



Watercrest of Lake Nona Hosts Memory Care Educational Series

VERO BEACH, FL, September 22, 2016 – Watercrest Senior Living welcomes caregivers and healthcare professionals to a monthly Memory Care Educational Series hosted by Watercrest of Lake Nona Assisted Living and Memory Care Community in Orlando, Florida. Watercrest of Lake Nona is a signature Watercrest product featuring luxurious accommodations, spa amenities, fine dining, as well as private label wines, locally grown organic fare, cultural programs, and distinctive activities and outings.

As part of their Common Unity initiative, Watercrest of Lake Nona is purposefully enhancing services offered to families and caregivers of individuals living with Alzheimer's and dementia. "We are honored to be hosting the Memory Care Educational Series and providing critical information to our local caregivers and health professionals" says Jenny Phillips, Executive Director for Watercrest of Lake Nona.

On select Tuesdays of each month from 4pm to 5pm, Watercrest of Lake Nona will host the following guest speakers and educational sessions:

- *October 18*: How We Remember and Why We Forget with Dr. Rajose Rose, Chiropractor; Nona Functional Chiropractic
- *November 15*: Medication and Memory with Kevin Merrigan, Therapeutic Tai Chi and Qigong, LLC
- *December 13*: Understanding the Needs of Your Loved One with Nancy Squillacioti, Executive Director, Alzheimer's and Dementia Resource Center
- *January 17*: Virtual Dementia Tour for Caregivers and Memory Testing

Each session of the Memory Care Educational Series will be held at Watercrest of Lake Nona, 9682 Lake Nona Village Place, Orlando, Florida 32827. For reservations, please contact Ann SanCartier at 407-226-3113 or asancartier@watercrestseniorliving.com.

Watercrest Senior Living is committed to enriching the lives of seniors by providing wellness programs, nutritious and savory dining, and personalized care. Additionally, Watercrest provides a comprehensive memory care program specifically designed to engage the senses, expand the mind and enhance the emotions of residents. All Watercrest memory care associates are Certified Dementia Specialists and programming focuses on innovative lifestyle approaches, including personal life silhouettes, multi-sensory enhancements, Memories in the Making, and Music and Memory programs. For community information, visit www.watercrestseniorliving.com or email lakenona@watercrestseniorliving.com.

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