



## **For Immediate Release**

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## **Heritage Senior Living's Monona community receives "Best of Monona Assisted Living/Senior Housing Award" for third consecutive year**

**WEST ALLIS, WISCONSIN (July 13, 2017)** – Heritage Senior Living announced today that its Monona community was honored with the "2017 Best of Monona Assisted Living/Senior Housing Award" for the third consecutive year. The award is based on the results of online public voting through the Monona East Side Business Alliance and the *Monona Cottage Grove Herald-Independent*.

Heritage Monona offers independent living, assisted living, enhanced assisted living and memory care. All Heritage Monona residents receive personalized care and culinary plans, and participate in life enrichment activities and multisensory therapy activities, such as animal, music, spa, art and aroma therapies.

"We are thrilled to be Monona's number one senior living community for the third year in a row," said Adrienne Stupar, executive director of Heritage Senior Living's Monona community. "This award goes out to all of our dedicated caregivers who every day provide high-quality, personalized care to our residents and their families. We are especially proud that our interdisciplinary care team is being recognized for its innovative, sensory-based approach to serving those who are living with Alzheimer's or dementia."

A leader in memory care services, Heritage Monona was the first Heritage Senior Living community to introduce dementia stations, which allow memory care residents to touch familiar objects in a safe environment. For instance, earlier this month the community opened a new 1950s-style diner that allows residents to order ice cream sundaes and be transported back to their youth. Other stations include a vanity station to put on jewelry and perfume, an office desk and a tool bench station. When interacting with the stations, memory care residents use multiple senses that can stimulate the brain in different ways and cause deeper engagement with the world around them. Heritage Monona also offers a multisensory Snoezelen Room, which uses light, sound, music, touch and scent to stimulate the brain, reduce anxiety and help residents reconnect with their environment.

Heritage Monona hosted an awards reception for all "2017 Best of Monona" winners on Wednesday, July 12, 2017.

### **About Heritage Senior Living**

Headquartered in West Allis, Wisconsin, Heritage Senior Living was founded in 2000 by Milo Pinkerton to provide residents with the highest quality of care possible, while at the same time promoting independence and maintaining dignity. Heritage Senior Living is the largest senior living operator based in Wisconsin, with 14 senior living communities throughout the state – in addition to two currently under development – that are home to



more than 2,000 seniors. Most Heritage Senior Living communities offer several levels of care, from independent living to assisted and enhanced assisted living and memory care units, so that residents can embrace life's journey from the comfort and convenience of one location that meets all of their physical, mental and emotional needs. For more information, visit: <http://heritagesenior.com/>.

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