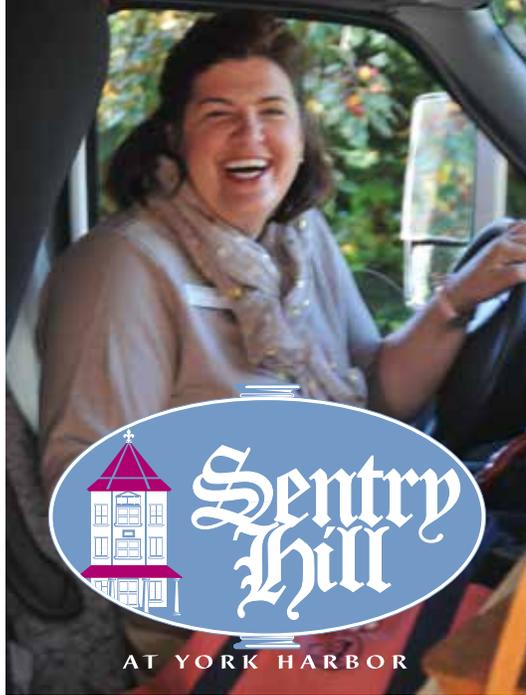


The Garden

on Browning Lane

*A Specialized Memory Care Neighborhood
at Sentry Hill at York Harbor*



“THE GARDEN” on Browning Lane provides you with:

- **PEACE OF MIND**
- **ENGAGEMENT**
- **SAFETY**
- **AGE IN PLACE**
- **KINDNESS**
- **COMPASSION**
- **RESPECT**
- **DIGNITY**
- **TRUST**

A young woman with long brown hair, wearing a red and white plaid shirt, is smiling and looking towards an elderly woman. The elderly woman has white hair, wears glasses, and a purple zip-up jacket. She is sitting in a black chair with her hands clasped. They are outdoors, with green foliage in the background. A blue banner at the top left contains text, and a purple banner at the bottom right contains a message.

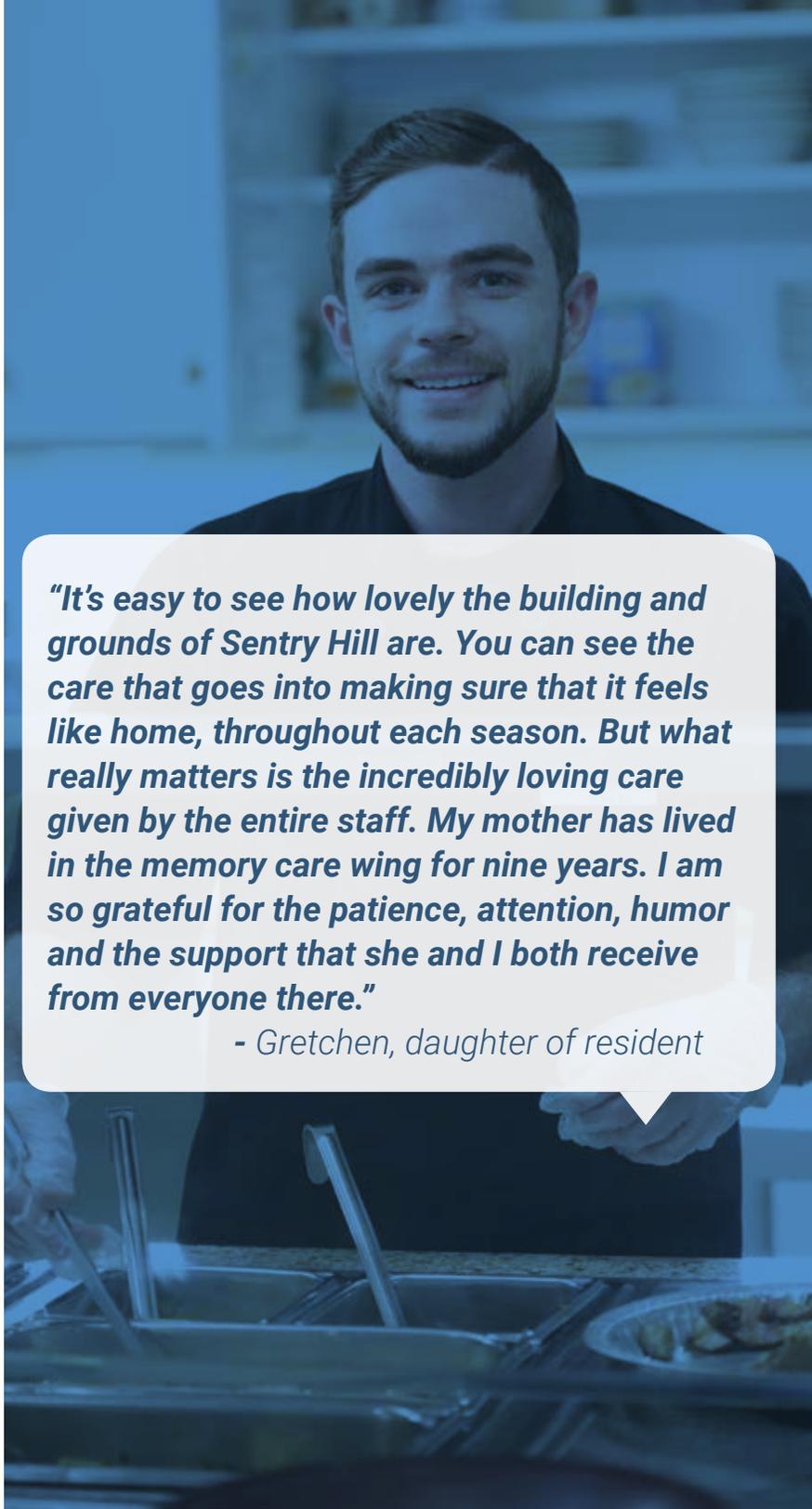
GARDEN Living makes a difference in the lives of Seniors living with Dementia/Alzheimer's EVERY DAY!

