



Welcome Home



Welcome to Serenades by Sonata

Serenades Memory Care Assisted Living communities are designed and operated by Orlando-based Sonata Senior Living, an innovative leader unparalleled customer service, dedication and experience in Florida's Senior Living and Memory Care Communities.

A Sense of Comfort in a Place That Feels Just Like Home

For its Serenades communities, Sonata Senior Living gives itself a special challenge: to create a unique, highly effective, homelike alternative to the traditional memory care facilities currently operating in Florida.

We Succeed by Applying Our Core Values

Excellence, Integrity, Respect, Passion and Teamwork - to everything we do, and it's how we know we're making a compelling difference in the lives of all who walk through our doors.

Award-Winning Dedication

Serenades by Sonata's Memory Care model received back-to-back Best of the Best awards from the Assisted Living Federation of America (now Argentum) for our purpose-built design, person-directed care and programming.





Our Passion for People and the Four Ps

Sonata Senior Living rose to the challenge of creating a Memory Care program unlike any other in Central Florida based on its foundation of the Four Ps:

Purpose-Built Design

Each design element is deliberately chosen to soothe residents and give them the freedom and confidence to navigate their neighborhood and outdoor spaces as they wish with safety and security. These elements include simplistic open floor plans, color-coding and cueing for easy orientation and navigation, along with the latest technology designed to enhance the quality of care.

Person-Directed Care

Reassuring people with memory loss that they're cared for and respected as individuals is key to their health and happiness. That's why daily routines are determined by the resident's own preferences and schedule, not at our staff's convenience, and also why we've placed personalized activities, services and 24-hour care at the very heart of everything we do.

Programming: Live It Up!SM

Live It Up! nurtures the seven dimensions of wellness as identified by the International Council on Active Aging®: *Emotional, Intellectual, Physical, Vocational, Social, Spiritual and Environmental*. The countless combinations of activities we offer to residents allow for highly personalized lifestyles that fulfill their needs, preferences and interests for optimum quality of life.

Partnership with Families

Residents' families are our families, too. They count on us to provide support and education, include them in their loved one's care and welcome their involvement in daily activities. Our inviting family-friendly neighborhoods - complete with resource library, dining and gathering areas, and an outdoor playground - encourage positive, meaningful visits from family and friends of all ages.



Research-Based Certification

What Makes Serenades Care Different?

Simply put: our people. Serenades by Sonata believes the best care is only provided by those with a heartfelt desire to do so.

We are redefining memory care assisted living where those with Alzheimer's and related dementias, along with their families, will discover a proven program that is the culmination of best practices and the latest research in Alzheimer's disease.

Dementia Knowledgeable Certified Communities

Each Memory Care staff member trains extensively to earn the highest level of certification for Teepa Snow's Positive Approach to Care®. One of America's most respected leaders in Alzheimer's education, Teepa Snow's approach includes optimizing residents' abilities by focusing on what remains instead of what has been lost, and integrating residents' life stories, likes and dislikes into their daily activities and care for consistently positive interactions.





Our Team of Compassionate Dementia Care Experts



*At Your Service*SM

Our team is always ready to provide helpful information, advice and assistance with an unmatched level of service, hospitality, dignity and respect. In fact, exceeding the expectations of residents, co-workers and guests while making their lives easier is our number-one priority.

Each Serenades by Sonata Memory Care community is divided into small, close-knit neighborhoods with its own team of certified and licensed memory care team who truly get to know and love each individual in their care. This consistency creates an important sense of family and trust between residents and their caregivers while helping the caregiver respond properly to residents' different personalities, likes and dislikes.



Because our caregivers are such important people in our residents' day-to-day lives, we choose our teams very carefully. Our team truly respect the individuals we serve and have a deep desire to improve our residents' lives by providing the assistance and care that enables them to enjoy their days safely, comfortably and with the utmost dignity.

Serenades Hits All the Right Notes



Homelike. Compassionate. Distinctive. Meet Your Family's Partner in Memory Care.

From our warm, inviting neighborhoods designed with state-of-the-art safety features for peace of mind to our kind and compassionate team of dementia-certified caregivers and staff, the Serenades by Sonata Memory Care program has everything your loved one needs to feel safe, happy and right at home.

