

Finding comfort in the familiar

Over the years, we've learned that daily routines can be a stabilizing force in residents' lives. Therefore, each day at CountryHouse includes scheduled activities that align with residents' habits, abilities and history. Natural transitions from one activity to the next help maintain a sense of direction and continuity throughout the day.

A typical day at CountryHouse:

MORNING

- ▶ Rise and shine—get up and dressed for the day
- ▶ Breakfast is served
- ▶ Good News—read the paper and discuss topics of interest
- ▶ Let's Move—light exercise or stretching
- ▶ Morning event—activities like cooking, bus trips, music, etc.
- ▶ Daily walk—residents and staff take a brief walk together before lunch

AFTERNOON

- ▶ Lunchtime
- ▶ Relaxation—rest or quiet-time activities
- ▶ Social Hour—games, trivia, pet visits, etc.
- ▶ Afternoon event—activities like crafts, entertainment, etc.
- ▶ Afternoon drive—a short bus ride before dinner

EVENING

- ▶ Dinner hour
- ▶ Evening entertainment—reading, movie night, games, etc.
- ▶ Nighttime snack and good night

Enriching life at CountryHouse

Whether going out for an ice cream cone or to see if the fish are biting, activities are not confined to the building. This gives residents a sense of normalcy.

Entrusting the care of a loved one to someone new is never easy, but after moving my husband to CountryHouse, I immediately felt the love and concern not only for the residents, but the entire family as well. CountryHouse is truly a CountryHome!

~ Mary Beth J., Lincoln, NE

