Creative Care for the Senior Adult

**SENIOR APARTMENT LIVING**
- Our Lady of Life Apartments

**ASSISTED LIVING**
- Dubourg House
- Mother of Perpetual Help
- Faith Community Memory Care
- Grace Community Memory Care
- St. Elizabeth Hall

**SENIOR SERVICE PROGRAMS**
- Adult Day Program
- Foster Grandparent Program
- Homemaker Program
- Santa Maria Service Coordinator Program
- Service Coordinator Program
- Social Services
- Telephone Reassurance Program

**SKILLED NURSING & REHAB**
- Mary, Queen and Mother Center
- Hope Community Memory Care

**AFFORDABLE HOUSING**
- Holy Angels Apartments I
- Holy Angels Apartments II
- Holy Infant Apartments
- Pope John Paul II Apartments
- St. Agnes Apartments
- St. Clare of Assisi Senior Village
- St. Joseph Apartments
- St. John Neumann Apartments
- St. Patrick Apartments I
- St. Patrick Apartments II
- St. William Apartments I
- St. William Apartments II

A Continuum of Care for Senior Adults

Creative Care for the Senior Adult

ASSISTED LIVING
MOTHER OF PERPETUAL HELP

Mother of Perpetual Help is an Assisted Living Residence on the campus in Shrewsbury. It is part of a continuum of care, which includes Our Lady of Life Apartments (Senior Apartment Living), Mary, Queen and Mother Center and Hope Community (Skilled Nursing and Rehab).

Mother of Perpetual Help provides a secure environment for our residents, who want to enjoy their independence, but need a little assistance. We provide 24-hour protective oversight for residents and offer assistance with many activities of daily living. We serve three meals a day in our beautiful dining room.

Residents may be as active as they care to be, with activities and outings planned by our activity coordinator. These include exercise classes, lectures, art and crafts, card games, parties and other special events. Residents enjoy outings such as: shopping, dining, theater and sporting events.

Wellness programs, along with physical and occupational therapy, add to the health benefits of living at Mother of Perpetual Help. Residents may choose to continue to visit their physician or to be seen by one of the physicians that visit Mother of Perpetual Help.

At Mother of Perpetual Help, our goal is to provide the best possible physical, social and spiritual care for our residents. Mother of Perpetual Help is built on a strong tradition of encouraging independence. We strive to maintain an atmosphere of caring, warmth and support.

ASSISTED LIVING MOTHER OF PERPETUAL HELP

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MOTHER OF PERPETUAL HELP
GRAACE COMMUNITY MEMORY CARE & FAITH COMMUNITY MEMORY CARE
7609 Watson Road, St. Louis, MO 63119
Phone: (314) 961-8000
Managed by Cardinal Ritter Senior Services, an agency of Catholic Charities and the Archdiocese of St. Louis.

Memory Care

Grace Community and Faith Community Memory Care accommodate residents with Alzheimer’s disease and other forms of dementia in a secure neighborhood that is part of the larger MOPH facility. Their spacious studio apartments offer many modern conveniences for those who need assistance.

MOPH’s clinical director, a certified dementia practitioner, oversees the care of residents. Staff trained in Person Centered Care provide personal care assistance, while encouraging residents to participate in the activities offered. Residents eat together, in a central dining room, where they may select their meals from a menu. Residents may also attend daily Mass.

For more information or to schedule a tour, call (314) 447-6282.

Amenities at Your Disposal

• Chapel for daily Mass and non-denominational services
• Pastoral care support
• Three delicious meals daily
• Beauty/barber shop
• Linen service
• Housekeeping and maintenance
• 24-hour nursing oversight
• Medication storage and distribution
• A secured environment
• In-room emergency call system
• Physical, speech and occupational therapies
• Access to physicians in campus clinic
• Planned social, educational and spiritual activities
• Campus continuum of care
• Individual apartments
• Wall-to-wall carpeting and drapes
• Kitchenettes
• Individually-controlled heating and cooling
• Security cameras
• Smoke-free environment

Floor Plans

ONE BEDROOM 408 SQ. FT.

EXTENDED STUDIO 368 SQ. FT.

STUDIO 308 SQ. FT.
Welcome to Mother of Perpetual Help (MOPH) Assisted Living. Cardinal Ritter Senior Services provides a continuum of care to senior adults which includes Our Lady of Life apartments, an independent living community, and Mary Queen and Mother Center, which provides skilled nursing and rehab services. As a part of the Archdiocese of St. Louis, we are under the direction of Catholic Charities.

