



BE INSPIRED.  
EVERY DAY.

ASSISTED LIVING AND MEMORY CARE

HEARTIS  
SENIORS.  
LIVING. Village  
NORTH SHORE



Welcome to Heartis Village  
**BE INSPIRED. EVERY DAY.**

At Heartis Village North Shore, we present a unique perspective on senior living that doesn't just change minds. It changes lives.

It's more than our commitment to quality, excellence and resident-centered service. It's more than trusting the operation of this community to the expertise, insight and innovation of Pathway to Living®.

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 supportive care 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 Village, we provide the best of both worlds - exceptional care and an inspiring lifestyle.

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

*It's a place where you will be inspired. **Every day.***

# ASSISTED LIVING

Assisted Living is an ideal solution for an older adult who is no longer able to live alone, but still desires an active, engaging lifestyle.

Heartis Village North Shore 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 **VIVA!™** programming that offers endless opportunities to be involved and inspired every day.

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



## Assisted Living Services and Amenities

- Private studio, one- and two-bedroom apartments
- Licensed nurse available 24 hours a day, seven days a week
- All-day dining available in The Grand View Dining Room
- Award-winning **VIVA!™** programming based on residents' interests and involvement
- Resident and family education and support
- Disease prevention, consulting and self-care education
- Weekly housekeeping and laundry services
- Maintenance services
- Beautifully appointed common areas for socializing and entertaining
- Scheduled bus transportation to shopping and outings
- All utilities, excluding telephone
- Digital cable and free Wi-Fi

Balancing Care with an  
Active Lifestyle

# A KNEW DAY® MEMORY CARE

A *Knew Day*® Memory Care takes person-centered 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 can establish predictable daily routines that instill comfort, create individual programming that resonates with each person and build connections that inspire the spirit within.



## A *Knew Day*® Neighborhood Amenities

- Private studio apartment
- Country kitchen with dining room
- Living room
- Gathering room for programming
- Sundara Salon and Spa
- Spa bath for assisted bathing
- Enclosed courtyard with walking path and raised gardens
- Winter garden
- Library

## A *Knew Day*® Services

- Three delicious, nutritionally balanced meals each day - special diets are accommodated
- Assistance with activities of daily living (dressing, bathing, grooming, etc.)
- 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





# THIS IS YOUR LIFE!

Live It the Way  
You Choose.



## Private Apartments, Community Spaces

Heartis Village North Shore offers private apartments for Assisted Living. 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 be inspired. Every day.

## Community Amenities

- All-day dining in The Grand View Dining Room
- More casual dining in Bistro 100
- Silver Spring Theatre
- Spacious community rooms host **VIVA!**<sup>SM</sup> programming
- Sundara Salon and Spa
- The Glen Library
- Courtyard with walking paths and raised gardens
- Therapy gym with fitness center
- Doctor's suite



At Heartis Village North Shore, we encourage residents to take an active role in their day-to-day lives. We're here to make sure you have every opportunity to live the life you choose.

Our community is bustling with activities - both planned and spontaneous! Residents may be in The Glen Library working on computers, improving balance in yoga class, tending to the plants and vegetables in the garden 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.

# DESIGNED FOR LIVING

# HEALTH AND WELLNESS

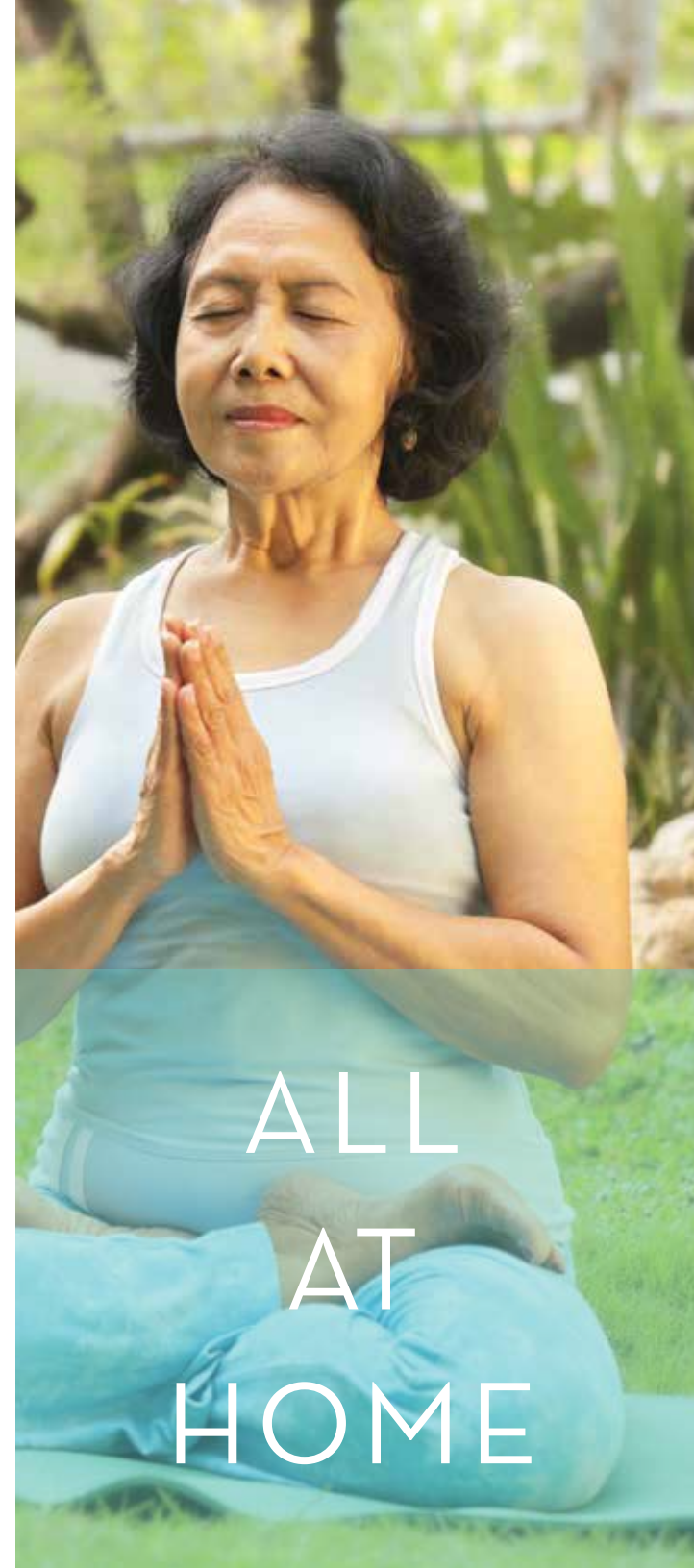
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Our residents have peace of mind knowing that all of their health and wellness needs will be met without them having to leave their home! Residents who qualify are able to receive the following health services:

- Routine health and wellness program, including weight monitoring, blood pressure checks, nurse consultation, medication management and coordination of licensed medical services
- On-site primary care physicians and ancillary physicians, including audiologist and podiatrist
- Physical, occupational and speech therapies
- Home health services
- Psychiatric home health nursing
- Hospice services

Heartis Village North Shore also offers the following on site:

- Lab services and diagnostic testing
- Medication delivery
- A dietitian to oversee menus and provide consultation
- Medical supplies can be delivered to residents' apartments, if needed



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