Not All Memory Care Communities Are the Same

Serenades by Sonata's founding principles make Serenades a distinctive and natural choice for individuals seeking specialized care for a loved one with specialized memory care needs.

The Serenades Founding Principles: The Four Ps

- Purpose-Built Design
- Person-Directed Care
- Partnership with Families and the Community
- Programming : *Live It Up!*SM

With several locations in Central Florida, our family looks forward to welcoming yours to the Serenades by Sonata community nearest you.



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Sample Suite Floor Plans

Private Suites



Studio
270 sq. ft.



Studio Grand
328 sq. ft.

Suite features:

- Emergency wireless call system with motion sensors, window security, fire detector and roam alert fully integrated for immediate staff notification
- Automated staff check-in system
- State-of-the-art private bathroom in each unit with grab bars, extra-wide zero-entry showers, built-in shower seats, and amber night lighting for cueing
- LED bathroom door vertical lighting for cueing and orientation
- Upgraded finishes, with slip resistant vinyl plank hardwood flooring, tiled bathroom, granite countertops, secured storage areas and strategically placed grab bars throughout
- Individually controlled thermostats
- All suites are conveniently located within one of three homelike neighborhoods, featuring easy wayfinding, directional cues, front porches and inviting living and dining areas.

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Companion Suites



Alcove
460 sq. ft.

Our spacious companion suites are perfect for social residents who prefer the company of a friend. These suites have all of the comforts and safety features of our private suites plus a floor-to-ceiling privacy wall and personal closets for each resident.



Alcove Grand
470 sq. ft.

Programming That Resonates *Purpose*

Live It Up!SM for Better, Enjoyable Days

Serenades by Sonata's *Live It Up!SM* program embraces the concept that memory care programming should be much more than a generic calendar packed with one-size-fits-all activities.

Instead, *Live It Up!SM* creates daily moments of joy by taking a comprehensive, research-based approach to optimizing our residents' lives and combining today's most innovative programming strategies such as Teepa Snow's Positive Approach to Care® dementia certification for staff program and state-of-the-art equipment with daily lineups of fun, interesting activities and events that keep residents engaged and connected.



Live It Up!SM nurtures the seven dimensions of wellness as identified by the **International Council on Active Aging®: Emotional, Intellectual, Physical, Vocational, Social, Spiritual and Environmental.**



Serenades by Sonata was an early adopter of internationally renowned dementia care expert **Teepa Snow's Positive Approach to Care® (PAC), which strives at all times to connect, protect, reflect, engage and respond.** Our caregivers hold the program's certifications and there are PAC Trainers on staff.



The dining experience is an integral part of living at our community. Sonata's **Bravo!** Distinctive Dining program focuses on restoring the joy and independence of dining for memory care residents. **Bravo!** engages the senses with aromatherapy; the captivating music, the comfort of a warm scented wash cloth, taste sensations from an individually selected meal, and the look and feel of the attractive setting.



Duets Music & Memory is Sonata's signature therapy **program proven to soothe those with memory loss and spark happy memories** from their pasts. Our dementia care professionals are trained to personalize playlists with the appropriate music to be delivered on select digital devices.

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Serenades by Sonata Memory Care Programming Includes:

- Use of interactive technologies such as iPads for brain **games that boost cognitive stimulation**
- Individual and group **activities that pique our residents' unique interests**
- **Lifelong Learning programs** such as the popular Traveling with Picasso painting and reminiscing class
- **I'm Still Me program** that captures the life story, legacy, motivators, likes and dislikes of each resident through photographs and stories
- Gardening and exploration in our expansive, fully accessible and secured internal courtyard carefully designed to **connect residents to nature** and allowing them to safely enjoy the true outdoors
- Social events with family and friends that maintain personal connections and a sense of belonging, e.g., **ceremonies that celebrate residents' accomplishments**
- Teepa Snow's Hand Under Hand™ supportive practices used to **ensure the physical safety and comfort of each resident**
- Music & Memory program that **creates moments of joy for residents** who are soothed by familiar songs and favorite music from happy times in their lives
- Low-impact cardio and strength training, stretching, balance and other **senior-safe exercise classes that improve overall health, mobility and independence** while reducing risk of injury to due falls
- As part of **Bravo! Distinctive Dining**, certified dementia caregivers at our communities are **specially trained** to leverage the powerful sense of smell, sight, hearing, and taste to encourage appetite and promote better nutrition.



