



NEWS RELEASE

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Tutera’s Director of Life Enrichment Johnna Lowther Publishes Caregiver’s Pocket Guide on Dementia

**“Through the Eyes of Dementia: A Pocket Guide to Caregiving” offers tips from
Johnna Lowther’s 14-year career working with memory care residents and their families**

*Lowther’s role at Tutera’s Stratford Commons Memory Care Community in Overland Park, Kansas, expanded to direct
memory care programming and training for Tutera’s senior living communities nationwide*

KANSAS CITY, Mo. (February 2, 2015) — For families and caregivers overwhelmed with understanding the needs of their loved ones with Alzheimer’s or dementia, Johnna Lowther, director of life enrichment at Tutera Senior Living & Health Care, has published “Through the Eyes of Dementia: A Pocket Guide to Caregiving.”

The new book offers tips and techniques gleaned from Lowther’s 14-year career – most recently at Tutera’s Stratford Commons Memory Care Community in Overland Park, Kan. – working with senior living residents diagnosed with Alzheimer’s and dementia. “There’s definitely a lot of information out there, but families coping with this disease don’t have the time or energy to read detailed books or sort through reams of information,” Lowther said. “I saw a great need for a simple ‘Cliff Notes’ guide to provide the essential information caregivers need most.”

The 136-page guide, now available on Amazon, outlines Lowther’s approach to meeting the distinct needs of patients wherever they are on the continuum of the progressive disease, reflecting the philosophy of the individualized care provided at Tutera’s Senior Living facilities across the country. “Families are easily overwhelmed with this difficult illness,” Lowther said. “The book offers simple techniques I use every day with Tutera’s residents to help caregivers build a successful relationship with the new person their loved one is becoming.”

Lowther joined Tutera Senior Living & Health Care in 2011 as the director of life enrichment for Tutera’s Stratford Commons Memory Care Community. In January, Tutera expanded Lowther’s role as the director of life enrichment for the company’s 47 senior living communities across the country, 11 of which offer memory care programming. Lowther has developed new memory care education and staff training programs that will be implemented in Tutera’s senior living communities nationwide.

“Johnna Lowther’s new book reflects the extraordinary expertise and compassionate dedication she offers every day to our residents,” said Joe Tutera, CEO of Tutera Group. “Her work, and her new book, demonstrate Tutera’s guiding principle of individualized care by connecting to the person beneath the disease.”

Recognized as an Amazon “Hot New Release” soon after its publication in November, “Through the Eyes of Dementia” provides caregivers a simple “grab and go” resource that conveniently compiles insights from Lowther’s professional — as well as personal — experiences helping individuals living with this devastating disease.

Since 2001, Lowther has worked in the field of recreational therapy. She is a certified dementia care manager, certified Alzheimer’s disease and dementia trainer, certified activity director, and certified assisted living home operator. Her diverse professional experience includes working with residents and their families in assisted living, long-term care and skilled nursing communities to develop and implement Alzheimer’s and dementia programs to improve the daily lives of memory care residents.

“For residents with Alzheimer’s or dementia in senior living communities, it’s especially important for the staff, families and other care givers to get to know who the resident is as an individual — what they enjoy, what matters to them — so we can use that knowledge to help connect them to living again,” added Lowther.

Lowther extends her professional experience as a volunteer in the Kansas City area community where she is a member of the board of directors for the Kansas City Senior Theater. The nonprofit provides creative arts and aging programs that connect generations through life stories.

About Tutera Senior Living & Health Care

[Tutera Senior Living & Health Care](#) is a locally-owned diversified post-acute senior health care provider operating 47 senior living communities in 13 states throughout the United States. As one of the nation’s premier senior care providers, Tutera Senior Living & Health Care offers its residents independent living, assisted living, skilled nursing, post-surgery rehabilitation, memory care and home health and hospice care. In 1983, Dominic F. Tutera MD founded Tutera to provide compassionate patient care with the uncompromising values of integrity, accountability and commitment. Tutera Senior Living & Health Care still embodies those values today. Tutera is committed to making a positive difference in the lives of its residents and their families through senior living and health care experts who inspire and promote individuality and personal happiness. For more information, visit www.Tutera.com.

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