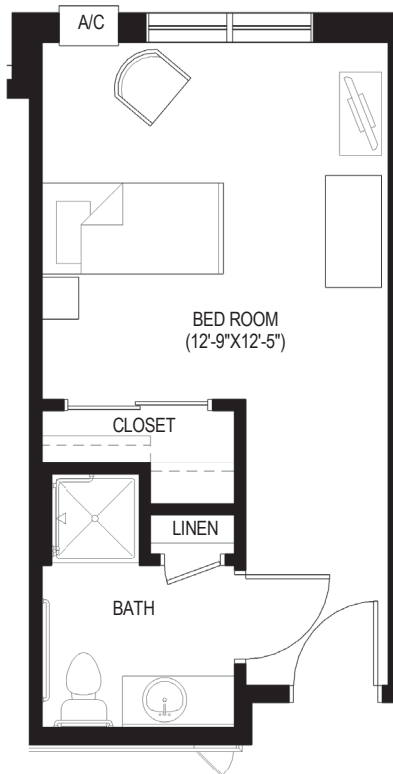


# Unit Plans

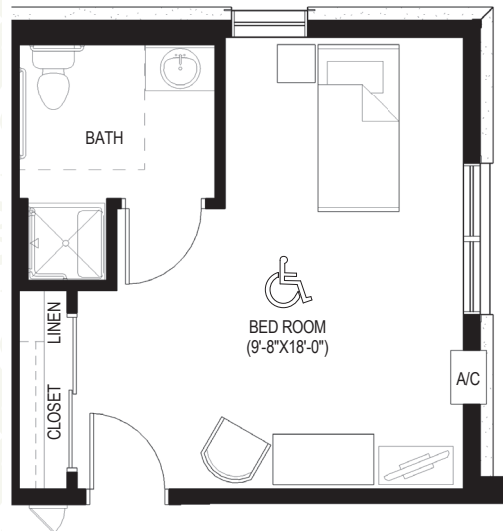
## Memory Care

With a choice between furnished or unfurnished, apartments can be decorated to the resident's wishes.

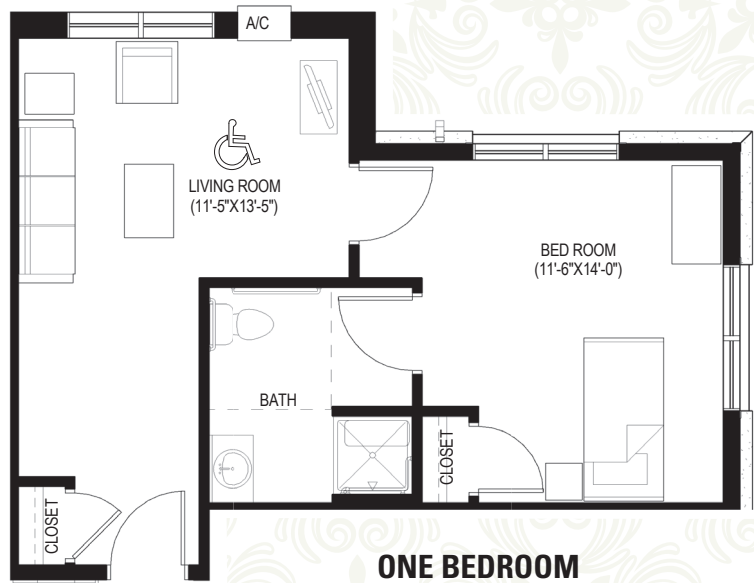
Within each apartment you will find a private bath, walk-in shower, spacious closets, in-floor radiant heat, and wall-to-wall carpeting. Individual floor plans are also available.



**STUDIO A**  
254-297 Sq. Ft.



**STUDIO B COURTYARD**  
283-316 Sq. Ft.



**ONE BEDROOM**  
489 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.**

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#### *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.



### 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)*

### 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.

### 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.

### Mobility

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

### 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)*

### Respite

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

# 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/Current Events

**10:00 a.m. to 11:30 a.m.**

Recreation Program Activities (see below)  
Snacks/Individual Activities

**11:30 a.m. to 2:20 p.m.**

Lunch  
Oshibari/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