

***WELCOME***

***TO***

**Marienhaus Altenzentrum St. Josef**

**Elly-Heuss-Knapp-Str. 29**

**57518 Betzdorf**



## ***Nursing home***

Since 1977 *Marienhaus Altenzentrum St. Josef Betzdorf* offers a wide range of possibilities for older people and those persons who are in need of care: In the nursing home you find 110 places in total in 62 single rooms and 24 double rooms including 7 places for short-term care. These rooms are all bright and friendly equipped with an en-suite bathroom with a shower, toilet and lavatory. Since we feel most at ease with our personal belongings around us, we invite you to bring small items of furniture, ornaments, pictures, photographs and special mementos to make it your home.

In the day care facility *Sonnenblume* we look after 35 elderly people.

In addition, there are 30 apartments belonging to our facility which are appropriate for the living concerns of the elderly.

## ***Care***

It is important for our staff that the residents and guests feel at ease and our facility will become a true home for them. An integral, activated care and a competent, loving care are an essential part of it. At the same time our staff will respect the personality and the needs of our residents and guests.

Our main purpose is to maintain the independence of our residents as long as possible. We encourage them to get involved in daily tasks like setting the table, getting dressed, personal hygiene, eating and drinking as well as getting up and going to bed on their own. However, if they need assistance, our qualified nursing staff will support them in all their daily activities.

Therefore, our residents can call for help via an intercom system.

In our house the care, support and treatment of elderly persons is based on the Christian, holistic conception of man: each human being is an inseparable unit of heart, spirit and soul and carries values and dignity in his mind, independent of age, nationality, religion, education, achievement and health. This uniqueness and individuality defines our nursing care. Therefore, we especially focus on and look after people living with the experience of dementia.

## ***Dementia and nursing care***

From Monday to Friday we offer you the visit of the so called "Forget-me-not" group. This group aids you in structuring your daily life and fosters life skills and abilities which have not been forgotten such as cooking and baking, reading the newspaper, singing and memory training for example. Thereby we respect the biography of every single resident.

Additional care staff takes an intensive care for people with dementia and carries out one-to-one sessions with the patients. They explicitly take their time for these residents and help them to remember events from their lives. They offer rapeseed-baths and aroma therapy massages for

the hands in order to put the residents at ease and animate their senses. Our staff also encourages exercising; they go for a walk with them and do special therapeutical table visits where the people in need of care will be addressed for a certain period of time. They work with so called “boxes of remembering” which should awake memories and facilitate communication without wearing out the ability to concentrate.

## **Activities**

To create a quite diversified and animated day we offer lots of activities each day like, for example, memory training, baking, cooking, singing, Bingo, gymnastics, dancing, concerts, trips to shopping centers, markets, café's, zoo, etc. It is our general goal to support the skills and talents of our residents, to arise creativity and to strengthen the community. In addition, we organize vacation trips which are accommodated by our staff.

We see our facility as an open house and a place of encounter. Regularly children from nearby schools and kindergartens visit us. They spend their time with the residents, play games, bake or sing with them. We also organize concerts, slide shows or annual festivities where the local people are always invited. One highlight is the summer festival at the end of August.

Our residents' relatives are always welcome in the *Marienhaus Altenzentrum St. Josef*. We invite them to take part in our activities and events.

## **Cuisine**

Every day our kitchen-team cooks three fresh and tasty menus from which you can choose. On birthdays or special personal events they cook an individual menu for the residents.

## **Chapel**

In our own chapel you can find peace and consciousness. During the week (except of Thursdays), on Saturdays and Sundays we celebrate the holy mass in the chapel. Every 14 days we also celebrate the Protestant church service. In addition we offer different masses in our festival room like the Mass of St. Joseph, Thanksgiving Mass, and the Mass of St. Martin.

## **Short-term care**

For the elderly who only seek short-term care, we have seven places in our facility. This is an offer especially for those people in need of care who live with relatives.

Not everyone understands how demanding caring for a loved one can be, whether on an informal, part-time or full-time basis. Everyone needs a break from time-to-time, and short-term care offers both to carers and those in need of quality care and attention. The elderly will find a

professional and loving care and assistance 24 hours a day. The maximum time for short-term care is four weeks.

Also for the elderly who face difficulties in their home but have to wait for a place in the nursing home, short-term care is a good alternative.

### ***Day care facility Sonnenblume***

Day care is an offer for elderly people who prefer staying at home but due to physical or mental illnesses need additional care and assistance. For those people we provide Monday to Friday from 8 am to 4 pm professional care and loving assistance. Thereby relatives looking after the elderly person will be supported and discharged. Care and job can be better combined again. Depending on the personal situation the guests can visit the day care facility daily, several days per week or on single days. Apart from the regular hours appointments can be arranged.

### ***Age appropriate apartments***

We offer 30 appropriate apartments for elderly persons who like to be independent but also do not want to miss the safety and professionalism of a nursing home. The apartments consist of two rooms with an integrated kitchen, a small cellar-room and a wind-shaded balcony. The apartments vary from 45 to 53 qm. The renters are invited to join all the events in the main nursing home. If they wish so, they can also have lunch in the cafeteria of the *Marienhaus Altenzentrum St. Josef*.

*Do you have questions and would like to get more information? Do not hesitate to contact us and to make an appointment with us!*

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