MOPH offers three meals per day, 24 hour nursing oversight, a secure building with security cameras, in-room emergency call system, medication storage and distribution, weekly laundry service, linen service, cable, housekeeping and maintenance service, beauty/barber shop, daily Mass in our beautiful Chapel and pastoral care support. Activities, both in-house and off campus, are provided and planned by our full-time Activity Director.

Within the larger MOPH community are Grace Community, and Faith Community. Both are Assisted Living Memory Care programs that accommodate residents with dementia or Alzheimer’s disease. Staffing is structured to allow for small group interactions and personal attention to all residents. A specialized activity program, which includes Music and Memory, is provided with a special emphasis toward cognitive health. Please see the attached information entitled: Memory Care, How it Differs from Traditional Assisted Living.

There are a total of 90 apartments, including 66 traditional assisted living and 24 dedicated to memory care. Each has a private bath, kitchenette including a microwave and a small refrigerator, carpeting and tile flooring, window treatments and ample closet space. The memory care apartments within Grace and Faith Communities are equipped with the same amenities as listed above with the exception of the microwave.

- A studio: 308 sq. ft., rents for $4,120.00 per month
- An extended studio: 368 sq. ft., rents for $4310.00 per month
- One bedroom: 408 sq. ft., rents for $5055.00 per month
- Additional person: $1,270.00 per month
- Memory care studio: 308 sq. ft., rents for $5,345.00 per month

There will be a one-time, non-refundable Community Fee of $1,000.00 regardless of apartment size or location; due after all documentation and assessments are completed and approved, and a residency date has been agreed upon by both the resident and their family or representative and the facility. Please contact the Admissions Coordinator at (314) 447-6282 for further details or questions.

We invite you to tour the facility at your convenience or if you need additional information, please contact our Admissions Coordinator at (314) 447-6282.
Memory Care: How It Differs From Assisted Living

Memory care goes beyond what is traditionally offered in an assisted living setting. Housekeeping, laundry and meal preparation services are provided, as in Assisted Living, but the level of assistance with activities of daily living is increased. Often, the daily activities are designed specially to help the individual to reconnect with favorite hobbies, interests, and past memories. Many of these activities, due to fluctuating cognitive changes of the individuals, must be initiated spontaneously. Scheduled, structured activity is often not very effective, as it is in Assisted Living activity programming.

In recognition of the unique care challenges that Alzheimer’s and other dementias pose, communities may only provide memory care, or in the case of a continuing care community, have a neighborhood solely for residents requiring memory care. Often these communities incorporate design elements that research has shown to lower stress in individuals with Alzheimer’s or dementia. These elements include increased natural lighting and a circular neighborhood design that allows for the need for safe walking and browsing. Because an estimated six in ten people with Dementia will wander, communities are designed to minimize the risk of elders leaving their neighborhood, whether employing quiet security alarms on doors, or by performing more frequent safety checks.

Communities typically have a secured courtyard that allows residents the opportunity to walk outside without the risk of leaving the building or getting lost. Small gathering places, such as a TV lounge or library, are also common features. To create a more intimate setting for residents, a memory care community may be designed around a neighborhood setting, with apartments clustered around shared common areas. Hallways are designed to assist individuals with way-finding. Dining rooms typically feature family-style dining so residents can gather together for mealtimes.

Activities are specially designed around a resident’s past interests so residents may reconnect with their memories; art classes, music and games are usually offered, along with exercise classes and “walking clubs”. As research shows elders with dementia need sunshine and fresh air to reduce anxiety and improve cognition, Memory care communities need to provide regular outings and access to the outdoors. Activities are used as the catalyst to create connections. Sensory cues are a daily and constant necessity in developing appropriate life engaging activity.

Specialized education for the staff is a must in order to provide a quiet, home-like environment for people with dementia. Particular emphasis is needed in understanding behavior-how to find triggers causing reactions and how to minimize overstimulation to provide a quiet, calm living environment.

Staffing needs to be consistent and must allow for the increased time to provide calm encouragement and slower moving actions. Often it is forgotten that to determine appropriate staffing it needs to include a factor of time needed for encouragement by staff, as well as assistance with personal care needs. A memory care neighborhood is an enhanced environment and should contain more staff and individual, home style activity programming than a traditional assisted living.