



# Pioneering the Way in Memory Care

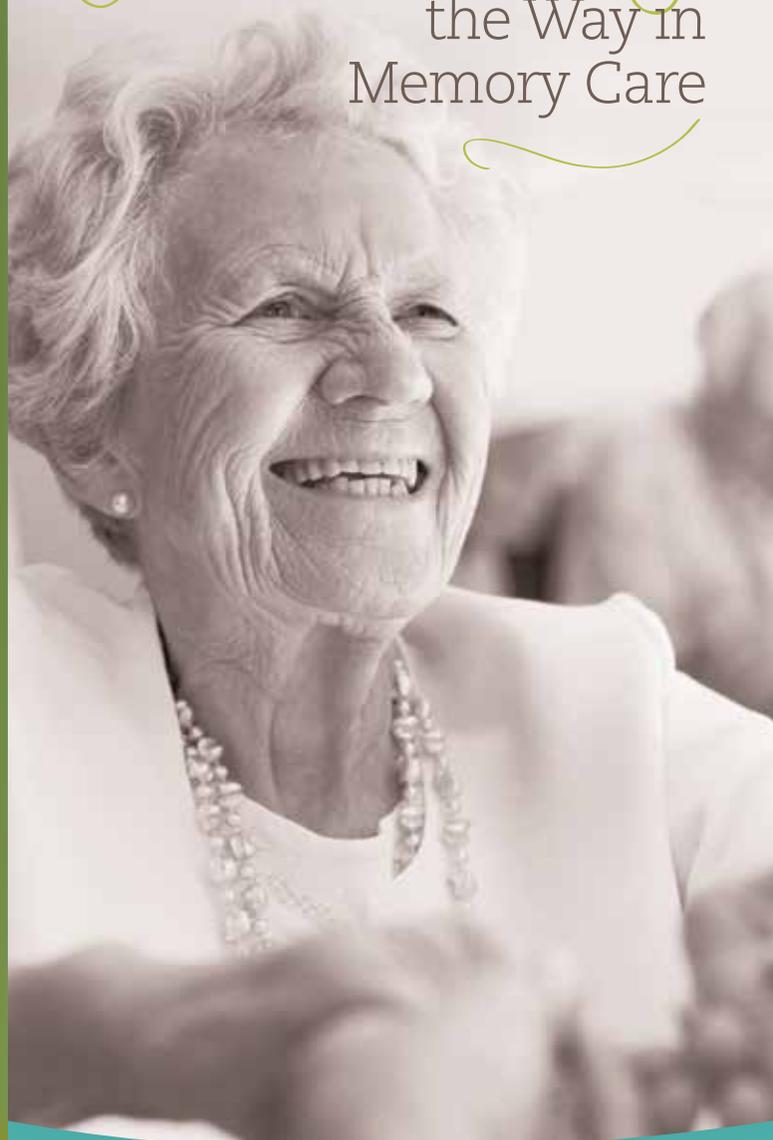
## Enriching Lives THE PEREGRINE WAY®

Peregrine Senior Living pioneers the way for our valued seniors in their search for purpose, validation and fulfillment. We serve the needs of our residents and their families by providing unsurpassed care, fostering spirituality, embracing long-term memories and exploring together meaningful life experiences.

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Peregrine Senior Living at Onondaga Hill  
– a Memory Care Community  
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cny-memories.com

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Peregrine Senior Living at Onondaga Hill  
A MEMORY CARE COMMUNITY



## Supporting Residents, Families and Caregivers

Peregrine Senior Living is revolutionizing expectations of the aging process through a unique approach to memory care we call **The Peregrine Way®**. This approach follows three fundamental principles:

- 1 We focus on long-term memories our residents still recall.** We nurture each resident's long-term memories to promote mental stimulation as well as a sense of comfort and calm.
- 2 We help families cope with their loved one's memory loss.** We encourage family members to participate in every aspect of their loved one's life to keep relationships strong.
- 3 We train our staff to treat each resident like family.** Constant staff education and training ensure each resident receives the best care possible.



# Memory Care Signature Services

Although care is highly individualized based on each resident's needs, we provide a number of signature programs that are designed to stimulate long-term memory, such as:

