



# Fresh approach. New opportunities.

THE BALMORAL MEMORY CARE CENTER  
AT LAKE FOREST PLACE

A  Presbyterian Homes Community

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# Through creativity and curiosity, we enhance the quality of lives.

Although memory-impaired individuals may have difficulty thinking, they are still able to lead active, satisfying lives. At Balmoral Memory Care Center, residents can be creative and satisfy their curiosity in a variety of ways, from taking art classes to exploring the wonders of gardening. While they may not be able to do math problems or talk about current events, they can still sing, dance, play and enjoy. They can still make friends. They can still love. At Balmoral, we help residents to be happier, healthier and more engaged.

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# A more positive, more personal memory care community

Over the last few years, memory care has been undergoing a significant transformation. The Balmoral Memory Care Center is at the forefront of today's fresh new thinking on caring for people who have difficulty thinking, and providing them with new opportunities for an enhanced and enriched quality of life. Balmoral is a friendly, inclusive community that focuses on the positive. We offer a secure environment with a staff of dedicated professionals, including nurses specially trained in memory impairment.

## OUR MAIN GOAL

We have one overarching goal for residents. We strive to help them retain as much independence as they can for as long as they can. We provide physical fitness programs and a wide variety of social gatherings, events and group outings that encourage interaction and foster friendships. We also promote frequent visits and communications with families, in person if possible, via Skype or telephone if distance prevents regular visits.

## INDIVIDUAL PROFILES

Working closely with residents and their families, we get to know and understand each person as an individual, considering both their physical and emotional needs. We take the time to discover both what gives them pleasure and what causes them anxiety and confusion. From this, we create a comprehensive personal plan for each resident, concentrating on what they can do, not on what they can't.



### ESTABLISHING A RHYTHM OF THE DAY

Working with families, we create a “rhythm of the day,” aimed at keeping each resident’s schedule — does he or she rise early or late, do they eat breakfast, do they take a nap in the afternoon, do they like a bedtime snack — so as not to disrupt their daily routine, helping them stay in their comfort zones throughout the day.

Our plans are based on individual life histories and cognitive and physical abilities, including details on what each person likes to do and the things that have made them happy throughout their lives. Based on the plan, we gather personal items for each resident, being careful to include the things they especially like, such as playing cards, paints, photo books and more. When a resident seems distracted or restless, staff and volunteers can use these objects to stimulate their interest and engage them.

### ASSURING COMFORT

We emphasize making sure residents are comfortable. Many people with memory impairment live with pain and have difficulty explaining exactly what kind of pain and where it is located. Our experienced staff know how to help them acknowledge and discuss their pain, and can then help alleviate their discomfort.

### ACTIVE AND ENGAGED

Key to successful memory care is making sure residents have opportunities to become engaged in a range of activities. We offer a variety of social events, creative programs such as music, art and pet therapy, outings to places like the Botanic Garden and musical or theatrical productions. Healthy, nutritious meals are served in a comfortable common dining room, creating other opportunities to make friends.



Residents can also participate in Lake Forest Place's community-wide **choices** program that's designed for living well. The program is based on the seven dimensions of wellness — physical, intellectual, emotional, environmental, spiritual, social and community.



## INVITING SPACES

Our Memory Care community includes a number of common spaces that enhance residents' enjoyment of life. A beautiful sensory garden, which offers flowerbeds at waist level for anyone who has trouble kneeling, gives residents a chance to cultivate their green thumbs. There are comfortable spaces where residents can gather to play games, watch television, talk with one another or just relax.

## A TRUE COMMUNITY

Balmoral is an extension of Lake Forest Place structured to look and feel like a community. Each resident has a home-like private suite with shower. The décor is bright and contemporary. An open floor plan encourages resident interaction and fosters the sense of community.



We understand that having someone you love in memory care is difficult. If you'd like to know more about making the decision and learn about the newest ideas in memory care, we'll be happy to answer your questions and arrange a visit to Balmoral Memory Care Center.

Please call us at (847) 604-6704.

Presbyterian Homes is a not-for-profit organization with a national reputation for creating extraordinary retirement communities for older adults for more than 100 years. We offer a range of services and programs in Arlington Heights, Evanston and Lake Forest.

Please visit us at [www.presbyterianhomes.org](http://www.presbyterianhomes.org).

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