

# 19th WARD Quarterly

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## Smith Village Trial Stay program now available to prospective AL residents

Starting this year, Smith Village has introduced its Assisted Living Trial Stay Program. "Thanks to the success of our Trial Stay program, which attracted several new prospective independent living residents, we decided to offer a similar opportunity for others considering the benefits of assisted living," announced Marti Jatis, executive director of the life plan community at 2320 W. 113th Place.

"Relocating is a big decision," said Jatis. "We want to offer all the support we can to prospective residents, so they gain a better sense of what it's like to live in our community. Because so many Smith Village residents hail from the 19th Ward, they often find themselves reconnecting with neighbors, members of their parish, and old classmates. And they sometimes forge friendships with the grandparents of their grandchildren's classmates."

For a standard monthly fee, Assisted Living Trial Stay participants receive three meals per day, medication management, and assistance with bathing and dressing. They can summon assistance using a personal help button worn on a wristband or lanyard.

Trial Stay participants can settle into a furnished, one-bedroom

assisted living apartment that includes a galley kitchen. Housekeeping and laundry services are provided.

"We're committed to making sure residents remain as independent as possible. Our staff members work as care partners rather than caregivers in assisting with the activities of daily living," said Sarah Jewett, director of assisted living. "This gives residents a greater sense of empowerment. It's not uncommon to see newcomers rejuvenated once they've been here awhile. They often experience healthy weight gain, positive changes in mood, more energy and a renewed desire to socialize. Even those preferring solo activities seem to benefit from daily interactions with others."

The Trial Stay program also offers access to activities, programs, services and amenities enjoyed by other assisted living residents, including onsite entertainment, crafts and horticulture workshops, field trips, and delicious, healthy meals prepared by an executive chef. Those who sign up have access to visiting healthcare providers, including physicians, optometrists, hearing specialists, podiatrists and chiropractors. And, they can attend—or view on TV—

religious services offered onsite every week.

With their doctor's permission, Trial Stay participants can take advantage of the Smith Village wellness center, which includes a salon, spa and workout room.

Participants in Smith Village's Assisted Living Trial Stay program are encouraged to entertain their family and friends in private dining rooms, make use of the library, craft room, movie theater and other common spaces.

Jatis suggested answering the following questions to determine if you or a family member may benefit from participating in the Assisted Living Trial Stay program:

1. Do you have difficulty running errands, grocery shopping and getting to medical appointments?
2. If you still drive, have you experienced recent fender benders?
3. Are you no longer able to visit friends and participate in activities you normally enjoy?
4. If you've lost a spouse, have you become isolated?
5. Are you bathing less often? Do you fear falling in the tub? Do you have difficulty with certain aspects of personal grooming?
6. Is your home falling into disrepair?



*Smith Village executive director Marti Jatis says Smith Village's Assisted Living Trial Stay program makes it easier for neighbors to consider a move to Smith Village. Photo by Waldemar Reichert*

7. Is it becoming more challenging to keep your home clean?
8. Does cooking present a problem? Have you burned some items lately?
9. Are you losing weight?
10. Are you having difficulty managing your medications? Are you starting to confuse dosages?

"Several 'yes' answers may mean it's time to begin exploring Assisted Living options," Jatis said. "Our Trial Stay program offers people a chance to experience Assisted Living services to decide if the Smith Village lifestyle is a good fit."

To learn more about Smith Village's Assisted Living Trial Stay program, call Meghan Luce at 773-474-7300.