

Animal Assisted Therapy Program [\(scroll down for more programs\)](#)

Animals provide a sense of calmness and comfort for animal lovers. They offer unconditional affection and are great listeners! For someone living with memory loss, watching, talking to, and petting a dog can be very rewarding. Often, those who may be withdrawn, are usually willing to say “hello” to the dog and smile. Sometimes, they even reminisce about the dogs who were once a part of their daily lives. This can be a very meaningful moment to someone living with memory loss.

Here, at Bright Oaks of Aurora, we are partnered with the Naperville Area Humane Society for monthly dog visits and for individualized welcome visits for new residents (family members) moving in to our community.



Brandy and Jan (her human), eagerly await the arrival of new friends.



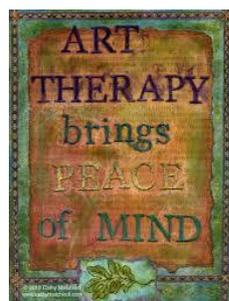
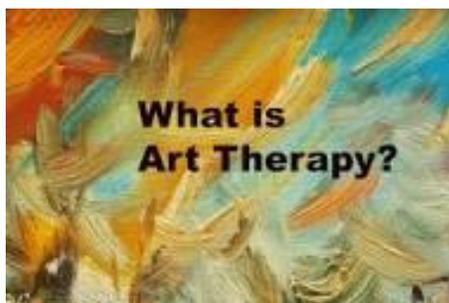
Mr. Dickens in his business attire.

We are also partner with the Fox Valley Therapy Dog Club and Therapy Dogs International for monthly dog visits.

Art Therapy Program [\(scroll down for more programs\)](#)

Art therapy allows the person living with memory loss to express himself. In the moment of creating something, a person can become more focused and less anxious. It is about the process of just doing what is in the “mind’s eye”. Whether someone has created something on a blank canvas, painted or colored pictures, traced outlines, or connected dots, the person retains focus and concentration for an extended period of time; thus, increasing tolerance, attention span, and eye-hand coordination. The goal of any art project is that the person feels good about what he has created, and no attention is placed on “fixing” any of the work. The work is always beautiful on its own and *only* finished when the person creating it is happy with it. More often than not, a person living with memory loss is more calm, relaxed, and even more cooperative with performing personal care tasks after an art therapy session.

Here, at Bright Oaks of Aurora, we incorporate art therapy classes such as painting workshops, collages, and 3 dimensional adult themed projects in our monthly activities program. General art supplies are always available for use with visiting families and friends as well.



Music Therapy Program *(scroll down for more programs)*

Music Therapy often helps ease anxiety, agitation, and loneliness in people living with memory loss.

Soothing songs, classical music, and big band sounds often bring back good memories. Instrumentals played during or just before meals can be calming and help to keep people focused on eating their food. Lullabies can help relax people enough to cooperate with going to bed and help them sleep longer.

Up beat music promotes cognitive activity with singing and physical activity with toe tapping, hands and arms moving, rhythm instruments, hand clapping, and dancing.

Sing-a-Longs promote over all good feelings of familiar songs. Singing promotes deep breathing, expands the lungs, and helps to prevent pneumonia. Humming makes your lips and throat feel good with vibrations, and helps to create more saliva to help with swallowing.

Here, at Bright Oaks of Aurora, we have daily sing-a-longs groups and incorporate rhythm instruments and dancing, as well.



Aromatherapy Program

Aromatherapy can help ease anxiety, stress, and mood swings in people living with memory loss.

Scents like lavender and citrus such as orange and lemon are soothing and help promote a calming feeling and may help with sleeping.

Scents such as vanilla, cinnamon, rosemary, and ginger promote feelings of comfort and may help create an appetite.

Herbs and spices can stimulate remote memories of cooking, baking, and family mealtime; thus, increasing cognitive function.

Scents such as almonds and peppermint help with alertness.

Aromatherapy programs can be lead using diffused essential oils, or by offering scented lotions for skin hydration and softness. This is important as people with older skin are at a greater risk of skin tears due to less elasticity in the skin.

Here, at Bright Oaks of Aurora, we incorporate aromatherapy into sensory programs. We use flavored water, scented lotions, different spices and herbs, visual stimulation such as bubbles and bright colorful objects, and tactile sensations such as textured fabrics to feel and fans to create gentle breezes.

