Barber Shop
- Garden and Walking Paths
- Arts and Crafts Studio

NORTH DALLAS AREA COMMUNITIES



Independent Living Assisted Living 1245 Colonel Drive Garland, TX 75043 (972) 278-8500

Brookdale Club Hill

Facility No. 000696

- Security Guard/ Gated Entry
- Outdoor Pool
- Fitness Center
- Arts and Craft Studio
- Concierge Services

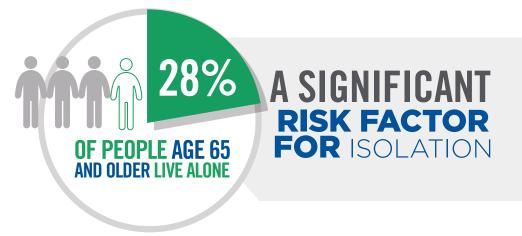
Why social connections matter

Studies have shown a strong connection between social interaction and the mental and physical well being of seniors¹. For instance, research shows that consistent human contact can reduce stress, as well as the risk of depression, which occurs in more than two million of the 34 million seniors in the US, according to the National Institute of Mental Health².

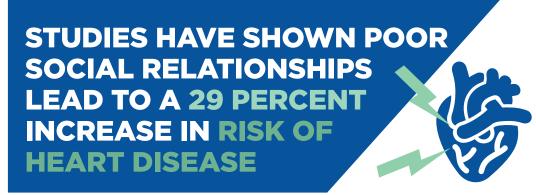
We encourage and support our residents to nurture their existing relationships and expand their social circles. With fitness classes, art workshops, clubs and devotional services, we help our residents stay socially connected with friends and family.



health.harvard.edu/mental-health/can-relationships-boost-longevity-and-well-being

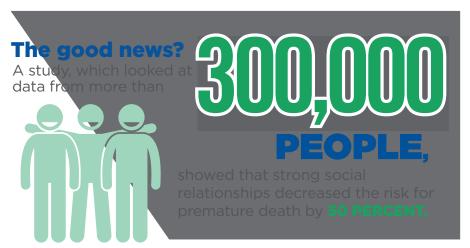


acl.gov/sites/default/files/Aging % 20 and % 20 Disability % 20 in % 20 America/2017 Older Americans Profile. pdf acl. gov/sites/default/files/Aging % 20 and % 20 Disability % 20 in % 20 America/2017 Older Americans Profile. pdf acl. gov/sites/default/files/Aging % 20 and % 20 Disability % 20 Disabi



AND A 32 PERCENT RISE IN THE RISK OF STROKE.

ncbi.nlm.nih.gov/pmc/articles/PMC5831910



health.harvard.edu/newsletter_article/the-health-benefits-of-strong-relationships



Researchers found that seniors in the U.S.

who have an active social life may have a slower rate of memory decline.

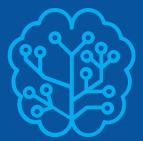
hsph.harvard.edu/news/press-releases/active-social-life-delay-memory-loss-us-elderly/

¹ ncbi.nlm.nih.gov/pmc/articles/PMC3150158/

²mhanational.org/depression-older-adults-more-facts

Optimum Life: Six Dimensions of Well-Being

Our residents' well-being is at the core of everything we do. Optimum Life is how we frame well-being by looking at each resident from a holistic perspective. We meet them where they are in life's journey across six dimensions.



The Intellectual Dimension

Live well by challenging your mind

Turns out, you can train your brain.

Neuroplasticity is your brain's ability to rewire itself.

The Social Dimension

Live well by connecting with others

We now know that the health risks of prolonged isolation are equilvalent to smoking 15 cigarettes a day.





15

The Spiritual Dimension

Live well by cultivating gratitude and mindfulness

Researchers found that people who meditate have 55 percent fewer tumors and 30 percent fewer diseases.

The Emotional Dimension

Live well with a positive outlook



One study found that seniors with a positive outlook on life lived an average of 7.5 years longer than those with more negative views.

