

# Dimensions

A dramatic difference in memory care.



Ebenezer is proud to offer the Dimensions Program to residents living within our memory care communities. This program, originally funded by a grant from the Minnesota Department of Health, prepares Ebenezer staff to provide exceptional, compassionate care using evidence-based best practices. Our Dimensions Coordinator oversees the multi-faceted program. Our goal is to make a dramatic difference in the life of your loved one.

## Building relationships for person-centered care

- Caregivers are trained to respond with compassion and creativity to a resident's specific needs
- Care plans are based on detailed assessments that consider the person's abilities, needs, preferences, and personal history
- To help residents better navigate their environment and maintain their independence, a team of therapists develop approaches that match the individual's level of cognition

## Innovative, interactive training creates experienced staff

- Comprehensive aging and dementia care training delivered at New Employee Orientation
- In-depth, hands-on training on specific dementia-related topics provided regularly onsite to front-line staff
- Ebenezer's ongoing Champion Initiative trains Memory Care Champions at each site to disseminate training and build a team of skilled and empathetic advocates for residents living with dementia
- "Hot-Topic" dementia-focused training provides monthly skill-building opportunities for staff at every site
- Dimensions Coordinator available to each site for consultation and hands-on training

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### Baxter

*Northern Lakes Senior Living  
218-454-2121*

### Bloomington

*Martin Luther Care Center  
952-888-7751*

*Meadow Woods  
952-888-1010*

*Nine Mile Creek Senior Living  
952-888-0731*

### Burnsville

*Arbor Lane Memory Care  
952-898-3288*

### Deephaven

*Deephaven Woods  
952-288-2187*

### Eagan

*Stonehaven of Eagan Senior Living  
612-874-3432 - *Coming Soon!**

### Edina

*Aurora on France  
952-848-8888*

*York Gardens  
952-898-6700*

### Forest Lake

*Cherrywood Pointe  
651-464-2709*

### Lake Elmo

*Arbor Glen Senior Living  
651-704-1444 - *Coming Soon!**

### Lakeville

*The Fountains at Hosanna!  
952-435-7199*

### Little Canada

*Cardigan Ridge Senior Living  
651-484-8484*

### Mahtomedi

*Coventry of Mahtomedi  
651-528-8442*

## Engaging activity as a building block of dementia care

- Residents are encouraged to participate and engage in creative arts and learning activities
- Activities designed to promote brain health
- Massage Therapy available (for a fee) upon request
- Exercise and Balance Programs
- Interactive, participatory groups such as Drumming, Painting, Music Making, Poetry and more
- Focus on keeping residents in touch with experiences integral to their identities
- Service projects and community involvement
- Person-centered, calming activities as well as interactive entertainment
- Aromatherapy is used to promote calm as well as active engagement

## Thoughtfully designed spaces

- Communities designed to promote comfort and security
- Controlled-access entries, community activity spaces, outdoor patios
- Special lighting designed for aging eyes
- Painting and decorating in calming colors
- Accessible spaces and furniture
- Continued assessment of environments to ensure dementia-friendly design structures and amenities

## Family education & support

- Care partner support groups onsite at most communities
- Dimensions Coordinator available to present for family events
- Family support through education, care conferences, and community resources

## Purposeful partnerships expand our ability to serve

- Consultation and relationship with Alzheimer's Association and ACT on Alzheimer's
- Affiliation with the University of Minnesota School of Nursing and the Center on Aging
- Partnerships with Centrex Therapy and Fairview Home Care and Hospice Senior Services
- Aromatherapy Project with Healing Alchemy™
- Collaboration with Fairview's Palliative Care and Hospice Care

### Minneapolis

*Ebenezer Care Center*  
612-879-2262

### Minnetonka

*Cherrywood Pointe*  
952-525-4555 - *Coming Soon!*

### Mounds View

*Bel Rae Senior Living*  
763-784-7633

### Orono

*Trails of Orono*  
952-473-6655

### Plymouth

*Cherrywood Pointe*  
763-478-4244 - *Coming Soon!*

### Red Wing

*Deer Crest*  
651-267-5444

### Roseville

*Cherrywood Pointe*  
651-633-0044

*Cherrywood Pointe at Lexington*  
612-766-2266

### Saint Louis Park

*TowerLight on Wooddale Avenue*  
952-881-6322

### Savage

*Cherrywood Pointe of Savage*  
952-808-8725

### Shorewood

*Shorewood Landing Senior Living*  
952-401-7444 - *Coming Soon!*

### White Bear Lake

*White Bear Heights Senior Living*  
651-653-3288

### Wyoming

*The Cottage at Meadows on Fairview*  
651-982-6228



*EbenezerMemoryCare.org*

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**EBENEZER**  
*Choices for vibrant senior living*