

Pioneering
the Way in
Senior Living

Enriching Lives
THE PEREGRINE WAY®

Peregrine Senior Living pioneers the way for our valued seniors in their search for purpose, validation and fulfillment. Celebrate Life! This is the primary focus at The Athenaeum of Skaneateles. Our mission is to personalize and provide the highest quality of care and services to meet your individual needs today, tomorrow and in the future, delivered with dignity, thoughtfulness and respect at all times.

(315) 685-1400

The Athenaeum by Peregrine Senior Living
– a Senior Living Community
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www.athenaeum-memories.com



The Athenaeum by Peregrine Senior Living
A SENIOR LIVING COMMUNITY

Enriching
Senior Living
The Peregrine Way

At the Athenaeum our goal each day is to intellectually, physically and spiritually enhance the life experience of our seniors in a culturally and historically rich community.



1 Renewal of the individual growth process. We assist each resident in identifying new goals or renewing old interests so they continue to grow mentally, spiritually and socially.



2 Deepening of the spiritual experience. We emphasize the spiritual dimension of aging and help provide continuity of experience from childhood to the present.



3 Lifelong learning in furthering intellectual pursuits. We partner with local colleges and organizations to provide a lecture series on a wide variety of topics that can be shared with family and friends.

To us, senior living includes providing the help residents need and request, while enabling them to live as independently as possible and nurturing their self-confidence.



Senior Living Signature Services

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

Renewal of Individual Growth – Residents are assisted in identifying new goals and renewing old interests.

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
- Case management
- Medication management
- Emergency call system
- Three chef prepared meals
- Catered private dinners available
- Compassionate personal care assistance
- Weekly housekeeping, laundry and linen services
- Scheduled transportation to area appointments
- Elegant Restaurant style dining room

Family Support

There are times in life when you just need a little extra help. The Peregrine Way® Assisted Living Program strives to help during this 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