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Innovative Lighting Design Throughout Wartburg's New Memory Care Center

Mount Vernon, NY – August 16, 2024 – An innovative lighting design is incorporated into Wartburg's new state of the art Memory Care Center, a 50,500-square-foot residence for those living with Alzheimer's Disease and Related Dementia. Each of the households are designed with tunable LED lighting allowing for both color and intensity to align with the natural brain processes that regulate alertness, sleepiness, appetite and body temperature, also referred to as circadian rhythms.

The Berkemeier Living Center features 64 state-of-the-art residences for those living with Alzheimer's Disease and related dementia. Each floor is designed as a small-scale household, providing an intimate and comfortable feel for the residents, staff, and families. The households have been designed with tunable LED lighting throughout the shared common spaces. This technology allows for both the color temperature and intensity of the lighting to be programmed to align with the natural brain processes that regulate alertness, sleepiness, appetite and body temperature cycles during the day, also referred to as circadian rhythms. The lighting is programmed to mimic bright, cool daylight in the morning and then gradually adjusts to dim, warm light in the evening. Although this technology is fairly new, early research has supported the power of these visual cues to follow the natural course of the day. For example, when the lights dim and turn warmer, it cues that it's time for guests to leave and residents to prepare for sleep. In addition, in initial studies, staff have reported improved resident sleep quality and reduced agitation behaviors in facilities that have implemented this technology.

According to KDA architects, "the KDA team was inspired by Wartburg's interest in pursuing new lighting technology in the design of the Berkemeier building. The project team ensured that tunable lighting was integrated early on and remained a priority during budget considerations. KDA and Alderson's A Lighting Studio collaborated with the Pacific Northwest National Laboratory to selectively incorporate tunable lighting in areas that have been proven to have the greatest impact on improving the lives of the residents, guests, and staff. We are confident that the Berkemeier building will be another example of how effective this technology can be - especially when incorporated into senior living environments."

Dr. David J. Gentner, Wartburg's President & CEO said, "Although this technology is new to long term care design, research supports these lighting nuances and in subtle ways we believe it will help improve the quality of life for those living and working in the space."

The Institute for Music and Neurologic Function is part of Wartburg, and its Executive Director Dr. Concetta M. Tomaino will apply music-based therapies with the goal to restore, maintain,



and enhance physical, emotional, and neurological functioning in individuals affected by conditions such as stroke, trauma, dementia, Alzheimer's disease, Parkinson's, and other disorders. Dr. Tomaino's book *Music Has Power in Senior Wellness and Healthcare*, published by Jessica Kingsley Publishers in 2023, is a best practice manual for the application of music therapy in all areas of healthcare.

About Wartburg

Nestled in Mount Vernon, NY, Wartburg stands apart with its holistic approach to senior living and healthcare. Unlike traditional retirement communities, Wartburg offers a vibrant 34-acre campus where residents enjoy integrated services that extend well beyond typical care. Whether it's independent living, assisted living, rehabilitation or adult day care, Wartburg's continuum of care is designed to meet diverse needs with excellence. Their dedication to families extends beyond medical care, providing robust caregiver support at every stage. Recognized as one of the "Best Nursing Homes in New York State" by U.S. News & World Report for a remarkable twelve years running, Wartburg continues to set the standard in senior care, fostering a community where well-being thrives.

Website: www.wartburg.org

Facebook: facebook.com/thewartburg

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