

# JOHNSON CREEK VILLAGE HOLISTIC SENIOR LIVING



## Our Customized Care

Our holistic approach focuses on the individualized plan to each Resident that includes an integration of **physical activity**, **cognitive skills**, **social interaction**, emotional experiences and **elective spiritual worship**. This collaborative and supportive approach will allow each Resident to continue living at their highest potential. Our personalized approach to care integrates the best geriatric practices with a prescribed medical regimen to promote self-healing.

We use many tools to manage the side effects of dementia. Some of our adjunctive therapies include:

- **Aromatherapy & Light Massage**-Oils may be inhaled, applied to the skin, or placed in food or tea depending on the type of oil and its level of concentration.
- **Music Therapy**-Designed to stimulate brain function, serve as a vehicle for personal expression, social connection and to enhance the quality of life.
- **Nutritional Care**-A brain healthy, balanced diet is a vital part of holistic senior living. We will feature seasonal farm fresh foods that is modifiable to each Resident.
- **Clinical Care**-24-hour experienced RN residing on-site along with regular communication with loved ones as well as conferences based on family and Resident needs.

Many of these tools have proven side effects including sounder sleep, decreased agitation, decreased anxiety, and improved management of certain skin conditions. Besides decreasing stress and pain, better appetite and digestion can also be achieved by utilizing these holistic tools and methods.

## Contact Us

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COMPASSION, DIGNITY AND RESPECT.

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