



**CHELSEA**  

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**SENIOR LIVING**

**THE COUNTRY COTTAGE - MEMORY CARE**

# Live each moment with *Dignity*

Our Memory Care community, known as The Country Cottage, is specially designed to provide a friendly, supportive, and secure environment for seniors with memory loss.

The Chelsea has been helping seniors find housing, care and lifestyle solutions for three decades including its team of leading Memory Care experts who are committed to improving the lives of those with dementia, Alzheimer's disease, and other memory issues.

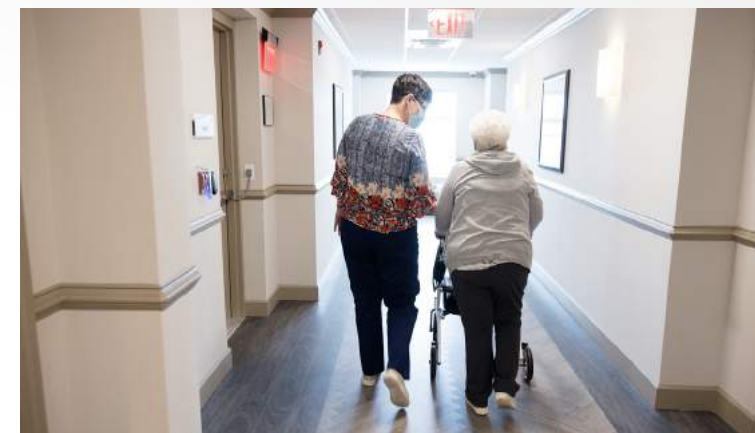


## Our Philosophy

We treat our residents like they're family. We believe in the power of trust and relationships, and truly understanding the stories of each person in The Country Cottage. We believe that's the difference in creating a pathway for development and improvement.

## Memory Care Activities include:

- 1. Pet Therapy** – Calming, provides comfort, and increases communication.
- 2. Music Therapy** – Boosts mood, reduces stress, and improves respiration.
- 3. Live to Give** – Provides joy and inspiration by creating projects for others.



## A Leader in Memory Care

Within the secure, comfortable setting of The Country Cottage, our caring, highly trained professional staff is available 24 hours a day, 7 days a week. Our personalized program provides residents with the stimulation and encouragement they need to preserve skills and thrive independently.



## Engaging the Five Senses

Memories serve us best when we feel, hear, see, smell, and taste. It's no different with residents in The Country Cottage. Our goal is to spark familiarity and comfort, whether through a particular food, song, or movie.

**Seeing**– Photobooks, Magazines/ Newspapers, Classic TV Sitcoms, & Movies

**Hearing**– Music, Name That Sound, Personalized Playlists, Biographies, Religious Prayers/Messages

**Smell**– Fresh Baked Goods, Cooking, Aromatherapy, Flowers

**Taste**– Favorite Meals, Snacks, Drinks, Wine

**Touch**– Pets, Clay/Dough, Stress Balls

## Amenities and Services

- 24-hour staff and registered nurse (RN)
- Apartment decorated with familiar personal items and photographs
- Assistance with activities of daily living, including bathing, dressing, grooming, hygiene, medication management, and bathroom assistance
- Housekeeping, personal laundry, and linen service
- Three delicious, healthy meals daily
- Specially trained therapeutic recreation staff
- Beautifully designed common areas and lounges
- Many communities feature secure outdoor areas\*
- Compassionate, expert care from our multi-disciplinary teams

