

# The Heart and Soul of Senior Living

At Omaha-based Ovation Heartwood Preserve, an innovative, deeply humanistic focus on staying active, vibrant, and connected has senior residents applauding.

Collette Mieres vividly recalls the moment her life's work crystallized.

Following in the footsteps of her mother, who was passionate about caring for the elderly, she assisted with the care of her beloved Trinidadian grandfather after she visited him as a teenager. "I found him sitting at the kitchen table holding a cup, waiting for someone to bring him some tea," she says. Today, as a licensed practical nurse with advanced certifications in dementia care, as well as a degree in healthcare administration, she is the executive director of Ovation West and its assisted memory care program at Ovation Heartwood Preserve, a premier Omaha-based senior living community.

"Every member of the Ovation team shares the same mission: to enhance the lives of every person we serve," Mieres says.

The luxury, amenity-rich community opened in June 2022, the latest project of the Oregon-based Avamere Family of Companies. In addition to Ovation Heartwood Preserve's state-of-the-art independent living options for active seniors, the community offers two tiers of beautifully designed residential options for those needing support.

"Residents at Ovation West Assisted Living and Memory Care may choose to receive assistance with daily needs such as medication management and physical therapy while experiencing activities



that allow them to explore, engage, and thrive," says Stephanie Grade, Ovation Heartwood Preserve's general manager. "Every member of our team understands that in order to live your best life, you might need a little help."

Ovation Connections™ Memory Care offers safe, secure, compassionate care that helps residents with Alzheimer's disease or dementia thrive via a program of creative engagement. In working with memory care residents, the team utilizes Nine Degrees of Connection—music, aroma, art, and pet therapies as well as spiritual, family, food, nature, and tactile activities—to enhance focus and communication, explains Mieres.

## OVATION INNOVATION

Smart technology is featured throughout the campus. "Smart apartments help residents feel safe in their homes, allowing them to adjust lights and thermostats and check out the latest cultural and educational events easily and intuitively," says Grade. Ovation memory care includes circadian lighting that mimics sunlight

and is known to improve sleep, mood, and metabolic function, she adds.

A typical day at Ovation Heartwood Preserve might start with breakfast at Lorraine's Kitchen, a farm-to-table restaurant. Activities might include yoga, ballroom dancing, or a cardio drum class. Residents "visit" Paris by interacting with French natives and making éclairs. At the end of the day, the team and residents can gather together on the rooftop deck for a barbecue and live music under the stars.

"A resident recently told me that her friends often asked about her life at Ovation," Mieres says. "She told them, 'I feel like a kid again! I have nothing to worry about. I just stay out of trouble and live on.'"

"Ovation Heartwood Preserve is where care, innovation, integrity, and luxe amenities come together in perfect harmony," adds Grade. "Our residents are ready to celebrate lives well-lived—and to find new excitement, learning, and connection in their next chapter."



OVATION™

Heartwood Preserve

Independent • Assisted • Memory Care