A Symphony of Services & Amenities



Serenades by Sonata Is Always At Your ServiceSM

There isn't a memory care family in Central Florida more dedicated to ensuring the comfort and happiness of all who enter. Sonata Senior Living's signature *At Your ServiceSM* philosophy and our commitment to deliver an unmatched level of care, service and hospitality with dignity and respect is shared by each carefully chosen team member.

Services: Great Care Is About the People!

- Serenades caregivers hold the **highest dementia care certification** in Teepa Snow's Positive Approach to Care® and receive ongoing training from Sonata's in-house Certified Dementia Coach and Certified Dementia Care Practitioner®
- Permanently assigned caregivers means care is delivered by friendly, familiar faces, creating special bonds and building trust between residents and care teams
- Licensed nurse is on site 24/7
- Neighborhood, family-style meals with well-balanced, nutritious choices plus snacks chosen to please individual preferences and adhere to special diets
- Partnerships with third-party medical providers who make healthcare more accessible and readily available for residents. Providers include in-house primary care physicians and visiting specialists providing physical and occupational therapies as well as dental, podiatry, lab, x-ray and hospice services
- Aging in place is fostered through hospice partnerships, allowing residents to spend their final days in the peaceful surroundings of their own homes, comforted by those who know and care for them like family

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Community Amenities: Better by Design

- Small neighborhoods, family dining and recreation help residents stay connected to others without feeling overwhelmed
- Nurturing, homelike setting designed with a soft, soothing color palette
- Private and public gathering areas encourage families to visit and participate in their loved one's care
- Fully accessible, inviting courtyard, walking paths and lushly landscaped therapeutic gardens - located internally for the optimum security and safety - engage residents and make exercise enjoyable while offering a beautiful connection to the outdoors
- Dedicated family room and children's play area offer the perfect venues for family time or watching the grandkids in a warm and inviting environment

Conveniences: At Your ServiceSM

- Move-in coordination services. From medical paperwork to scheduling movers, we're here to help!
- Electronic billing, email notifications and newsletters
- Housekeeping, personal laundry and flat-linen services provided by dementia-trained, dedicated housekeeping staff committed to keeping Serenades clean and beautiful
- Interactive TVs utilize the latest software for games, movies, personal photos and more
- Family resource library and free, educational seminars help families better understand and cope with dementia's effects on their loved ones. We provide valuable care and communication tips, plus help families make well-informed decisions regarding their loved one's care, legal and financial matters, and so much more
- Convenient 24-hour family access to each neighborhood via proxy card ensuring safe and secure visiting
- Full-service, on-site salon keeps residents looking and feeling good!



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Introducing Memory Care Exclusively for Women



Expect More MEMORY CARE...for her

Sonata Senior Living is proud to announce **Serenades** *for her*, a new and *exclusive* female memory care neighborhood at our Serenades Memory Care community. This program offers:

- *her* preferred light and feminine decor
- *her* utmost comfort and robust socialization
- *her* privacy and peace of mind
- *her* newfound sense of sisterhood, enduring friendship, and mutual support
- *her* choices reflecting her personal tastes, passions, and pursuits

*Compose her best life at Serenades by Sonata.
Contact your local Serenades community to learn more.*



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**LOCALLY OWNED & OPERATED, NATIONALLY
RECOGNIZED.**

Excellence. Integrity. Respect. Passion. Teamwork. Sonata Senior Living.

Serenades by Sonata Memory Care Assisted Living is part of the Orlando-based Sonata Senior Living family, a seasoned group of senior living professionals solely dedicated to serving the needs of Central Floridians.

True to Sonata's reputation as an innovative leader in the senior living industry, the Serenades teams have received multiple awards for their cutting-edge, nationally recognized research- and evidence-based memory care design and programming.



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