The Physical Dimension

Live well by staying active





The Purposeful Dimension

Live well with a sense of purpose

People with a high sense of purpose are 23 percent more likely to live longer and 19 percent less likely to have a heart attack or stroke.

ntellectual dimension: healthline.com/health/rewiring-your-brain

Purposeful: sciencedaily.com/releases/2015/03/150306132538.htm

Social: press.aarp.org/2016-12-07-AARP-Foundation-Draws-Attention-to-Social-Isolation-with-the-Launch-of-Connect2Affect

Physical: health.ucsd.edu/news/releases/pages/2017-01-12-exercise-can-act-as-anti-inflammatory.aspx

Spiritual: pubmed.ncbi.nlm.nih.gov/3313489/

Emotional: pubmed.ncbi.nlm.nih.gov/12150226/



The right choice for people who need extra help with daily activities or support for chronic conditions

ARLINGTON AREA COMMUNITIES



Brookdale Mansfield

Assisted Living 1771 Country Club Drive Mansfield, TX 76063 (817) 768-3815 Facility No. 000807

- Private Keypad Entry System
- Beauty/Barber Shop
- Courtyard and Garden
- Porch
- Whirlpool



Brookdale Pecan Park

Assisted Living Alzheimer's & Dementia Care 915 North Fielder Road Arlington, TX 76012 (817) 857-4528 Facility No. 100159, 050686

- Beauty/Barber Shop
- Porch
- Therapy Room
- Game Room
- Wi-Fi Access Throughout

DENTON/COLLIN/GRAYSON COUNTY AREA COMMUNITIES



Brookdale Collin Oaks

Assisted Living Alzheimer's & Dementia Care 4045 West 15th Street Plano, TX 75093 (972) 525-8086 Facility No. 000356

- Secured Entry/Exit
- Pet-Friendly
- Beauty/Barber Shop
- Courtyard and Garden
- Gardening/Greenhouse



Brookdale Denton North

Assisted Living 2525 North Hinkle Drive Denton, TX 76201 (940) 437-7124 Facility No. 000498

- Pet-Friendly
- Beauty/Barber Shop
- Courtyard and Garden
- Gardening/Greenhouse
- Therapy Room

DENTON/COLLIN/GRAYSON COUNTY AREA COMMUNITIES (CONTINUED)



Brookdale Denton South Assisted Living 2525 Lillian Miller Parkway Denton, TX 76210 (940) 514-8487 Facility No. 30309

- Secured Entry/Exit
- Pet-Friendly
- Transportation
- Concierge Service
- Beauty/Barber Shop



Brookdale Lewisville

Assisted Living 965 North Gardenridge Blvd. Lewisville, TX 75077 (972) 525-8332 Facility No. 000315

- Secured Entry/Exit
- Beauty/Barber Shop
- Courtyard and Garden
- Porch
- Walking Paths



Brookdale Stonebridge Ranch

Assisted Living
Alzheimer's & Dementia Care
1650 South Stonebridge Drive
McKinney, TX 75070
(972) 737-2179
Facility No. 0-30021

- Pet-Friendly
- Beauty/Barber Shop
- Courtyard and Garden
- Arts and Crafts Studio
- Game Room



Brookdale Willows Sherman

Assisted Living
Alzheimer's & Dementia Care
3410 Post Oak Crossing
Sherman, TX 75092
(903) 929-4296
Facility No.030070

- Pet-Friendly
- Library
- Beauty/Barber Shop
- Courtyard and Garden
- Game Room

EAST TEXAS AREA COMMUNITIES



Brookdale Henderson

Assisted Living
Alzheimer's & Dementia Care
1000 Richardson Drive
Henderson, TX 75654
(903) 251-2970
Facility No. 0-30004, 0-30004

- Secured Entry/Exit
- Pet-Friendly
- Library
- Beauty/Barber Shop
- Courtyard and Garden



Brookdale Longview

Assisted Living 2920 North Eastman Road Longview, TX 75605 (903) 251-3857 Facility No.000-382

- Pet-Friendly
- Transportation
- Beauty/Barber Shop
- Chapel
- Arts and Crafts Studio