WHAT YOU CAN EXPECT AS A FAMILY MEMBER:

- Regular Communication with Staff
- Peace of Mind
- Support & Guidance
- Monthly Newsletter
- Community Suppers
- Care Plan Meetings
- Monthly Support Group
- Age in Place Culture



The "GARDEN" on Browning Lane is a specialized, home like, memory care, assisted living neighborhood that feels like "FAMILY".



“It’s easy to see how lovely the building and grounds of Sentry Hill are. You can see the care that goes into making sure that it feels like home, throughout each season. But what really matters is the incredibly loving care given by the entire staff. My mother has lived in the memory care wing for nine years. I am so grateful for the patience, attention, humor and the support that she and I both receive from everyone there.”

- Gretchen, daughter of resident





OFFERS PEACE OF MIND

This neighborhood provides hands on support with much more interaction throughout the day promoting resident choices. The PEACE OF MIND comes from knowing your loved one has professionally trained supervision 24/7 within a supportive and caring community. Whether the individual needs time to retreat to their room for a nap, or guidance to get to and from the beauty salon or cued and ready for a medical appointment, staff are readily available to assist everyone. Some residents may wish to engage in a program or activity in a small group or large group setting. Programs and activities are hosted both on and off site. Whether the program is held within the Sentry Hill community at large or at another location such as a Senior Center, picnic area, or community center, our residents feel empowered, supported and safe.

The community environment features a dining room for all meals, a family room to relax by the fire, fish tank or with others choosing to relax. The gathering room, a sunny Gardenside Solarium, offers larger groups to gather for specialized programs and family visitation. Our resident's rooms are treated as bedrooms while the residents routinely gather within their community to socialize, relax, read, observe or interact with others.

COMFORTS OF HOME





THERE IS NO PLACE LIKE HOME

There is truly “no place like home”, however, we hear from our Resident’s that the garden is the next best thing.

The best parts of “home” are about feelings: feeling safe, comfortable and loved. We provide our residents with a dementia friendly environment and staff members who are committed to developing a relationship with everyone. The Garden team consists of staff well-trained in the specialty of dementia care and communication. Each staff maintains the culture of “home” for these residents. Residents can nap on the couch or in a recliner, they can have a cup of tea and a snack, they can work on a puzzle. They can visit with others or with family anywhere in the community at large.

Another benefit of calling the “Garden” home is the laundry, housekeeping and transportation services provided. Three home cooked meals and snacks offered daily. Activities and socialization opportunities are included in your monthly fee along with the personal care and support to meet each resident’s needs.



