



# SENIOR LIVING TRENDS

An Advertorial Research Guide





THE CHELSEA  
AT GREENBURGH

When they are safe you have peace of mind.  
You want what is best for them. So do we.



***Assisted Living & Memory Care***  
**Enhanced Care ~ Compassionate Support**

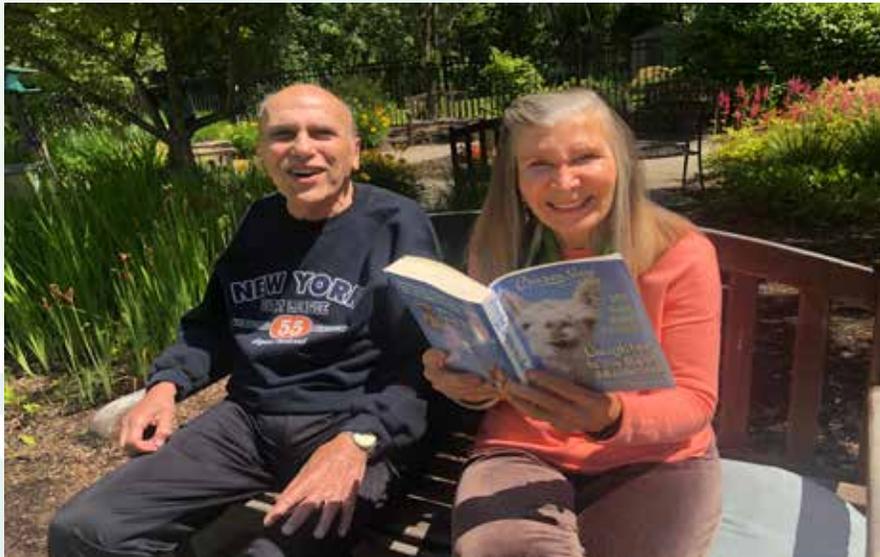
*The Chelsea at Greenburgh has been a godsend for our family. This absolutely beautiful venue is such a welcoming haven for our mother and for our family each time we visit. We always wanted our loving mother to transition to a place that is welcoming, caring and safe. We found this at The Chelsea at Greenburgh. The amazing staff members are so supportive. Our mother thoroughly enjoys the variety of engaging events each day plus the social aspect. ~Joan B*

***Please call for information (914) 275-0010***

***715 Dobbs Ferry Rd. Greenburgh***

***chelseaseniorliving.com***

# What is the Difference Between Assisted Living and a Nursing Home?



There is a significant difference between assisted living communities and nursing homes. Within each of these are subgroups that make searching for the right care daunting. Which is the community that best addresses my loved one's needs?

Nursing homes, also referred to as skilled nursing facilities (SNF), provide the most extensive care a person can get outside a hospital. This may sound attractive, but look closer. They are likely to have a hospital-like environment due to the fact that they are a medical facility. They may be the best option for a chronically ill or physically fragile person needing 24/7 medical care and supervision. It would not necessarily be appropriate for someone who manages on his or her own and just needs some supervision, socialization and safety.

Assisted living refers to a private community that provides personal care in a home-like social setting. Individuals can generally participate in daily social activities and are able to walk independently or with a device. A sub-group in assisted living communities is dedicated to those with memory impairment. They provide support and programs directly related to the challenges of memory impairment. The staff in memory units are required to be trained in dementia care. They are dedicated to offering a quality of life that cannot be provided by one caregiver at home. If you are looking at memory care, be sure to ask what training in memory care the staff is receiving.

Many assisted living communities have dedicated memory care units. These were originally made available for those residents who were living in the traditional assisted living community who then needed a higher level of care due to their dementia diagnosis. Assisted Living communities that are solely dedicated to memory are those to which you should pay closest attention.

The Greens at Greenwich, having celebrated its 20-year anniversary, is a small privately owned memory care assisted living. We are a recognized leader in memory care and have been awarded The Purple Flag certification by the Connecticut Assisted Living Association and the Alzheimer's Association.

One of our unique features is providing creative arts therapies with a programming staff of licensed and board-certified creative arts therapists in art, dance/movement, music and drama therapy. Often called the new-best medicine, creative arts therapies go beyond painting and singing to provide personal enrichment, empowerment, comfort, joy and creative expression to individuals who have difficulty communicating in a conventional way.

The arts do not work in the language center, nor in the memory center of the brain. The arts stimulate the entire brain because they are sensory tools. Color, touch, movement, music, storytelling and story-making flow easily with a skilled creative arts therapist. Colors, facial expressions, movement and stories tell us about loneliness, fear, as well as joy and

hope. These are feelings shared that make for the true quality of life for people who are proud and courageous, and for people whose dignity needs to be preserved each day.

