

# Our Valuable Resources

HINGHAM

WEYMOUTH



## Assisting in the Move to our Assisted Living

As a loved one transitions to assisted living from a hospital, rehab center, or home, social work support services offer residents and their families many benefits.

"We help adult children and residents navigate issues that arise with the move," says Joyce Watson O'Neil, LICSW, MPH, CDP, a clinical social worker with 35 years of experience, including 20 with Welch Senior Living.

Sometimes the concerns are practical, such as accessing new health insurance plans and medical providers. Other times emotional challenges are involved, such as how best to broach the subject of a move with a parent.

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## Easing the Transition to Weymouth's New Memory Care Neighborhood

Joyce Watson O'Neil, LICSW, MPH, CDP, clinical social worker at Welch Senior Living and the Memory Care Neighborhood at Allerton House in Weymouth, brings more than 20 years of experience to her role of guiding residents and their families through the challenges that accompany a progressive memory disorder.

Having a licensed clinical social worker on-site is not a requirement for memory care residences, yet Welch Senior Living recognized long ago the added value and benefits it brings to families affected by Alzheimer's disease and related memory disorders.

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Senior clinical assisted living consultant and certified dementia practitioner Ellen Laramee, RN, CDP on left; Clinical Social Worker Joyce Watson O'Neil, LICSW, MPH, CDP on right.

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*(Continued from front - Hingham.)*

For many future residents, Watson O'Neil says it is important to acknowledge that the transition itself is difficult. As she meets with families, she talks about ways to balance the loss that elders often feel, with acceptance of their new living arrangement.

Additionally, Watson O'Neil says she emphasizes that feelings of independence will be maintained and, in many cases, will become stronger as residents become an integral part of their new community. She is particularly proud of staff length of service because it engenders a sense of security and confidence in the care provided.



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"Our Memory Care Neighborhood supports the uniqueness of each individual resident," Watson O'Neil says. "That person - who they are, their life experiences, what they enjoy, their individual strengths - is at the center of their care. We provide a therapeutic environment focused on generating self-worth and positive emotions."

Ellen Laramee, RN, CDP, a senior clinical assisted living consultant and certified dementia practitioner, with over 30 years at Welch Senior Living, adds that a positive environment is created in part by setting up comprehensive service care plans. "These are designed to mirror what was done at home to help ease the transition to a memory care neighborhood," she says. Ensuring the plan development is custom tailored to an individual resident is the role of specially trained nursing staff, whom Laramee oversees. In addition to providing support when residents and families are dealing with the clinical aspects of the disease, Laramee's own experience with relatives who have had Alzheimer's allows her to relate on a personal level.

Watson O'Neil also sees her role as a partnership with residents and families. She sees the value in both sitting with a resident to write his or her story for reference when reminiscing, and meeting with a family member wondering how to broach the idea of the Memory Care Neighborhood with their loved one. "By partnering with families in this way, we learn how to best expand opportunities to engage an individual," Watson O'Neil said.



## Upcoming Events at Allerton House in Hingham

Choose an upcoming event at Allerton House in Hingham and see for yourself how residents stay active, engaged, and independent.



### Winter Warm Up Luncheon Wednesday, February 20 • Noon

Come in from the cold and warm up with our homemade vegetable soup, roast chicken, acorn squash, and pie à la mode.

**RSVP by February 17 to 781-749-3322.**



### St. Patrick's Day Luncheon and Trivia with Prizes Thursday, March 14 • Noon

Join us for a classic Irish meal with all the fixings!

**RSVP by March 11 to 781-749-3322.**

## Upcoming Events at Allerton House in Weymouth

Choose an upcoming event at Allerton House in Weymouth and see for yourself how residents stay active, engaged, and independent.



### St. Patrick's Celebration Lunch & Learn Thursday, March 14 • Noon

Enjoy a traditional Irish lunch while learning all about our Independent Living, Assisted Living and Memory Care offerings.

**RSVP by March 8 to 781-335-8954 ext. 2501.**



### Spring Fling Lunch & Learn Thursday, April 11 • Noon

Spring is in the air. Stop by for a healthy lunch inspired by the season.

**RSVP by April 5 to 781-335-8954 ext. 2502.**

The Allerton Times

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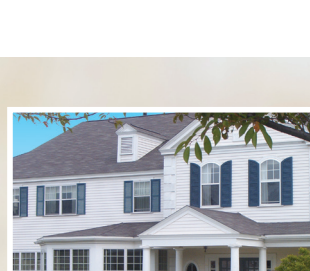


## Stop by and say hello!

Join us for upcoming event and learn more about Allerton House Assisted Living Communities in Hingham and Weymouth. Read more about our events inside and call to make your reservation today!



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