## LIVE INSPIRED. LIVE WELL.

INDEPENDENT LIVING, ASSISTED LIVING AND MEMORY CARE

#### HEARTIS SUWANEE SENIORS. LIVING.



### Welcome to Heartis Suwanee. LIVE INSPIRED. LIVE WELL.

At Heartis Suwanee, we have a unique perspective on senior living that not only changes minds. It changes lives.

It's more than our commitment to quality, excellence and resident-centered service. It's more than our expertise, insight and innovation.

Quite simply, we believe that a move to a senior living community is a natural step in the journey of life - a step that should be celebrated. After all, while one may need support to remain living an independent lifestyle, the desire for a full, active and meaningful life doesn't diminish.

That's the foundation on which our community is built. At Heartis Suwanee, we provide the best of both worlds - exceptional care and an inspiring lifestyle.

Heartis Suwanee is more than a warm, welcoming place to call home.

It's a place where you will Live Inspired and Live Well.

#### INDEPENDENT LIVING

For seniors who want the freedom of living independently but no longer want to worry about home maintenance, yardwork or household chores, Heartis Suwanee offers independent living.

Our independent living residents enjoy their choice of studio, oneor two-bedroom apartments, as well as engaging, Montessori-based programming, opportunities for lifeenrichment and fitness classes that help them stay healthy, fit and well. Without worrying about everyday chores, residents can focus on filling their days with fulfilling and enjoyable activities.

Even better, if care is ever needed, it's available right on site, without ever needing to move from the community, friends and lifestyle you love.





## Independent Living Amenities and Services

- Private studio, one- and two-bedroom apartments
- A variety of dining venues, including dining room, bistro, private dining room, bar and outdoor terrace
- Montessori-based programming for engaging, active days
- Resident and family education and support
- Disease prevention, consulting and self-care education
- Weekly housekeeping and laundry services
- Maintenance services
- Scheduled bus transportation to shopping and outings
- All utilities, excluding telephone
- Basic cable and free Wi-Fi

Live Inspired. Live Well.

#### ASSISTED LIVING

Assisted living is an ideal solution for an older adult who is unable or no longer wishes to live alone but still desires an active, engaging lifestyle.

Heartis Suwanee provides personalized care that meets specific needs, as well as diverse programming for a lifestyle of meaning, engagement and fulfillment. Our assisted living residents enjoy spacious apartments and the reward of engaging, Montessori-based programming that offers endless opportunities to be involved and inspired every day.

If you're ready to take the next step of your journey, you deserve to live in a community as vibrant as you are.

#### Assisted Living Amenities and Services

- Private studio, one- and two-bedroom apartments
- Licensed nurse available 24 hours a day, seven days a week
- A variety of dining venues, including dining room, bistro, private dining room, bar and outdoor terrace
- Montessori-based programming for life-enrichment and self-expression
- Resident and family education and support
- Disease prevention, consulting and self-care education
- Weekly housekeeping and laundry services
- Maintenance services
- Scheduled bus transportation to shopping and outings
- All utilities, excluding telephone
- Basic cable and free Wi-Fi

#### Balancing Care with an Active Lifestyle

#### MEMORY CARE

Our memory care takes personcentered care to new heights, offering a safe and secure environment while enriching the lives of residents with dementia. Innovative, forward-thinking and dynamic, our program rekindles the spark in our residents. It begins with learning each resident's life story - and shaping everything we do around that knowledge.

Being "in the know," we are able to adapt our program to meet individual needs and preferences. We understand residents may need assistance with daily activities, such as getting dressed in the morning or preparing for bed. But we know they also want to be active, involved and engaged. They want to live life on their own terms.



#### Memory Care Amenities

- Private apartment with full bath and private apartment with shared shower
- Living rooms
- Gathering room for programming
- Salon
- Secured, enclosed courtyard with walking path and gazebo
- Private family/guest visiting room

#### Memory Care Services

- Three delicious, nutritionally balanced meals each day
- Special diets available
- Medication management
- Access to licensed nurse 24 hours a day, seven days a week
- Innovative and research-based programming daily
- Healthy snacks available around the clock
- Family education and support groups



# DESIGNED For LIVING

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#### Private Apartments and Community Spaces

Heartis Suwanee offers private apartments for independent living, assisted living and memory care residents. In addition to their apartments, residents enjoy the varied and spacious community amenities that are extensions of their homes.

Our residents remain active - physically, intellectually and spiritually - living a life of purpose, meaning and fulfillment. We provide our residents with every opportunity to Live Inspired and Live Well.

#### **Community Amenities**

- Salon and Spa
- Library and Technology Center
- Courtyard with walking path and gazebo
- Therapy gym
- Exercise room
- Doctor's suite
- Pool and lockers
- Poolside gazebo with TV and seating

### HEALTH AND WELLNESS

Our residents have peace of mind knowing that all their health and wellness needs will be met without having to leave their home! Residents who qualify are able to receive the following health services:

- Routine health and wellness program, including weight monitoring, blood pressure checks, nurse consultations, medication management and coordination of licensed medical services
- On-site primary care physicians and ancillary providers
- Physical, occupational and speech therapies
- Lab services and diagnostic testing

Heartis Suwanee also offers the following on site:

- Medication delivery
- A dietitian to oversee menus and provide consultations



# ALL AT HOME



# THIS IS YOUR LIFE!

Live It the Way You Choose.



Our community is bustling with activities - both planned and spontaneous! Residents may be in the Library and Technology Center working on computers, improving balance in an exercise class, swimming in the pool, or planning a service project to benefit a local group. Every day is filled with meaningful ways to get involved with the community and make it your very own.

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770-614-6601 4055 Suwanee Dam Road Suwanee, GA 30024 HeartisSuwanee.com

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