

FALL 2016 WEARABLE
FASHION TRENDS

Sagepoint
SENIOR LIVING SERVICES

a lifestyle magazine for the
women of Southern Maryland

Luanne Barnas A STORY OF
HEALTH, NUTRITION & BREAST CANCER

10200
SOUTHERN MARYLAND

WOMAN

Charles County Edition
September/October 2016



The Sagepoint Way

40 Years Later, New Name,
Same Trusted Non-Profit Senior Community!

PHOTO BY JANE PILKERTON

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the *Sagepoint* way

New name, same trusted non-profit senior community! Discover why Sagepoint is the all-in-one care option your loved ones need in their life.



BY RACHEL LYTLE

Finding the right senior care can be challenging, but it doesn't have to be. Brightly-colored walls, modern, and airy, Sagepoint meets the gold-standard for individuals who need help during their golden years. Conveniently located on La Plata Road in Charles County, Sagepoint offers six levels of care options for seniors of all health levels – one of the largest differences between their facility and many other local senior living communities.

THIS SEPTEMBER, SAGEPOINT CELEBRATES 40 YEARS SERVING SENIORS AND THEIR FAMILIES IN SOUTHERN MARYLAND.

FORMERLY KNOWN AS CCRNC FAMILY OF CARE, THE NON-PROFIT REBRANDED AND RENAMED LAST YEAR AS A WAY TO MODERNIZE THEIR EFFORTS AND BE SEEN AS A RESOURCE FOR ALL THINGS SENIOR. NAME CHANGE ASIDE, THEY'RE THE SAME BELOVED NON-PROFIT THEY'VE ALWAYS BEEN, JUST WITH A LITTLE MORE PIZAZZ.

I know this, because for the past couple of years my nana has been in and out of various nursing homes for rehabilitation. She needs regular home care and would benefit greatly from assisted living. From this experience, I've learned how beneficial it would have been to stay in the same organization throughout her care.

Luckily, Sagepoint makes it easy for an individual to go from one care option to the next, with a main campus that combines all services just a short walk (or ride) away. They even have an on-site dialysis center! If needed, my nana could use their home care, wind up in assisted living, and then eventually use long-term care – all while staying in the same community, with familiar faces.

In fact, the turnover rate at Sagepoint is so low, many employees have stayed there throughout the duration of their career. "The longevity of the health care workers at Sagepoint speaks

volumes about the atmosphere of the facility," says Latisha Yates, Food Service Director, CBDM, CFPP, who has worked at Sagepoint for 27 years. Joining in high school as a dietary aide, Latisha never knew her then part-time job would turn into a life-long venture.

While her day to day responsibilities have changed over time, one thing has remained constant: the importance of meal time. "Of course, when you come to a facility like this, you care about the food. Allowing residents to choose what's going to be on their plate means a lot, so we offer a large variety," Latisha said. Serving nearly 200 patients and residents on a daily basis, along with staff, Latisha understands the need for providing tasty, yet nutritional food, and she works hard to meet the needs and wants of the residents.

Despite the negative stigma associated with dining at healthcare facilities, Latisha says

Care Options

HOME CARE at Sagepoint is a form of companion care. It's an affordable option for community members with a family member who needs a little bit of help from time to time. Care can also be offered around the clock should one need more care. Home care is perfect for someone who needs assistance with medications, cleaning or transportation to a doctor's appointment for example.

ADULT DAY SERVICES is located on Sagepoint's main campus and has been for over 35 years. The program is open six days a week and is a great alternative for those who have something to do and need a caring, safe place to take a loved one for the day.

ASSISTED LIVING offers residents private bedrooms and baths, while sharing common areas. The residences include a full-service dining room and kitchen, recreational spaces, a garden and hair salon. Cottage style living creates the cozy-homelike atmosphere of Sagepoint Gardens. There are cooks and health professionals on staff for daily assistance and ongoing assessments.

MEMORY CARE is a beautiful and home-like state-of-the-art residence located at the main campus and specifically built for individuals with Alzheimer's disease. Every aspect of this care option is designed to help residents enjoy a comfortable lifestyle as best they can.

LONG-TERM CARE offers nursing home care with mostly semi-private rooms though Sagepoint intends to create more private rooms in the future. This care option offers greater levels of care when seniors need full-time help. Located on the main campus, your loved ones in this program are taken care of by compassionate, skilled nurses 24 hours a day.

REHABILITATION is a temporary care option for seniors who are recovering from a hospital stay. Sagepoint's brand new rehabilitation wing, phase one of which is anticipated to be complete this month, will be separate from the nursing home and boasts of private rooms. While most seniors would rather be at home than at rehabilitation, Sagepoint consistently takes the extra steps needed to get your loved ones back on their feet as soon as possible.



that's not an issue at Sagepoint. "The residents will write me [positive] notes on their meal tickets," Latisha says. "It says a lot because these people have eaten at many different places."