Brookdale Palestine

Assisted Living
101 Trinity Court
Palestine, TX 75801
(903) 527-8284
Facility No. 000821

- Secured Entry/Exit
- Pet Friendly
- Transportation
- Concierge Service
- Beauty/Barber Shop



Brookdale Tyler East

Assisted Living 3505 University Boulevard Tyler, TX 75701 (903) 568-2332 Facility No. 000800

- Secured Entry/Exit
- Transportation
- Library
- Beauty/Barber Shop
- Courtyard and Garden

FT. WORTH AREA COMMUNITIES



Brookdale Tanglewood Oaks

Assisted Living Alzheimer's & Dementia Care 2698 South Hulen Street Ft. Worth. TX 76109 (817) 857-4791 Facility No. 000301

- Concierge Service
- Beauty/Barber Shop
- Therapy Room
- Game Room
- Community Kitchen



Brookdale Weatherford

Assisted Livina 904 South Lamar Street Weatherford, TX 76086 (817) 873-0950 Facility No. 000808

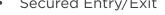
- Pet-Friendly
- Beauty/Barber Shop
- Courtyard and Garden
- Porch
- Wi-Fi Access Throughout



Brookdale Westover Hills

Assisted Livina Alzheimer's & Dementia Care 6201 Plaza Parkway Ft. Worth, TX 76116 (817) 873-1237 Facility No. 100206 & 100302

- Secured Entry/Exit
- Pet-Friendly
- Concierge Service
- Beauty/Barber Shop
- Game Room



MID-CITIES AREA COMMUNITIES



Brookdale Eden Estates

Independent Living Assisted Living 1997 Forest Ridge Drive Bedford, TX 76021 (817) 756-5010 Facility No. 0-30035

- Gated Community
- Pet-Friendly
- Fitness Center
- Concierge Service
- Coffee Shop



21

Brookdale North Richland Hills

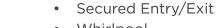
Independent Living Assisted Living 8500 Emerald Hills Way North Richland Hills, TX 76180 (817) 774-4809 Facility No. 010232

- Secured Entry/Exit
- Beauty/Barber Shop
- Courtyard and Garden
- Porch
- Walking Paths



Brookdale Richland Hills

Assisted Living 7520 A Glenview Drive Richland Hills, TX 76180 (817) 857-4563 Facility No. 000804



- Whirlpool
- Beauty/Barber Shop
- Garden and Walking Paths
- Arts and Crafts Studio



Brookdale Watauga

Assisted Livina 5800 North Park Drive Watauga, TX 76148 (817) 857-4887 Facility No. 030018

- Beauty/Barber Shop
- Courtyard and Garden
- Wi-Fi Access Throughout
- Whirlpool
- Community Kitchen

NORTH DALLAS AREA COMMUNITIES



Brookdale Club Hill

Independent Living **Assisted Living** 1245 Colonel Drive Garland, TX 75043 (972) 525-8015 Facility No. 000696

- Security Guard/Gated Entry
- Outdoor Pool
- Fitness Center
- Arts and Crafts Studio
- Concierge Services

Brookdale Farmers Branch

Assisted Living 13505 Webb Chapel Road Farmers Branch, TX 75234 (972) 525-8253 Facility No. 030289

- Secured Entry/Exit
- Pet-Friendly
- Library
- Beauty/Barber Shop
- Courtyard and Garden



Brookdale Lake Highlands

Assisted Living Alzheimer's & Dementia Care 9715 Plano Road Dallas, TX 75238 (214) 617-2205 Facility No. 000371

- Pet-Friendly
- Concierge Service
- Therapy Room
- Arts and Crafts Studio
- Wi-Fi Access Throughout

NORTH DALLAS AREA COMMUNITIES (CONTINUED)



Brookdale Summer Ridge

Assisted Living 3020 Ridge Road Rockwall, TX 75032 (972) 833-8319 Facility No. 030301

- Secured Entry/Exit
- Transportation
- Beauty/Barber Shop
- Courtyard and Garden
- Private Dining Room

