



WHO WE ARE

For nearly 50 Years, Oakwood Creative Care has committed to fostering the JOY in aging!

Our mission is to enhance the quality of life and spark joy for older adults with cognitive or physical challenges, as well as their family care partners, through day clubs, memory cafés, and home and community-based services. Our vision is to eliminate boredom, isolation, and care partner burnout.

Even after a difficult diagnosis, the body's mind, heart, and soul still crave that familiar sense of inclusion, productivity, and community.

Our programs help older adults with age-related challenges find JOY and purpose each day, while supporting their families through navigating the difficulties that can arise when caring for an aging loved one.

We do this through our...

Dear Friends,

Nearly 50 years ago, a trailblazing group of women sought to answer a need they identified in the community – one that would improve the lives of older adults with cognitive or physical challenges living at home with their families. Thanks to generous community support and partnerships, the women's dreams became a reality and Oakwood Creative Care (OCC) was founded in 1975.

Over the years, OCC has maintained a steadfast commitment to quality, affordable, and dignified services, earning national recognition for our innovative models of dementia care. Our greatest honor is to serve people in their last years, and we want to ensure that everyone can live each day to its fullest potential! As Arizona's population continues to grow, so does the number of lives affected by Alzheimer's disease and related dementias. To answer this growing need, we've spent the past 5 years challenging ourselves to think bigger than ever – embarking to expand upon OCC's mission and fill the gaps in care.

Through this process, we discovered the primary challenge our families continue to experience: *the need for more help at home.* In fact, this realization has already driven an expansion of OCC's vision: to improve the quality of life for older adults living with cognitive and physical challenges to now include their families, as well. Therefore, we've researched high and low to discover and introduce evidence-based programs that will better equip families to navigate this journey – in and out of the home. The time is now to expand support for those within our community, and we invite you to take this journey along with us.

Personally, there is a deep desire in my heart to see OCC's model transform how society approaches aging, treating people for who they are – not the diagnosis on their medical record. We're excited for this next chapter, and look forward to you joining us and the countless lives we'll touch through this critically important moment in history!

Sincerely,
Sherrri Friend

We always say, "Life isn't over after a dementia diagnosis. There is still JOY to feel, love to memories to make."

DAY CLUBS

Our team of nurses and dementia experts provide wellness services and support health, nutrition, medication, personal care, and advanced care planning to optimize self-sufficiency and decrease stress or burnout. Our engagement team of respected artists, musicians, and historians tap into each member's unique abilities to offer experiences and classes such as:

- Lifelong Learning:** History, poetry, discussion, creative writing, philosophy
- Music:** Choirs, jam sessions, drumming circles, piano, chimes, etc.
- Fitness:** Chair yoga, zumba, kickboxing, strength training, tai chi, etc.
- Expressive:** Dance, gardening, volunteering, intergenerational, etc.
- Art:** Watercolor/acrylic painting, mixed media, woodworking, sculpture, etc.

2022 Dementia Society of America® Best Carer Award
 "Oakwood Creative Care's day clubs are unique by everyone's standards due to the innovative, research based, cutting edge, person-directed engagement curriculum that focuses on each individual's strengths, interests, and wellness."