Many folks who tour SouthTowne Living Center ask our team what they should be looking for in terms of a quality memory care community. We always share that the stability of a functional management team and staff, along with caregiver training and oversight, coupled with a healthy, vibrant environment are the pillars of success.

SouthTowne’s management team is the longest-serving, most stable group in Lane County because we share the same passion for caring for Lane County’s most vulnerable senior citizens combined with an appreciation for the functional culture that’s developed out of a desire for mutual respect and support for all.

Developing and supporting superior caregivers that result in long term employment is another area that is vital to a healthy memory care home. For starters, all prospective staff undergoes extensive employment and criminal records checks through state and federal databases to assure that only appropriate, qualified individuals are hired. Once hired, our caregiver training program is one of the most advanced and thorough in Oregon, consisting of over 40 hours of education before a newly hired employee is even allowed to step foot in the community. Training then continues in the environment where new caregivers are paired with our most accomplished staff for up to a week or more until the new employee feels comfortable with their duties. Then, close oversight continues regularly by co-workers, the nursing staff, and the Administrator, in addition to feedback from the resident population. All staff continues to receive education monthly to assure they are versed in the most critical aspects of their positions such as personalizing care for their resident’s wants and needs.

Another important aspect to developing long term, stable caregivers is staff oversight and support that is provided by each member of the management team and staff leaders that direct activities each shift. Of vital importance is the fact that SouthTowne’s Administrator, Director of Nursing Services, and our Nurse’s Care Coordinator offices are located within the community so the residents and caregivers receive the support they deserve when needed. The management team is also available 24/7 should after-hours support be required.

As you would guess, caring for those in need requires a total commitment that extends beyond working hours into the evenings, nights, and weekends.

The last primary pillar of success involves a healthy, vibrant environment. One of the largest benefits for SouthTowne’s residents and staff is the physical structure of our community. Because SouthTowne is a one-building home, not 4-5 disjointed units, everyone has the opportunity to participate in everything. This includes activities, casual conversations, enjoying the smell of roast beef cooking, cookies slowly baking, or witnessing an employee’s newborn that has been brought in for everyone’s enjoyment and blessing. All people enjoy sincere companionship and socialization so the more, the merrier things are. Though in addition to merry making, there are also tremendous advantages in safety and oversight when every member of your staff population has their ears tuned into the residents’ wants and needs.

So, the next time you hear someone asking for insight into what makes for a quality memory care community, we hope you’ll help us out and share the insights listed above. We’d also be happy to show people around and see if visitors can feel the SouthTowne difference.

—David Meisner, Executive Director

Please make everyone welcome:

Brenda C.
Jean M.
Roberta O.
Guy J.
Betty Lou P.
Joseph K.

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[Facebook Link]
Many people take over the counter medications, generally supplements, because they feel like they are good for overall health. While generally this is the case, and for most people there’s no problem, for those who take other medications this can pose a serious health risk. Fish oil, which many people take for heart health and lowering cholesterol, can have serious interactions with medications given to lower blood pressure and thin the blood. This can lead to a dangerously low blood pressure or bleeding that does not stop without medical assistance. Calcium, which is great for bone health, can also interfere with the absorption of medications such as levothyroxine, which is commonly taken for thyroid dysfunction, many of the commonly used antibiotics, and even medications given specifically to address osteoporosis. Some of these interactions can be avoided by making sure that the supplement is not taken at the same time as prescribed medications. Other interactions can occur regardless of when the medication is taken, and generally these are the more serious interactions.

So the question is, what supplements should you take, and when, to make sure that you do not cause yourself more problems? The answer is, I don’t know, but your doctor does. Even though supplements don’t require a prescription, they should still be considered drugs and discussed with your doctor. Each person’s medical needs and medications are different, and your doctor should be given all the available information to make sure that you are as safe and healthy as possible. Telling your doctor what supplements you are taking and making sure that he or she has given you instructions on how to properly use supplements is the only safe way to take them.

If you have questions about supplements, either for yourself or your loved one, please feel free to stop in and discuss them—just know that you’ll probably be told to go and talk to your doctor, as their advice is always the best!

—Jandyra Dubofsky, Director of Health Services

When people are seeking a community like SouthTowne Living Center for a family member or friend, they ask a lot of great questions. • What are your room choices? We have private rooms and shared rooms. • How is my loved one cared for? We give our residents loving care just as if they were members of our family. We get to know their likes and dislikes. Some examples would be: What time do they like to shower? How do they like their hair done? How is their vision and hearing so we know how to approach and care for them with tender loving care—after all, we do work in their home. • What are meals like? We have a dining program—where residents are able to eat at a time they like and provide dietary choices when a doctor recommends them. We have outstanding food at SouthTowne, offering snacks with beverages between each meal. • What kind of socialization is available? Activities are tailored to what our residents can do and like—exercise, bingo, gardening club, music, coffee & news, parties, Men’s Club, and Spa Day. We have so much fun, and everyone with different ability levels can participate. Our residents also make wonderful friends to dine with and spend time with. • Can my family member leave SouthTowne? This question is asked a lot. We are a secured community, but that doesn’t mean you can’t come and get your family member and take them home for a holiday or out for a meal, shopping, or fishing.

If you would like more information regarding your family member or friend becoming a part of the SouthTowne family, please give me a call. I would love to answer your questions and take you on a tour of our homey environment.

—Tanja McNaughton, Director of Marketing

SouthTowne Living Center—making every moment special