ELLIS COUNTY AREA COMMUNITIES



Brookdale Ennis

Assisted Living 2500 Yorkstown Drive Ennis, TX 75119 (972) 525-8234 Facility No. 00499

- Secured Entry/Exit
- Beauty/Barber Shop
- Courtyard and Garden
- Porch
- Whirlpool



Brookdale Waxahachie

Assisted Living
Alzheimer's & Dementia Care
2250 Brown Street
Waxahachie, TX 75165
(972) 848-3163
Facility No. 000902

- Pet- Friendly
- Concierge Service
- Beauty/Barber Shop
- Arts and Crafts Studio
- Whirlpool

NAVARRO COUNTY AREA COMMUNITY



Brookdale Corsicana

Assisted Living 3329 West 7th Avenue Corsicana, TX 75110 (903) 202-0454 Facility No. 000666

- Pet Friendly
- Beauty/Barber Shop
- Courtyard, Garden and Porch
- Wi-Fi Access Throughout
- Whirlpool

TEXARKANA AREA COMMUNITY



Brookdale Texarkana

Assisted Living 4204 Moores Lane Texarkana, TX 75503 (903) 560-3347 Facility No. 000759

- Pet-Friendly
- Beauty/Barber Shop
- Courtyard and Garden
- Piano
- Wi-Fi Access Throughout



Medication Management

Seniors use more medications than any other age group in the US.¹ Polypharmacy can lead to falls², heart failure³ and early death⁴. But there's a way to manage medication. Brookdale offers effective medication management for seniors.



Approximately 46% of people ages 70 to 79 take at least five prescription drugs⁵, and at least



15% of seniors have suffered a medication problem. Doctors believe that in half of these cases, the problem may be preventable.6



Safe medication management can reduce the risks of polypharmacy among this population.⁷

Our medication administration program includes staff training, mobileenabled software to track residents' medications and relationships with preferred pharmacies.

Did you know?

Brookdale's medication administration program trains clinical staff members on the intended effects and side effects of certain medications. Our team can notify a resident's physician or healthcare provider if we suspect a potential issue.



Personalized Clinical Care for Your Patients

One of our top priorities is to find the ideal community with the right level of care for each individual. We do this, in part, through our personalized service assessment.



Personalized Assessment Process

Licensed nurses conduct detailed assessments, and reassessments as necessary, to maintain service plans that match residents' unique needs.

- Assessments happen prior to move-in, so we can help potential residents pick the community best suited for their needs.
- We consider many aspects of the resident's life, such as mobility, dietary restrictions, medications and diagnoses. This helps give the resident and their family peace of mind that needs have been identified.



Assessments Aren't One-Time Events

Assessments continue for the entirety of a resident's stay with us. They are repeated on a regular schedule, or sooner if there is a change in condition. Assessments are important as they are the foundation for identifying preferences and level of clinical care and support required.



A Personal Service Plan

Once a customized service plan has been developed, our care team uses it to provide necessary services through an interdisciplinary case management approach. Brookdale's clinical staff follows established clinical guidelines, including those that govern our approach to medication and falls management.

Our approach to managing chronic conditions helps educate, empower and support residents living with one or multiple chronic conditions while maintaining an overall focus on wellness.



Personalized Clinical Care for Your Patients

Helping residents manage chronic conditions effectively through adherence to treatment plans comprised of tactics such as medication management, dietary guidelines and exercise is critical in our work to reduce unnecessary hospital admissions and readmissions.



Collaboration Is Key

Collaborative care reviews help solidify the relationship between residents, healthcare professionals and senior living staff. This interaction proactively identifies residents who may be at risk for a decline in health, ideally resulting in early, effective intervention and fewer unnecessary hospital readmissions.



No Unnecessary Expenses

Each resident's needs are unique and variable through time. Our personal service assessment leads to an individual care plan for your patient, so they only pay for the care they need when they need it.





Let us help them check a few things off their list.

Let our friendly, experienced caregivers help out with some of your patients' daily chores, so they have more time to do what they want to do.

