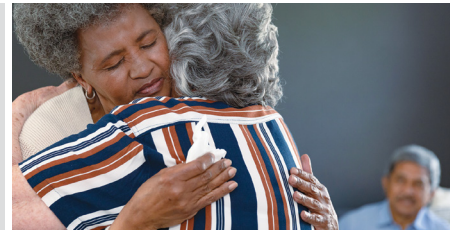


Harmony Community

Mental Health Care Assisted Living



Our **Harmony Community** offers assisted living options for adults living with major mental health conditions. Designed for aging adults, this setting is ideal for those who may need skilled, therapeutic mental health support. A bit more assistance with daily living activities is also available, if needed.

Our Harmony Community is, led by a dedicated program director with deep experience in senior mental health care who coordinates effective planning among psychiatrists, social workers, care managers, family members, and staff members. Staff and assistants are also extensively trained in mental health support, and attend required in-service training on an ongoing basis. The entire Harmony team works in unison to help maintain a compassionate, safe, and vital home for all residents.

A Place to Grow, Build Confidence, and Become More Independent

Harmony supports aging adults living with mental health challenges such as anxiety, depression, bipolar and schizoaffective disorders, and schizophrenia. Our safe, secure setting and experienced professional staff help foster an atmosphere of trust and acceptance. Residents are encouraged to engage with others throughout the community and are provided opportunities to learn and practice new skills within a highly supportive environment. In partnership with family members, our care team collaborates on establishing an overall plan as well as short- and long-term goals for each resident's health care journey.

A Network of Support Focused on Positive Change

At Harmony, we take a whole-person approach to resident wellness. To help improve mental health and build better coping mechanisms, our care team focuses on exposing residents to experiences that promote a healthy, well-balanced life. These experiences can range from quality sleep and exercise to therapeutic talk therapy and medication management. Our Harmony staff focuses on improving residents' mental and emotional fitness with assistance from partnering clinicians and other health professionals, including:

- McLean Hospital-affiliated psychiatrists
- Care managers
- Talk therapists
- Social worker
- A dedicated nurse practitioner

"I am so grateful to you for helping my husband and me through all the ups and downs since he moved to Harmony. You were calmly confident that things would get better, and they have. I am comforted knowing that you and the terrific staff at Heritage are there if needed."
—Nancy A.



> Our safe, secure setting and experienced professional staff help foster an atmosphere of trust and acceptance.

We also employ a number of concepts that have proven helpful in promoting overall improved mental health. These include:

- **“Families of Creation”** – a support team comprised of fellow residents, friends, professionals, and staff members who can lend emotional support during personal challenges
- **Social Integration** – encouraging exposure to and interaction with residents throughout the greater Heritage community, helping to minimize feelings of isolation and encourage positive relationships
- **Mental wellness strategies** – our social worker teaches strategies to address anxiety, depression, and negative thinking patterns and to help build self-reliance skills



Personalized Care and Support in a Safe, Low Stress, and Secure Home-Like Atmosphere

Mary Ann Morse at Heritage offers comfortable, worry-free living and compassionate, personalized care for those with mental health challenges. Choose from cozy studios, 1-bedrooms, or spacious 2-bedroom apartments with a range of floor plans. All apartments are designed for comfort and safety, with features such as low-maintenance finishes and flooring, easy-access bathrooms, and emergency call response systems.

Residents enjoy beneficial, all-inclusive amenities, such as restaurant-style dining, cleaning services, a variety of stimulating daily onsite activities, and more, designed to provide support while helping to reduce stress. Residents may also choose to add personal services*, as needed, which can be provided within their current setting. They include:

- Bed making
- Bathing/grooming
- Transfers
- Dressing
- Toileting

**Up to two hours of incremental assistance or supervision is provided daily.*

Together, for Better

All of us at **Mary Ann Morse at Heritage** are committed to promoting and supporting a vibrant living community where all are welcomed, valued, and respected. We strive to ensure open, ongoing communication through:

- Monthly resident council forums
- Weekly men’s and women’s group
- Daily meditation and exercise groups
- Medication management
- Regularly-scheduled family and resident consultations and support groups
- Published activities calendars and Heritage newsletter
- Family and resident surveys and feedback
- Onsite and virtual events



**MARY ANN
MORSE**

AT HERITAGE

Assisted Living, Memory Care, Mental Health

Contact us today for more information or to schedule a tour. Ask about options for short-term trial stays and respite care.

**508-665-5300
maryannmorse.org**