What to Expect for Your Loved One:

Emotional Wellness

Intergenerational Programs

Music Therapy

Foster Relationships

Encouragement & Support

Pet Therapy

Engaging Staff 24/7

Diverse Activity Programs

Variety of Individualized Choices

Overall Well Being

Respect

Kindness

Compassion



BENEFITS OF A **COMMUNITY LIFESTYLE**

Consistent communication assures you that your loved one is happy, well cared for and flourishing in their “home away from home”. With our program, gathering together in a social setting often reduces anxiety and nervousness. In our experience, many residents become more independent as they observe and take cues from other residents. The overall benefit promotes a feeling of safety and empowerment.

In this specialized community our resident’s needs and safety are met with compassion, respect, and kindness.



Many direct benefits of community living are:

Professional support to navigate the challenges of change with your loved one 24/7

Age in Place Philosophy

Consistency of staff

Direct Engagement

Family interaction with Residents and staff sharing in a similar experience

Support Groups lead by Professionals that understand the disease

Assistance Throughout Their Journey

On & Off- Site Programs

Secure Environment

End of Life Care & Support



PROFESSIONAL TEAM

Dedicated Program Director

Dedicated Nurse Supervisor

Dedicated Professional
Dementia Trained Staff

Dedicated neighborhood
housekeeper, dietary aides
and laundry technicians.



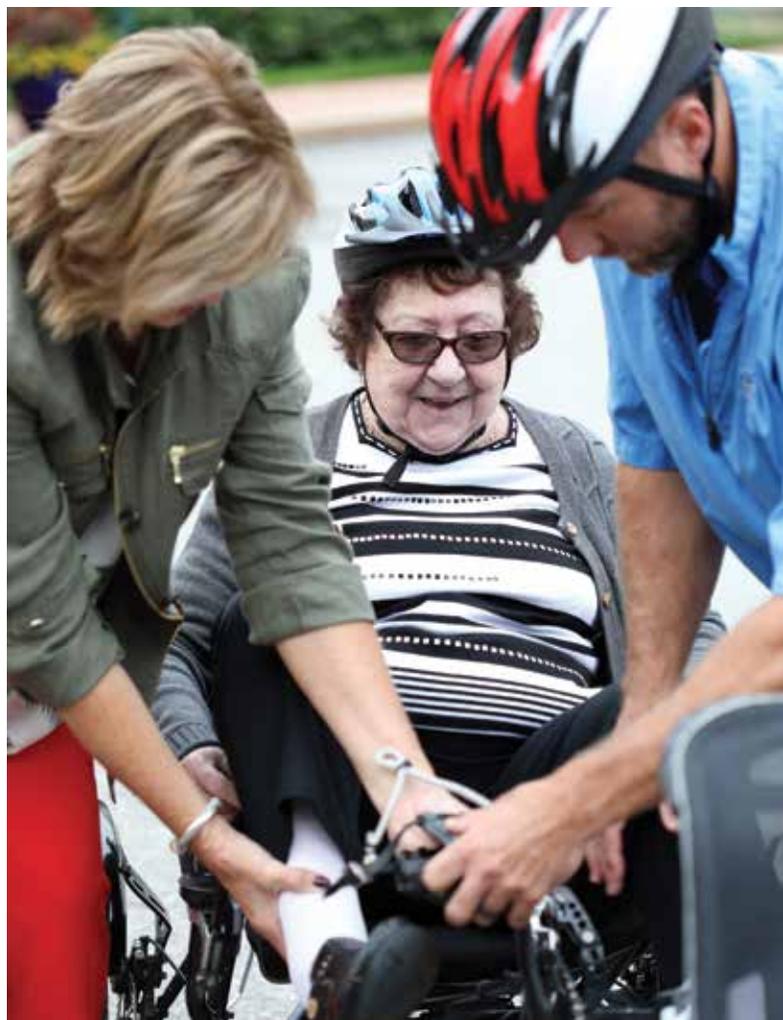


Each room can be furnished with a hospital bed, night stand, lamp, chest of drawers, arm chair and closet. If you prefer to personalize your room, feel free to arrange to bring your own furnishings. Telephone, cable and WIFI are extra, \$50 per month.

Your own local Primary Care Physician (PCP) works with Sentry Hill and you regarding the admission and care plan for your loved one.

If you have a Long- Term Care Insurance policy, Sentry Hill will support you in filing a proper claim for reimbursement.

Sentry Hill at York Harbor does offer Mainecare beds and services within the Garden at Browning Lane.





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