Here are just a few of our services:

✓ Pet care
✓ Assistance with bathing or dressing

✓ Shopping
 ✓ Laundry and ironing

✓ Technology assistance
 ✓ Hair washing and styling

▶ Brookdale at Home customized services in the comfort of your own home

©2021 Brookdale Senior Living Inc. All rights reserved. BROOKDALE SENIOR LIVING is a registered trademark of Brookdale Senior Living Inc.





31

Alzheimer's and Dementia Care

Person-centered care for people with varied stages of Alzheimer's and dementia

ARLINGTON AREA COMMUNITY



Brookdale Pecan Park

Assisted Living Alzheimer's & Dementia Care 915 North Fielder Road Arlington, TX 76012 (817) 857-4528 Facility No. 100159, 050686

- Beauty/Barber Shop
- Porch
- Therapy Room
- Game Room
- Wi-Fi Access Throughout

DENTON/COLLIN/GRAYSON COUNTY AREA COMMUNITIES



Brookdale Collin Oaks

Assisted Living Alzheimer's & Dementia Care 4045 West 15th Street Plano, TX 75093 (972) 525-8086 Facility No. 000356

- Secured Entry/Exit
- Pet-Friendly
- Beauty/Barber Shop
- Courtyard and Garden
- Gardening/Greenhouse



Brookdale Creekside

Alzheimer's & Dementia Care
2000 West Spring Creek Parkway
Plano, TX 75023
(972) 525-8210
Facility No. 030404

- Secured Entry/Exit
- Transportation
- Concierge Service
- Beauty/Barber Shop
- Courtyard and Garden



Brookdale Stonebridge Ranch •

Assisted Living
Alzheimer's & Dementia Care
1650 South Stonebridge Drive
McKinney, TX 75070
(972) 737-2179
Facility No. 0-30021

- Pet-Friendly
- Beauty/Barber Shop
- · Courtyard and Garden
- Arts and Crafts Studio
- Game Room

Algheimer's and Dementia Care

DENTON/COLLIN/GRAYSON COUNTY AREA COMMUNITIES (CONTINUED)



Brookdale Willows Sherman

Assisted Livina Alzheimer's & Dementia Care 3410 Post Oak Crossing Sherman, TX 75092 (903) 929-4296

- Pet-Friendly
- Library
- Beauty/Barber Shop
- Courtyard and Garden
- Game Room

EAST TEXAS COMMUNITIES



Brookdale Henderson

Assisted Living Alzheimer's & Dementia Care 1000 Richardson Drive Henderson, TX 75654 (903) 251-2970 Facility No. 0-30004, 0-30004

- Secured Entry/Exit
- Pet-Friendly
- Transportation
- Beauty/Barber Shop
- Courtyard and Garden



Brookdale Tyler South

Alzheimer's & Dementia Care 5403 Plantation Drive Tyler, TX 75703 (903) 600-2482 Facility No. 0-10226

- Secured Entry/Exit
- Library
- Beauty/Barber Shop
- Courtyard and Garden
- Arts and Crafts Studio

FT. WORTH AREA COMMUNITIES



Brookdale Tanglewood Oaks

Assisted Livina Alzheimer's & Dementia Care 2698 South Hulen Street Ft. Worth. TX 76109 (817) 857-4791 Facility No. 000301

Concierge Service

Beauty/Barber Shop

- Therapy Room
- Game Room
- Whirlpool

33

Brookdale Westover Hills

Assisted Living Alzheimer's & Dementia Care 6201 Plaza Parkway Ft. Worth. TX 76116 (817) 873-1237 Facility No. 100206 & 100302

- Security Guard/ **Gated Entry**
- Transportation
- Concierge Service
- Beauty/Barber Shop
- Game Room and Piano

MID-CITIES AREA COMMUNITY



Brookdale Oak Hollow

Alzheimer's & Dementia Care 2016 Lane Don Dodson Pkwy Bedford, TX 76021 (817) 857-4482 Facility No. 010265

- Library
- Concierge Service
- Beauty/Barber Shop
- Gardening/Greenhouse
- Arts and Crafts Studio



Brookdale Richland Hills

Alzheimer's & Dementia Care 7520 B Glenview Drive Richland Hills, TX 76180 (817) 857-4599 Facility No. 030263

