



## Memory Care at RWC

*The RWC Memory Care Program is committed to maintaining the dignity of every individual with memory loss.*

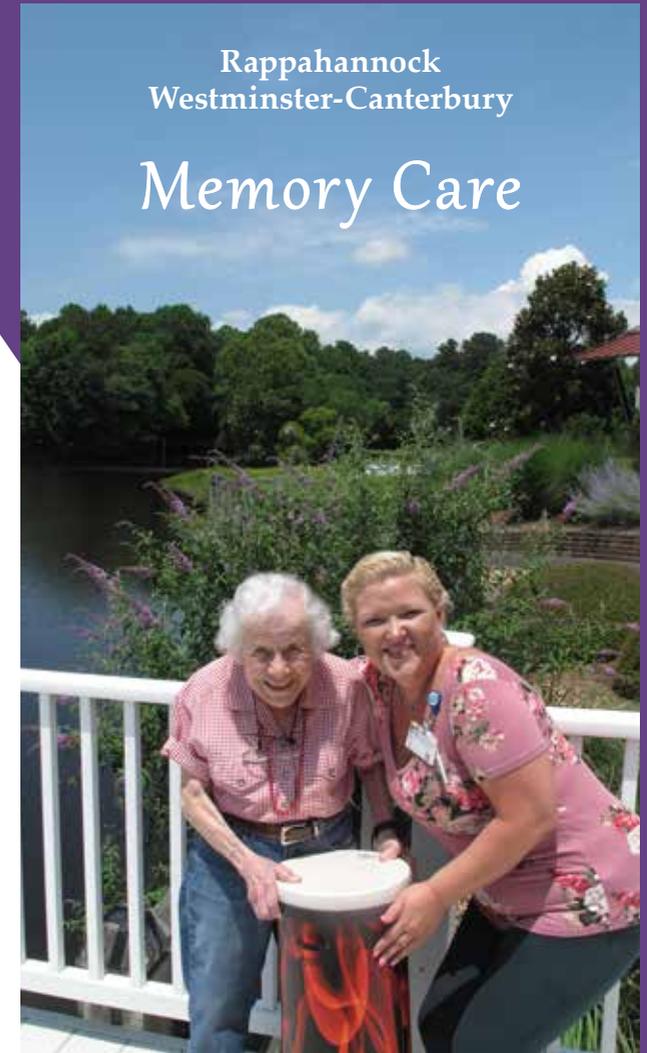
*Check out RWC's Memory Support Group meeting days and times inside this brochure.*



alzheimer's  
association



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Rappahannock  
Westminister-Canterbury

## Memory Care



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## Memory Care at RWC

At RWC, we provide resources for our residents living with dementia, so individuals will have the best quality of life. Staff are trained in the latest dementia services and skills which emphasize what an individual with memory loss can still do for themselves. There are numerous activities here on campus that are specialized for those with all levels of memory loss.



### Mary Arthur

Mary is RWC's Dementia Care Coordinator, is PAC Certified and leads the RWC Memory Care Programs and support groups.

**To contact Mary Arthur:**

marthur@rw-c.org or call: 804-438-4856.

## Memory Care Program

The RWC Memory Care program strives to maintain the dignity of every individual with memory loss. It is our goal to provide the highest quality of care and promote the best quality of life. A detailed life history of the resident(s) is done not only to provide physical help but also spiritual, emotional, and mental health. We understand that every person is different, especially with dementia. Our staff is invested in getting to know individuals with memory loss to bring moments of joy for them whenever possible.

## RWC At-Home Services

Our Memory Care Support is not limited to the RWC campus. We also serve individuals in the wider community. Our trained staff can assist in the home with specialization in Memory Care. In-Home modifications and support are offered to our clients with RWC At-Home services.

*To find out more about At-Home with RWC services call or email: 804-438-4813, athome@rw-c.org.*

## Support Groups

There are three Memory Support groups held by RWC, free of charge, for residents and members from the wider community. The groups are for persons living with dementia in early through late stages and offer support for their caregivers.

### RWC Memory Care and Caregiver Support Groups

- 1. The 1<sup>st</sup> Monday every month at 4:30pm** in our *Life Enrichment Center*. This evening group offers activities for the individual with memory loss while caregivers attend their own support group. A free dinner is served following the evening group.
- 2. The 3<sup>rd</sup> Wednesday every month at 1:00pm** in our *Life Enrichment Center*. This afternoon group offers activities for the individual with memory loss while caregivers attend their own support group.
- 3. The 2<sup>nd</sup> Thursday every month at 1:00pm** in the *Mathews Memorial Library*. This afternoon group offers activities for the individual with memory loss and support for caregivers.

*To find out more about participating in the support groups, call or email: 804-438-4856, marthur@rw-c.org.*