



Each day
to the fullest.



Our mission at Highgate is to devote ourselves to helping every resident live a life of purpose. We accomplish this by really getting to know our residents – their stories, their families, their interests, their issues and their passions – so that no matter what age or what ailment, we can support each individual in living a happy and fulfilling life.



A unique holistic approach.

Caregiving at Highgate means getting to know each person as a whole – mentally, physically and emotionally. We offer soothing aromatherapy, spa baths and massages, as well as alternative ways to boost memory and health, through exercise, proper eating and hydration. Beyond that, we make sure the medications our residents take are right and necessary, and advocate with their families and physicians to provide a personalized program of care. The goal is to keep our residents as healthy and engaged in life as possible.

Full care for all.

No two seniors are alike. That's why our care is customized for as much as people need and not more than they want. Couples. Singles. Together. Or alone. It's whatever works best for each individual. Our specially trained care partners work with residents, families and physicians to decide on the best program for each person. And our team of clinical professionals can handle almost anything, even complex medical issues or severe cognitive impairment. At Highgate, we not only provide a higher level of care, we embrace the opportunity to do so.



Nutritious, delicious foods.

An evolution is taking place at Highgate. Instead of fructose-based juices, we now serve milk, iced teas and vitamin waters. We're using less white sugar and substituting refined white starches with more whole grains, legumes, lentils and rice. We insist on pasteurized whole eggs and are big believers in fresh fruits and vegetables. When you can breathe in that wonderful aroma of onions, garlic and herbs and see the commotion of chopping, dicing and sauteing, you know the food is made from scratch. Which is the only way our chefs will have it.



Assisted Living in The Manor

The Manor is home to singles and couples, who live in a variety of apartment styles and sizes at price points that offer both affordability and value. Each suite has a refreshment kitchenette, large bathroom with walk-in shower, and an emergency call system that provides communication with our staff at any time of day or night.

Our services are **personalized** to meet individual needs, so that residents can remain as independent as possible, yet have the care they require at a moment's notice.

Included in our basic Hospitality Package are weekly housekeeping, laundering of bed linens and towels, personal laundry, transportation services and all meals, snacks and special events. Higher levels-of-care packages and medication management services may be added as needed.

For those in need of a short-term stay, we offer respite care for up to two months in a fully furnished suite.

Each morning kicks off with the aroma of freshly brewed Colombian coffee. All of our nutritious, delicious meals include a variety of choices to suit every palate and dietary need. And our food is made from scratch for that home-cooked taste.

Throughout the day we offer a host of activities, such as exercise classes, hobby groups, shopping and special outings, games, music, movies and other entertainment. Personal services include spa, aromatherapy, beauty parlor and barber shop.

Pets are welcome as visitors or residents. And families, of course, are always invited, particularly to our special events – including afternoon tea, served London-style.

It's more than a senior living community. It's home. And the truth is, there's no place like Highgate.



Memory Care in The Cottage

The Cottage is our home designed for residents with Alzheimer's and other forms of dementia. It's a cozy, secure environment with highly trained care partners whose mission is to understand the needs, desires and routines of all residents in order to personalize their care and help them live each day to the fullest.

We encourage everyone to eat well, keep hydrated, and stay as physically, mentally and socially engaged as possible. Our Cottage "Signatures" are also part of Highgate's unique brand of care, designed to be therapeutic rather than simply entertaining. They include:

- › **Our Preferred Care Partner Program** that enables real bonding between resident and caregiver
- › **Spa bathing with low lights**, heated towel and soft music for a soothing experience
- › **Made-from-scratch meals** shared together for a feeling of warmth, security and home
- › **Foot and hand massages** that combine gentle hands with essential oils for true relaxation
- › **Aromatherapy** to stimulate appetite, promote calming and help with sleep
- › **Music and physical therapies** to enhance mood and sense of well-being

With Highgate taking on the caregiving role, a resident's spouse and/or family members are free to simply enjoy the relationship again. We offer private and companion suites and can help you decide which living situation is best suited to your loved one. We encourage visits anytime and invite you to join us for Family Night gatherings as well.

For those in need of a short-term stay, we offer respite care for up to two months in a fully furnished suite.

It takes energy, devotion and love to care for those with memory loss.
It takes the kind of people who work at Highgate.

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