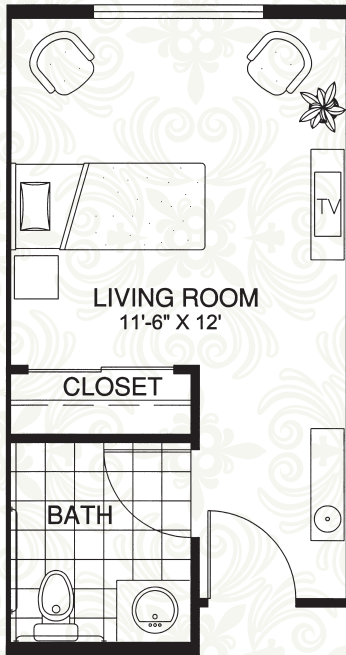
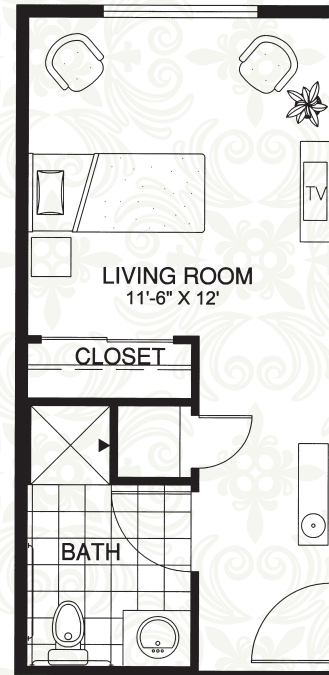


Unit Plans

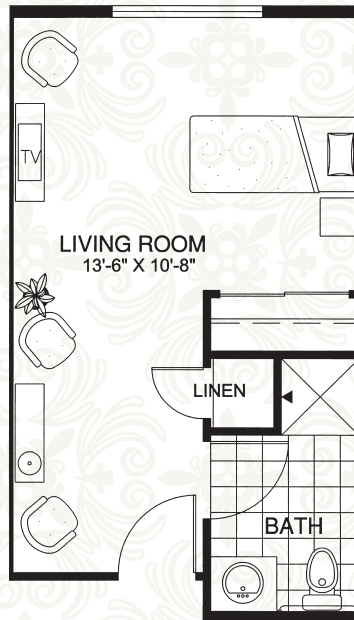
Memory Care



BLUEBELL
255 Sq. Ft.



SUNFLOWER
303 Sq. Ft.



AZALEA
320 Sq. Ft.



This is an Equal Housing Opportunity Community which adheres to all State and Federal Fair Housing Laws.



Philosophy Of Care

Memory Care

Vision

To provide the highest standard of care while protecting, cherishing, and dignifying the knowledge, value, and joy of our respected residents.

Mission

Heritage Senior Living is committed to:

- Providing our residents with opportunities to maintain independence and individuality by creating choice and maintaining dignity.
- Providing our families with the peace of mind that they have made a loving decision by sharing their family member with us.
- Fostering our staffs' self worth, turning challenges into opportunities, and show that by living purposefully every day they play a critical role in making the world a better place.

Philosophy Of Care

We're collectively committed to the following five principles which serve as guidelines for all our programs and relationships.

Independence

Our programs emphasize self-reliance within a supportive environment which enhances the residents' quality of life and helps them to feel good about themselves.

Individuality

We customize our care programs to reflect the interests, abilities and preferences of each individual resident because each of us experiences the aging process differently.

Privacy

Residents maintain and decorate their own apartment with personal belongings. Apartment and mail keys are issued if requested, yet staff will always knock before entering.

Choice

Residents are encouraged to continue to make their own decisions. Our programs and care plans are designed to honor individual preferences by providing plenty of variety from entrée choices to the daily scheduling of care and activities.

Dignity

Our staff is committed to assisting residents in their personal needs such as bathing, dressing and toileting in a manner that is always sensitive to the resident's dignity.

Resident Services

Memory Care

Walk through the doors of one of our Senior Living Communities and you will immediately sense the homelike and friendly atmosphere.

At Heritage, we offer personalized care and services to meet the needs of each individual resident. Well trained and compassionate staff is available 24 hours per day in addition to a reassuring emergency call system with personalized call pendant.



Heritage Wellness

Personalized care plans developed based on residents needs as well as medication management. In addition, Heritage offers a variety of services such as visiting physician, podiatrist, audiologist, dentist, eye doctor, hospice and therapy. *(services may vary per location)*

Heritage Culinary

Provides flexibility and choice, mealtime offers delicious and nutritious meals served restaurant style. Private dining rooms are available for personal use. Nutritional programs that accommodate our resident's special dietary needs and considers their restriction requirements. Hydration and snack programs offered.

Heritage Life Enrichment

Daily planned activities offered to nurture the mind, body and spirit and allow residents to socialize and remain active. Residents are able to choose from a variety of lifestyle activities including community outings.

Heritage Mobility

Walking programs, advanced mechanical lifts, transitional therapy and a Falls Prevention program provide residents the help to maintain their quality of life.

Heritage Revitalize

Relaxing spa services such as massage, reiki, aromatherapy, yoga, and tai chi help to revitalize the mind and body. *(programs may vary per location)*

Heritage Respite

Short term stays available 5-28 days offering a temporary break for one to regain strength prior to going home.

2" cut off bottom

Activity Programs

Memory Care

All in a days work...

At Heritage, residents have many choices on how they spend their day. We encourage residents to participate in personal and group activities throughout the day. We feel that residents benefit physically, socially, cognitively and emotionally from structured activities. However, we understand that everyone needs time alone and we offer the flexibility and support to accommodate both.

Here is what a typical day may look like:

7:00 a.m. to 10:00 a.m.	Breakfast Household Activities (see below) Exercise/Coffee and Chat
10:00 a.m. to 11:30 a.m.	Recreation Program Activities (see below) Snacks/Current Events/Individual Activities
11:30 a.m. to 2:20 p.m.	Lunch Ashi Baei/Aromatherapy - Quiet Time/Rest Time
2:30 p.m. to 6:00 p.m.	Snacks Cognitive Stimulation Socials/Individual Activities
6:00 p.m. to 7:00 p.m.	Supper Household Activities/Recreation Activity Program
7:00 p.m. to 8:00 p.m.	Evening Snack
8:00 p.m. to ?	Personal Time/Household Activities Bedtime

RECREATION PROGRAMS: Entertainment & Music, Walking/Stretching/Exercising, Community Van Outings, Table Games, Pet Therapy, Variety of Religious Services, One to One Room Visits, Recreation, Cooking/Baking, Children's Visits, Reminiscing, Arts Program, Poetry, Aromatherapy, Hand Massage, Music Therapy, Current Events & News, Coffee Talk, Nature Walks, Sensory Box Stimulation, Socials, Documentaries, Cognitive Stimulation

HOUSEHOLD ACTIVITIES: Bed Making, Grooming, Sweeping, Personal Health and Hygiene, Setting the Table, Folding Laundry, Reading Mail, Getting Ready for Bed, Gardening

3" cut off bottom