

NORTHERN VIRGINIA HEALTHCARE & HOSPITALITY



Rethink Senior Living

Sunrise of Vienna elevates the expectations of senior living with a person-centered approach tailored to help residents thrive in an exciting new chapter.

The expectations of senior living aren't what they used to be. Eschewing dated rooms and rounds of bingo, aging adults desire more from their communities. The team at Sunrise of Vienna is not only listening to these changing needs, but they're also taking them a step further to make senior living something to look forward to.

Warm, personalized, and with the elegance of a boutique hotel, the setting and programs of Sunrise Senior Living are designed to engage. Located in the heart of historic downtown Vienna, the community is part of a vibrant residential neighborhood along Maple Avenue. Its first-floor public coffee shop is a hub of activity, offering the opportunity for community members and neighbors alike to stop in for a warm drink and conversation. Blocks away from shopping, dining, and parks—including Wolf Trap National Park for the Performing Arts—Sunrise of Vienna offers both the excitement of city life with the ease of community living.

"Sunrise of Vienna offers a suite of amenities and robust programming," says Adriane Oliver, executive director. "Our community is designed for active adults looking to live with purpose. At Sunrise of



Vienna, we encourage social interaction as well as connections to the greater community including the outdoors, arts, and all of the culture that the greater Washington, D.C., area has to offer."

More than a person-centered approach, Sunrise practices a person-directed approach specifically tailored to help residents spend their days doing what they love.

"Each resident has unique needs, histories, and habits," says Oliver. "We want to know what they like to do in the

afternoon, their favorite foods, how they spend their free time, and their interests so that we can direct our services around those preferences. If they like to wake up at 4 p.m. to eggs and bacon, we'll find a way to provide just that."

Making the Most of Every Moment

Nowhere is the power of a person-centered approach clearer than for Sunrise's memory care residents seeking assistance for Alzheimer's or other forms of dementia.

"We focus on what they can do rather than what they can't," Oliver explains. "Then we place them in smaller groups with people of similar abilities to engage in a more meaningful way, with dedicated life enrichment managers present that care for them like family."

Sunrise of Vienna prides itself on getting to know each resident as a unique individual. In its Reminiscence neighborhoods, the team provides activities and evidence-based programs that appeal to each resident's passions and interests. Residents can also take part in hobbies and clubs including painting, music therapy, gardening, fitness classes, and more.

"Our Sunrise of Vienna residents receive highly focused, personalized attention and can more easily connect with their friends and family," says Oliver.

This hospitable and empathic approach bonds the community in a way that resembles family more than a service.

"In your home, you don't hang out with 20 people," Oliver explains. "We're creating a comfortable environment centered on small groups and social interaction. Here, residents can engage with meaning and purpose in a vibrant setting."



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