



# *The Garden Difference*

Mid Coast Senior Health's Memory Care at The Garden offers a warm, inviting, and life-affirming home for those with memory loss.

We understand that this can be a challenging time for individuals, as well as their family and friends, and believe those with memory loss can find meaning and fulfillment in their lives. We are committed to respecting each individual's needs and preferences, while supporting the emotional wellbeing of the residents and their families. Thank you for your interest in Mid Coast Senior Health's Memory Care at The Garden.



Mid Coast Senior Health  
MaineHealth

MEMORY CARE AT THE GARDEN

# Welcome

The Garden is part of Mid Coast Senior Health, the only elder care facility in Midcoast Maine offering a full range of award-winning lifestyle and healthcare services for seniors, all under one roof. In addition to memory care, services include assisted living, long-term care, and nursing and rehabilitation. This allows residents to live at the highest level of independence possible in a comfortable, supportive space.

Our state-of-the-art medical services are fully integrated with Mid Coast–Parkview Health’s family of services including Mid Coast Hospital, a nationally recognized full-service hospital; Mid Coast Medical Group, comprising 26 primary care and specialty practices located throughout the community; and CHANS Home Health & Hospice, all ensuring that trusted, high-quality healthcare is always available.





## PEACE OF MIND

At The Garden, residents have access to a wide array of services that support their healthcare needs.

### SERVICES INCLUDE:

- Nursing and professional care available 24/7
- Medical supervision managed by an on-site provider team
- Integrated mental health services
- Routine weight and blood pressure monitoring
- Medication and chronic disease management
- In-home therapy, podiatry, dental, audiology, optical, and laboratory services
- Coordination and transportation to medical appointments
- Weekly housekeeping and laundry
- Facility, grounds, and utility maintenance
- Three daily meals and healthy snack options
- Assistance with activities of daily living

## WARM & INVITING HOME

Our living areas, dining room, and outdoor garden are all secure, offering residents the luxury to find space that suits their needs while remaining safe. Team members learn each resident's unique personal history so they may nurture the individual's spirit and encourage joy in everyday living.

### AMENITIES INCLUDE:

- Architecture and interior décor with soothing design elements, helpful to individuals experiencing memory loss
- 17 private studio-sized apartments (*bedroom, half bath*) designed to incorporate personal furnishings
- Comfortable gathering areas are available for meaningful family visits and conversing with friends
- An inviting dining room that serves gourmet meals made with locally sourced foods
- Outdoor sitting areas with professionally maintained gardens

## QUALITY LIFESTYLE

We provide rich and varied opportunities for residents to express themselves in meaningful ways, helping them truly feel at home.

### HIGHLIGHTS INCLUDE:

- Programming designed to encourage interaction and participation
- Structured activity schedule offered 7 days a week, including exercise classes, arts, sensory, and cultural programs that help engage and stimulate the mind and body
- Impactful visits from community members, children's groups, and therapy programs such as pet therapy, hand massage, and more
- Spiritual services, discussion groups, and chaplain visits
- A wide range of music performances and programs including Music & Memory®
- Themed social events such as dances and food tastings



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