In fact, what makes a lot of residents happy at Sagepoint is their main dining program, which allows them to drink wine at lunch time (for those who can have it). Latisha's staff tries to get the residents involved in mostly everything they do, so the wine is a huge motivator for individuals to come to the dining room. "We have a few residents who would rather eat in their room if we don't have wine." Socialization is important, especially for those with dementia, and at Sagepoint it is very much encouraged.

Often times her department also partners with the activities team to offer themed meals for the residents. "For the men's social club we get fresh steaks from Nick's of Clinton, and we just had a crab feast."

The service and care that Sagepoint provides for anyone who walks through their doors is nothing short of outstanding, says Latisha – and teamwork is what makes that happen.

Donna Underwood, Environmental Services Aid II, is another long-time employee who has been at Sagepoint for 20 years (and counting). "We are all one big family here."

Once awarded employee of the quarter nine months in a row, Donna loves engaging the residents. "There was a time where I would get off

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the clock and stay here just to interact with them," she says. "A lot of people think we are just a nursing home but we are not. We are so much more. This is their home and that's why we are here – to take care of them."

It's true, says Resident Council President Ann Bergerstock, who has been to three different [senior living] facilities. "Sagepoint is the best. The activities are more structured and the facility is managed better overall," she says.

Sagepoint offers an expansive monthly activity calendar, with everything from bible study and exercise classes to cooking, trivia, funny games, painting, bowling, birthday parties, and even on-site manicures! "Bingo and arts and crafts are my favorites," says Ann.

The takeaway? Growing old doesn't mean you stop living, and it surely doesn't mean you stop making memories. "Nursing homes aren't as scary as people make them out to be," Ann says. "I have made many special memories here."

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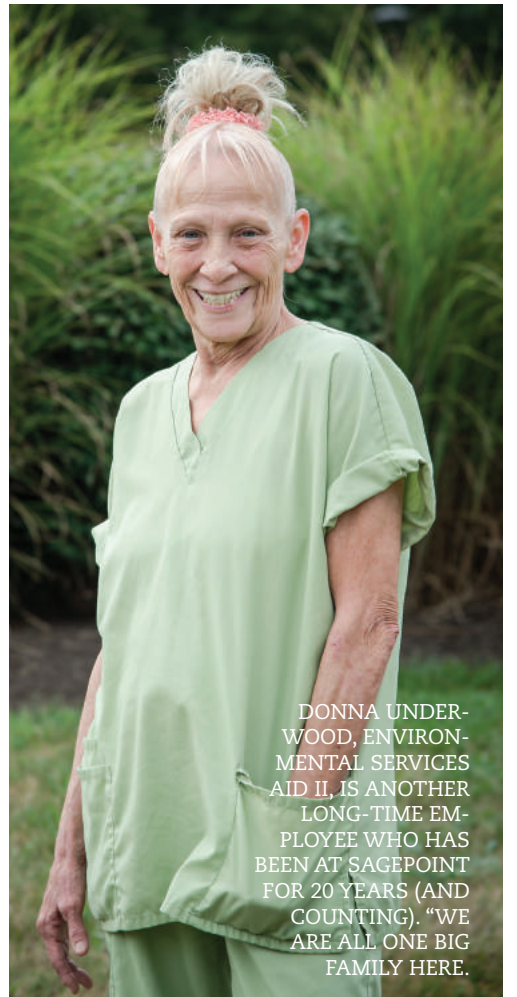
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Celebrating 40 Years

This September, Sagepoint celebrates 40 years serving seniors and their families in Southern Maryland. Formerly known as CCRNC Family of Care, the non-profit rebranded and renamed last year as a way to modernize their efforts and be seen as a resource for all things senior. Name change aside, they're the same beloved non-profit they've always been, just with a little more pizzazz. They've repainted, remodeled and become increasingly active on social media and their online blog. Sagepoint continues to grow their service lines as well as host events for the community and their residents. This, is the Sagepoint way, and it always has been.

AN EVENING WITH KIM CAMPBELL

To kick off their 40 years celebration, Sagepoint Senior Living Services brings Kim Campbell to the community on Thursday, September 8th from 6:30pm until 7:30pm at the Port Tobacco Players in La Plata. One of their many community education series events, this free event will allow members of our community to hear from Kim Campbell, wife of legendary entertainer Glen Campbell, who was diagnosed with Alzheimer's disease in 2011. Be there as Kim discusses her monumental role as Glen's caregiver. The event is free but you must RSVP in advance as seating is limited. Visit sagepointcare.org/rubycelabration/ for more information.

COMMUNITY DAY

Southern Maryland residents can also celebrate with Sagepoint during their Community Day on Saturday, Sept. 10, from 10 a.m. – 2 p.m. A fun filled day for the entire family, the event will feature education sessions, tours of their new rehabilitation wing, live music and hands-on activities for children. They will also be conducting virtual dementia tours, a ground-breaking exercise used to spread a greater understanding of dementia.