**Spiritual Programs** – Our spiritual director leads services of celebration and faith to uplift the community.

**Legacy Stories** – Together, we record in writing each resident's personal biography.

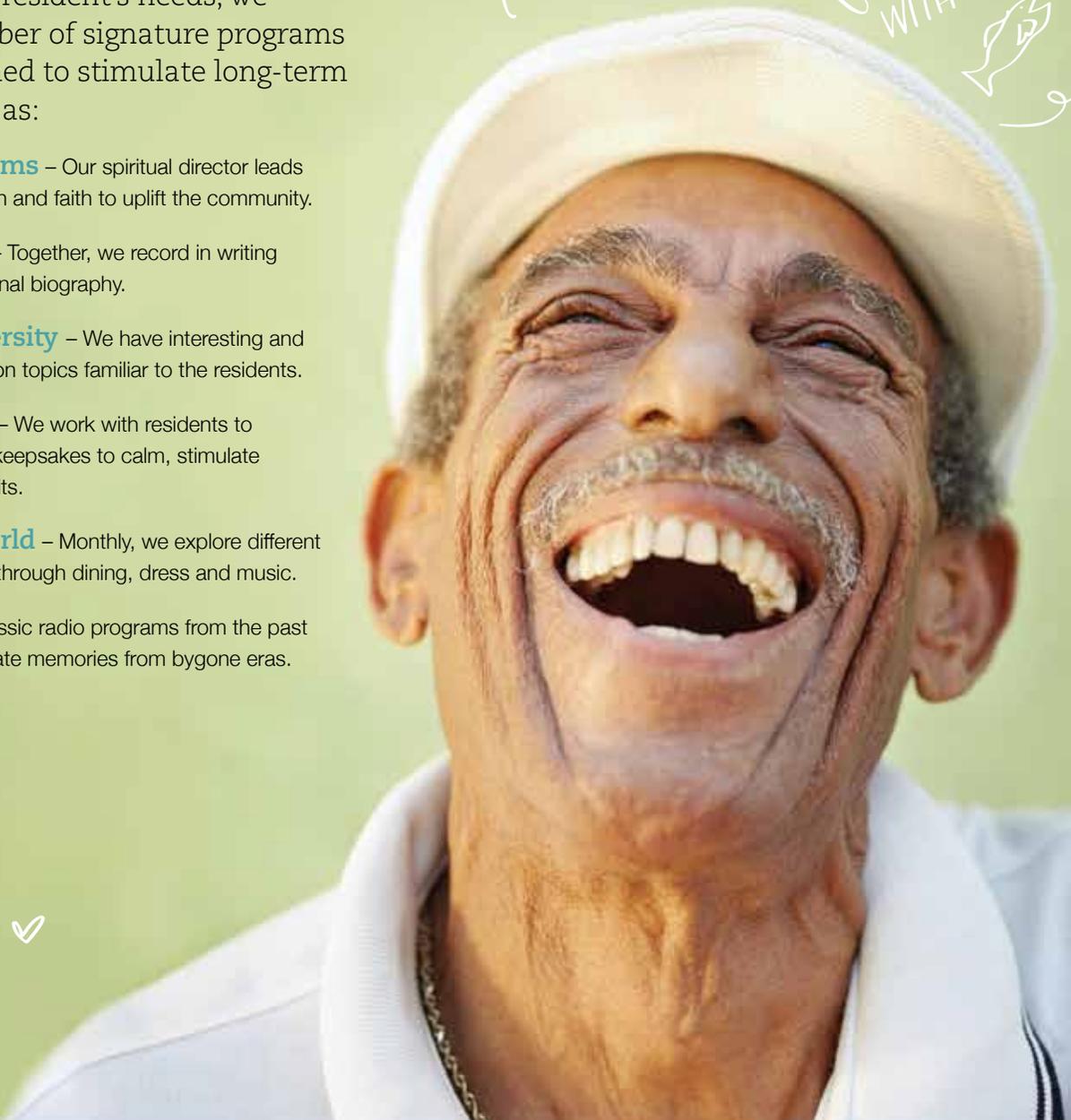
**Peregrine University** – We have interesting and entertaining lectures on topics familiar to the residents.

**Time Capsules** – We work with residents to create a safe-box of keepsakes to calm, stimulate and lift residents' spirits.

**Around The World** – Monthly, we explore different cultures of the world through dining, dress and music.

**Radio Days** – Classic radio programs from the past are provided to facilitate memories from bygone eras.

Loves  
musicals  
fishes!  
WITH FAMILY



## Resident Services and Amenities

Attentive staff is always willing to enhance our residents' physical, emotional, spiritual and intellectual well-being. Services include but are not limited to:

- 24-hour care by specialty trained staff
- Nutritional support and guidance from staff during meals
- Specialized activity programs and special events
- Housekeeping, laundry and linen services as required
- Scheduled transportation service
- Bistro and café dining with select menu items
- Family-style meal service
- Private dining room, bistro and snack bar available for resident and family use
- On-site movie theater with daily screenings
- Dedicated chapel with spiritual director and World Heritage Library
- Beautiful open spaces and outdoor courtyards
- Paid utilities (except telephone and cable TV)
- Licensed for Enhanced and Special Needs Care which allows our residents to age in place
- Private guest apartments with private showers

## Family Support

A memory loss diagnosis is not only hard on the individual, it is also very difficult and emotionally complicated for family members. The Peregrine Way® Memory Care Program strives to help during this highly emotional time by offering supportive family programs that provide education, empathy and empowerment.

**Orientation** – We get to know family members and they get to know us through an assessment of hopes, needs and fears on the journey.

**Education** – We provide seminars on various types of dementia and the disease progression that help ease fears of the unknown and help families set realistic expectations for the future.

**Communication Instruction** – These presentations educate family members on how to have positive visits and provide techniques to improve verbal and physical communication.

**Sensitivity Training** – We hold seminars that provide the experience of dementia, including physical, sensory and cognitive loss.

**Family Support Groups** – We're in this together. Our monthly meetings provide a supportive and empathetic setting where loved ones can feel safe to openly express their joys, insights and concerns.



## Caregiver Training

Our team of compassionate caregivers is skilled at working to promote a healthy, positive and comfortable lifestyle for residents with memory impairment. At Peregrine Senior Living, we provide weekly learning initiatives to ensure our staff possesses the knowledge and training they need to give our residents the best possible care, including:

- *The Peregrine Way* – Review of the core tenets of our philosophy and mission
- *Walk In Their Shoes* – Sensitivity training
- Understanding the environment through the eyes of dementia
- Communication and feeling
- Behavioral management
- Personal care: bathing, dressing, toileting and nutrition
- Management and recognition of pain
- Activities for people with dementia
- Safeguarding and administering medication
- Family support and service
- Spiritual care and comfort