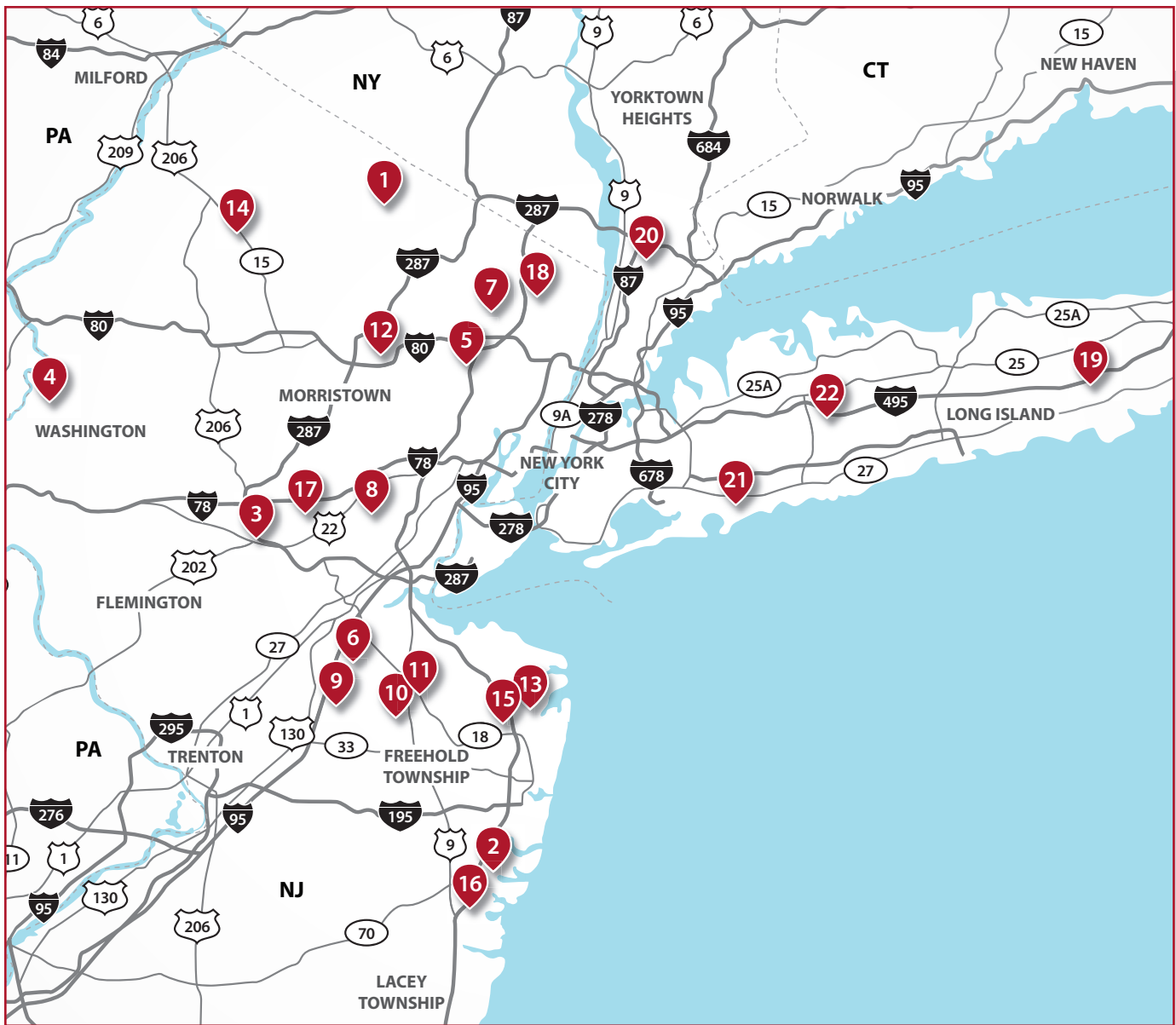
*\*Available at most communities.*

## Body, Mind, Spirit

**Body**– Daily Exercises to increase greater movement in joints

**Mind**– Puzzles, Trivia, Crafts, Letter Writing, Caring for Animals

**Spirit**– Religious Music and Messages, Meditation, Poems or Passages from Books of Faith, Hand Massages, Reminiscing, Storytelling, Nature Walks



## NEW JERSEY

1. **The Chelsea at Bald Eagle**  
West Milford, NJ • P 973-728-6000
2. **The Chelsea at Brick**  
Brick, NJ • P 732-206-9800
3. **The Chelsea at Bridgewater**  
Bridgewater, NJ • P 908-252-3400
4. **The Chelsea at Brookfield**  
Belvidere, NJ • P 908-475-5556
5. **The Chelsea at Clifton**  
Clifton, NJ • P 973-685-6433
6. **The Chelsea at East Brunswick**  
East Brunswick, NJ • P 732-651-6100
7. **The Chelsea at Fair Lawn**  
Fair Lawn, NJ • P 201-794-4777
8. **The Chelsea at Fanwood**  
Fanwood, NJ • P 908-654-5200
9. **The Chelsea at Forsgate**  
Monroe Twp, NJ • P 732-656-1000
10. **The Chelsea at Manalapan**  
Manalapan, NJ • P 732-972-6200
11. **The Chelsea at Marlboro**  
Marlboro, NJ • P 732-536-3000
12. **The Chelsea at Montville**  
Montville, NJ • P 973-402-1100
13. **The Chelsea at Shrewsbury**  
Shrewsbury, NJ • P 732-747-7540
14. **The Chelsea at Sparta**  
Sparta, NJ • P 973-437-5400
15. **The Chelsea at Tinton Falls**  
Tinton Falls, NJ • P 732-933-4700
16. **The Chelsea at Toms River**  
Toms River, NJ • P 732-941-8100
17. **The Chelsea at Warren**  
Warren, NJ • P 908-903-0911
18. **The Chelsea at Washington Township**  
Washington Twp, NJ • P 201-263-1955

## NEW YORK

19. **The Chelsea at Brookhaven**  
Yaphank, NY • P 631-816-2339
20. **The Chelsea at Greenburgh**  
Greenburgh, NY • P 914-275-0010
21. **Maple Pointe at Rockville Centre**  
Rockville Centre, NY • P 516-764-4848
22. **Somerset Gardens**  
Plainview, NY • P 516-576-3330

*For more information or to schedule a private tour, please contact us today.*