

IT'S ALL ABOUT ME

My Life • My Care • My Choices

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(In collaboration with Ethel Batista)



- *Lloyd Glaze with daughters Marie and Elizabeth at the Facility on Father's Day Luncheon.*

1. What is Quality of Life?

Our lives revolve around forces that constantly challenge us in our daily efforts to communicate with each other; make the world a better place in which to live, shape our futures so that even if we don't have longevity we will be prepared to continue to be useful and pass on to our successors knowledge and wherewithal to continue the process.

One definition of Quality of Life is, according to Wikipedia: "The general well-being of individuals and societies outlining negative and positive features of life. It observes life satisfaction, including everything from physical health, family, education, employment, wealth, religious beliefs, and the environment."

Crafting with the artistic ladies from AFTA (Arts For The Ages) allows residents to express their creativity as well as provide a channel to relax and stimulate the mind

Weekly Friday Socials feature local artists like Seniorita Sunshine (pictured in the front) who come to entertain residents with classic and upbeat music.

2. The factors that contribute to Quality of Life in my facility are

- **Location of the facility**

The facility is situated in an area that is somewhat removed from the hustle and bustle of surrounding commercial activities. This makes for important periods of calm and meditation while holding on to nearby activities necessary for day-to-day living.

- **Affordability**

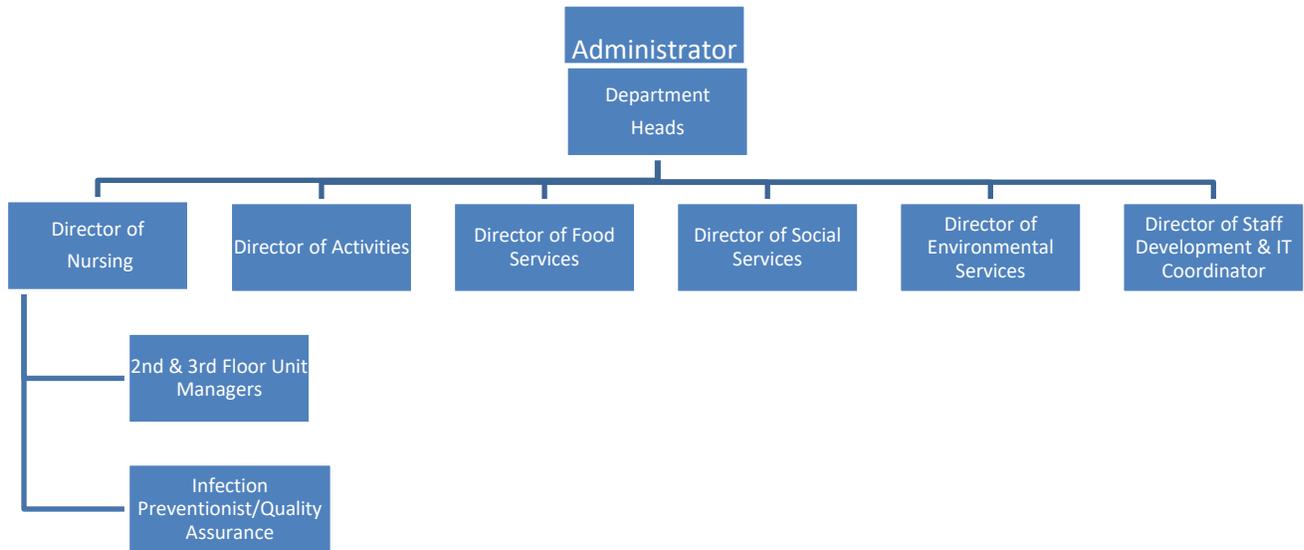
It is important to determine whether it is feasible to stay in this facility. It accommodates residents on a short term (weeks) and also those on a long term basis (years)

- **Accessibility**

The facility can be reached by visitors who don't have to travel too far (say 45 mins).

Management

This factor is crucial in so far as day-to-day activities are concerned. The facility is structured as follows:



➤ *With Activities Director, Cheryl Ricketts*

My Experience at the Facility

Basis of stay – Long Term

Room Features:

- Two beds with curtain separators
- Separate close closets for two
- Two bedside tables
- Two chairs
- One vanity with separate drawers to accommodate 2 people
- Two meal tables
- Two television sets
- One bathroom
- Shower activity separate from the main room
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My Experience

I entered the facility on September 22, 2016 as a resident requiring rehabilitation. My first impression was that it was well run. Cleanliness was evident and so was the way residents were addressed.

Scheduling for therapy is simple and effective.

Meals are on time with tasty variation on the menu.

Daily activities include musicals, videos and trips to places of interest.

Rooms are well equipped and comfortable.

There is professional medical service available from the facility to a hospital.