- Secured Entry/Exit
- Library
- Beauty/Barber Shop
- Porch
- Game Room

NORTH DALLAS AREA COMMUNITIES



Brookdale Lake Highlands

Assisted Livina Alzheimer's & Dementia Care 9715 Plano Road Dallas, TX 75238 (214) 617-2205 Facility No. 000371

- Pet-Friendly
- Concierge Service
- Therapy Room
- Arts and Crafts Studio
- Wi-Fi Access Throughout

Brookdale White Rock

Alzheimer's & Dementia Care 9271 White Rock Trail Dallas, TX 75238 (214) 646-3240 Facility No. 0-10356

- Secured Entry/Exit
- Pet-Friendly
- Concierge Service
- Beauty/Barber Shop
- Game Room

ELLIS COUNTY AREA COMMUNITY



Brookdale Waxahachie

Assisted Living Alzheimer's & Dementia Care 2250 Brown Street Waxahachie, TX 75165 (972) 848-3163 Facility No. 000902

- Pet-Friendly
- Concierge Service
- Beauty/Barber Shop
- Arts and Crafts Studio
- Whirlpool

How Dementia Care at Brookdale Is Different

Specialized environments with specialized attention and support

Now, with communities that offer programming like Brookdale's Clare Bridge, dementia care has evolved into a much more personalized experience. Juliet Holt Klinger, a gerontologist and Brookdale's senior director of dementia care, says this evolution came out of an understanding that people living with dementia need distinct support.

This means there is no one-size-fits-all approach to care. Techniques that work for one resident may not work for another.

Instead, the care partners at Clare Bridge are trained to provide person-centered care.

"In the past, in long-term care, it was thought that you bring a person to live in the institution and they comply with the institution," Klinger shares.

"Now what we know is by providing personcentered care it's really about maintaining identity by honoring who that person is and upholding preferences and history and their own structure for the day. Your identity shouldn't have to change if you're living in a dementia care setting."

Tip:

Did you know we have a Dallas-Fort Worth dementia care specialist on staff? Christopher Jackson can help answer your questions about dementia care in our region. For more information, email cjackson25@brookdale.com



How Brookdale supports person-centered care

To support the person-centered care relationship between the care partners and the residents, we strive for Clare Bridge residents to have a consistently assigned care associate who knows their histories, routines and preferences. This helps build bonds and provides residents with a sense of stability and comfort that they are well-known where they live. This comfort is not the only result, as residents are engaged in a person-centered way, there is often a sort of reawakening.

In a well-intentioned effort to keep those with dementia safe at home, family members or at-home caregivers sometimes restrict what the person can do or be exposed to in the name of safety. They might be kept inside more or might not be allowed to do things they used to do, like cook or do household chores.

Offering sheltered freedom

At times, this approach may do more harm than good, Klinger says, and it's one of the main reasons the Brookdale approach is one of offering a "sheltered freedom."

"I think that when people living with dementia move into Clare Bridge that world is opened back up, and we're able to provide experiences on a daily basis, and we're able to utilize their remaining skills," she admits. "I think the best stories are those. They play piano again. They knit again. They garden again."

brook dale.com/en/brook dale-life/blogs/2020/02/dementia-care-brook dale-different.html



Tailored Meals

Tastes like home

What comes to mind when you think of home? A favorite nook to cuddle up in? Gathering around the table for family dinners? Grandma's homemade soup? There are so many great things that make us feel at home, and one of the most important things is the food!

Brookdale's Dining Center of Excellence

Our Dining Center of Excellence supports programs and approaches designed to provide a unique dining experience for our residents. It's our goal to produce nutrient-rich meals to all residents, regardless of dietary requirements, by sourcing quality products and adhering to quality standards governing food preparation and service.

Menu Chats

Our residents are encouraged to share their menu ideas and even personal recipes. It's our standard that residents' preferences and feedback are incorporated into the daily menu.

We Say Yes Program

The We Say Yes program empowers our associates to say yes to the requests of our residents and guests. If we aren't able to accommodate the request, instead of saying no, we offer an alternative solution to meet the needs of the residents.



