



BE VIBRANT. BE YOU.

LICENSED ASSISTED LIVING

HEARTIS  
SENIORS. LIVING.®



## BE VIBRANT. BE YOU.

At Heartis Buckhead, residents spend their days any way they choose – relaxing or moving and grooving. The innovative **Vibrant Life**<sup>®</sup> program inspires and encourages everyone to create their own schedules based on their interests, preferences, routines, and abilities.

### A program with purpose

Our mission is to optimize health and well-being by passionately promoting a Vibrant Life filled with joyful experiences, meaningful endeavors, and abundant opportunities to connect with family, friends, and the local community. The program's seven core components remind residents to take an active role in their everyday:



#### BE INSPIRED

Gain a deeper sense of spirituality and feed your soul.



#### BE WELL

Stay intellectually stimulated, get moving, and be active.



#### BE CHALLENGED

Ignite your competitive spirit, learn new things, and continue to grow and be motivated.



#### BE ADVENTUROUS

Keep exploring and experience the unique by trying something new every day.



#### BE FAMILY

Cherish family connections and maintain family traditions.



#### BE SOCIAL

Embrace friendships, celebrate moments together, and talk, laugh, and listen.



#### BE CONNECTED

Create meaningful community connections by sharing your experiences and expertise.

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GENERATIONS

*Honor the past, connect with the present, inspire the future.*

MEMORY CARE

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## EMPOWERING EVERY PERSON

The goal of **Generations** programming is to highlight and celebrate the abilities of residents with Alzheimer's disease or other forms of dementia. Its person-centered approach creates an immersive and engaging environment that honors the past, connects with the present, and inspires the future of individuals.

### Signature Programs

#### **CULINARY CREATIONS**

focuses on preparing recipes from the past.

#### **FROM OUR GENERATION TO YOURS**

promotes intergenerational learning.

#### **IT'S ALL RIGHT**

highlights the individuality and creativity of each person.

#### **LIFE STORY DISPLAY**

showcases each person's "Story of a Lifetime."

#### **NEVER STOP EXPLORING**

connects residents with the local community.

#### **TUNE INTO ME**

builds a personalized jukebox based on residents' music preferences.



**GENERATIONS**

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## Helping hands to help minds thrive

The training programs at Heartis Buckhead teach team members how to compassionately support the day-to-day needs of residents who have memory impairments while also finding ways to engage with them. Every person on the team is considered a care partner in the community, and they're passionate about creating moments of joy in every interaction.

**Generations** encourages and empowers everyone, from our wellness teams and managers to culinary personnel and housekeeping, to slow down, make real connections, and gain a deeper understanding of residents' lives. The better they know the residents, the better equipped they are to monitor and positively affect their health, well-being, and safety.

Family members play an equally important role in celebrating residents' abilities and helping them retain memories. Interactions with loved ones contribute to preserving their legacy for generations to come.

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