



Creating days full of meaning and purpose...

“I really love my home at San Gabriel,  
the people are so friendly, caring  
and compassionate. I am pleased  
to be here!”

– Rao Warning  
*Resident*



# SAN GABRIEL MEMORY CARE

San Gabriel Memory Care is a family owned and operated assisted living residence dedicated to serving the unique needs of adults with Alzheimer's and other memory-related illnesses. Our approach is to assist residents on their individual "daily walks" by incorporating personally relevant activities into their routines that reflect the rhythm of remembered daily tasks and favorite hobbies.

At San Gabriel, residents enjoy a bright and engaging environment featuring small neighborhoods and even smaller areas for group and individual pursuits. This model, known as "clustering," limits group sizes to minimize distractions and commotion while maximizing peace and calm.

By becoming part of the family at San Gabriel, residents continue their life journeys in an environment that supports their continued health and well-being as well as their experience of and enjoyment in life.

# THOUGHTFUL DESIGN

San Gabriel Memory Care was designed and developed specifically to enhance the quality of life for residents from the inside out. Our custom-designed building:

- Features smaller “neighborhoods” to reduce population size and anxiety
- Utilizes small, separated activity areas to reduce commotion during daily programs
- Shields the comings and goings of loved ones to minimize the frustration of residents who may want to follow but cannot
- Maximizes the health effects of natural light, which enhances and promotes positive moods during the day and delays the effects of the evening-related dementia disorder known as Sundowners Syndrome
- Facilitates independent movement and circulation by eliminating impediments like “dead-end” hallways which can cause frustration
- Features secure “al fresco” spaces which enable safe, self-directed exploration and enjoyment of the outdoors without the feeling of restriction







# INSPIRING GROWTH

At San Gabriel, the promotion of mental stimulation, physical well-being and engagement in life is a daily enterprise.

Research shows that the capacity for growth in the brain is much greater than previously thought. Our memory care programs “workout” and strengthen the brain in new ways. We inspire each resident to function at his or her highest possible level and to maintain that level of mental acuity for as long as possible.

Our daily routine combines group activities and exercise with self-directed periods during which we incorporate unique, personally relevant pastimes. These mental, social and physical endeavors reflect the day-to-day rhythm of our residents’ happy, fulfilled lives at home.





# SIGNS & SYMPTOMS

1. Memory loss that disrupts daily life. (e.g., forgetting important dates, asking for the same information over and over)
2. Challenges in planning or solving problems (e.g., following a familiar recipe or keeping track of monthly bills)
3. Difficulty completing familiar tasks at home, at work or at leisure (e.g., trouble driving to a familiar location, managing a budget at work or remembering the rules of a favorite game)
4. Confusion with time or place
5. Trouble understanding visual images and spatial relationships (e.g., difficulty reading, judging distance and determining color or contrast)
6. New problems with words in speaking or writing
7. Misplacing things and losing the ability to retrace steps
8. Decreased or poor judgment
9. Withdrawal from work or social activities
10. Changes in mood and personality

Source: Alzheimer's Association; alz.org

“What’s not to like about San Gabriel? Nothing...clean, friendly, safe, healthy, environment with very kind people. I’m happy that I moved here!”

– Pat Carson  
*Resident*



# CAREGIVING PARTNERSHIP

From initial assessment through the end of each day at San Gabriel, we work with you in caring for your loved one. We understand the unique challenges and concerns caregivers face today, especially for those caring for someone with dementia or Alzheimer's.

At San Gabriel, we partner with you to guide your loved one through this next stage of his or her journey. This partnership relieves you of the burden of labor-intensive physical care and frees you to engage in quality interactions that celebrate old memories while creating new ones.

San Gabriel is an extension of our resident's home and family. Our team strives to bridge the resident's life from past to present. We believe it is in bridging past memories with the present that we are able to create days full of meaning and purpose.

“I now have peace of mind that mom is receiving the proper care and nurturing that she so deserves, and she was able to stay in her hometown with her lifelong friends and all that is familiar to her. Each and every day we give thanks to John and Carrie Dietzen for their San Gabriel vision.”

- Phil and Nancy Morrison  
*Son and Daughter-in-law*



[SanGabrielMemoryCare.com](http://SanGabrielMemoryCare.com)