Optimum Life Choice Cuisine

Optimum Life Cuisine is abundant in whole grains, lean meats and poultry, fish, low fat dairy and includes a wide variety of fruit and vegetables. These menu offerings are designed to help residents achieve 100% of the recommended daily nutritional needs. Optimum Life meal choices are higher in potassium, magnesium and fiber and lower in fat, sodium and added sugar without sacrificing flavor. That's a smart choice for people with diabetes, heart disease or high blood pressure — or anyone who wants to choose a healthier diet!

Guiltless Pleasures

Guiltless Pleasures are portion-controlled, no-sugar-added or reduced-sugar desserts. These alternative dessert options are ideal for anyone with diabetes or on a carbohydratecontrolled diet.

Therapeutic Diets

All recipes are able to be modified to meet the needs of our residents. Modifications are pre-approved by a licensed dietitian and tailored for the resident.

- Regular Diet
- Liberalized Renal
- Carbohydrate-Controlled
- Two-Gram Sodium
- No Added Salt

- Finger Food
- Texture Modified
- Low Fat/Low Cholesterol
- Puree Diet













OPTIMUM LIFE* 2022 Continuing Education Series Schedule

Join us for our upcoming Optimum Life® Continuing Education (CE) Series for healthcare professionals.

For more than 10 years, our monthly CE series has been committed to sharing and educating health professionals with the latest knowledge in senior care and well-being. This recorded webcast series provides 1.0 CE credit (one hour) per session for nurses, social workers, case managers and nursing home administrators. Participants can also have their questions answered by our content experts.

JANUARY	Companioning the Bereaved: Caring vs. Curing Alan D. Wolfelt, PhD, CT, Director, Center for Loss & Transition®
FEBRUARY	Dementia: The Lived Experience — The Positive Impact of Advocacy Jim and Lisa Butler, Dementia Advocates; Nia Mostacero, Dementia Advocate; Brenda Roberts, Executive Director, National Council of Dementia Minds; Juliet Holt Klinger, MA, Sr. Director Dementia Care, Brookdale Senior Living
MARCH	The Collision of Ethical Principles and Moral Distress in Healthcare Martie L. Moore, MAOM, RN, CPHQ, CEO, M²WL Consulting
APRIL	Diversity, Equity and Inclusion: Necessary Building-Blocks for Effective Care-Work Leigh-Anne Royster, PhD, Assistant Vice President for Diversity, Equity and Inclusion, Duke University; Lori Hill, MBA, Project Manager, Brookdale Senior Living
MAY	Depression: Not a "Normal" Part of Aging William J. McDonough, MPAH, ARM, PhD, FASHRM Managing Director, Healthcare, MARSH
JUNE	Medical and Psychosocial Care for Transgender Older People Deborah Dunn, PA-C, Chase Brexton; Tim R. Johnston, PhD, Sr. Director National Projects, Sage
JULY	Eating Well to Age Well: Uncovering Older Adult Nutrition Myths Sara Casey, RD, LDN, Director of Nutrition, Brookdale Senior Living
AUGUST	A Review of the Most Common Forms of Dementia: Symptoms, Diagnosis and Treatment Katherine A. Gifford, PsyD, Neuropsychologist, Vanderbilt Alzheimer's Disease Research Center
SEPTEMBER	Questioning Capacity: Making Ethical Healthcare Decisions Kerry R. Peck, Esq., Managing Partner of Peck Ritchey, LLC
OCTOBER	Difficult Conversations in Healthcare: Digging Deep and Focusing on What Matters Most Jaclyn Pritchett, PHR, SHRM-CP, Sr. Vice President of Human Resources, Brookdale Senior Living
NOVEMBER	Dementia and Sleep: An Important Relationship Juliet Holt Klinger, MA, Sr. Director Dementia Care, Brookdale Senior Living
DECEMBER	Seniors and Sex: Healthy Sexuality Later in Life Joan Price, MA, Senior Sex Educator and Author

Contact our business development director, Karen Cone, at (817) 200-4184.