If your loved one has memory impairment,

I would be happy to discuss your challenges and together we can discover what option is best for your family.

**Maria Scaros, Executive Director**  
[mscaros@thegreensatgreenwich.com](mailto:mscaros@thegreensatgreenwich.com)



## DISCOVER NEW FRIENDSHIPS

- Privately owned small memory care assisted living residence located conveniently on the Greenwich/Westchester border
- Passionate specialized care for your loved one in their journey through dementia
- Recognized leader in providing the creative arts therapies as a means of communication and connection to community through the arts
- Accredited by the Connecticut Assisted Living Association (CALA) and the Alzheimer's Association as a Purple Flag Community recognized for excellence in dementia care

### SCHEDULE A TOUR TODAY

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[thegreensatgreenwich.com](http://thegreensatgreenwich.com)



## AT WARTBURG, YOU CAN LIVE YOUR BEST LIFE

**W**artburg is unlike any retirement community you have ever seen before. We believe that the quality of life is as important as the quality of care. Wartburg's gated, lush 34-acre campus with 24-hour security is tucked behind a quiet residential neighborhood near the Mount Vernon-Pelham border. Since its beginnings as an orphanage more than 150 years ago, to the award-winning, comprehensive older adult care community, Wartburg offers a gold standard of living and care options.

Safety is always a priority at Wartburg. As we emerge from the shadow of Covid-19, Wartburg observes all federal and state mandated protocols to protect the health and safety of its staff and residents. We remain vigilant and dedicated to creating a community of care where seniors can avail themselves of the benefits of an urban lifestyle in a park-like setting, with the peace of mind that comes from knowing there is a team ready to help them as their needs change.



Whether you need temporary assistance or ongoing services, Wartburg has the support you need to live independently for as long as possible in a community that cares. We offer everything from independent senior living and assisted living options to nursing home facility. We also offer adult day care, palliative care, hospice care and



respite care. If you live independently, but require assistance, we offer in-home support for your daily needs and can also provide rehabilitation and skilled nursing services.

At Wartburg, you can age in place gracefully and secure that your health and safety are our priority. At Wartburg, you can live your best life.



# Wartburg

One Wartburg Place, Mount Vernon, NY 10552 | 914-699-0800 | [www.Wartburg.org](http://www.Wartburg.org)

# DISCOVER THE FINEST IN SENIOR LIVING



The Bristol Assisted Living has been serving seniors and their families in the tri-state area since 2000, offering independent and assisted living, as well as state-of-the-art memory care programs. We are committed to helping residents remain independent, while providing peace of mind that expert care is available, if needed. Designed with seniors in mind, each of our communities feature exquisitely appointed apartments and beautiful common areas that are perfect for entertaining. On-site services and amenities include daily housekeeping, gourmet meals, a cinema, salon, plus so much more. Discover a vibrant community, countless social events with new friends, and a luxurious lifestyle that you will only find at The Bristol.

**SCHEDULE YOUR VISIT TODAY!**

**ARMONK**  
914-229-2590

*The  
Bristol*  
ASSISTED LIVING

**WHITE PLAINS**  
914-215-5820

For a list of all locations in the tri-state area, visit: **THEBRISTAL.COM**

**EB**  
AN ENGEL BURMAN COMMUNITY

Licensed by the State Department of Health.  
Eligible for Most Long Term Care Policies.





**“  
(Until) I was in your care, I had never known people so selflessly dedicated to helping and healing another humanbeing. Your sweet and encouraging words gave me hope. You taught me with understanding and patience to stand, to walk, to move again on my own.”**

**KING STREET REHAB** has been family-owned and operated for three generations. Whether you are looking for a comfortable and healing environment for short term-rehabilitation or long-term care, including memory care, we offer luxury accommodations and professional dedicated staff, ready to meet you or your loved ones' needs.

**WHAT SETS KING STREET REHAB APART?**

- Luxury accommodations on 10 pristine acres, with gardens; a gazebo; spacious outdoor seating; and walking paths. Large picture windows in every room, offering natural light and scenic vistas.
- The focus is on the whole person; promoting physical, mental and emotional well-being achieved through the extraordinary teamwork of our interdisciplinary team of doctors; nurses; CNAs; physical, speech and occupational therapists; a psychologist; social worker; dietary specialists; and housekeeping and maintenance.
- An active community with a full calendar of programs, including exercise, live performances, movies, gardening, lectures and cooking demonstrations.
- A holistic approach to recovery with yoga, meditation, Tai chi and pet therapy.
- Healthy, delicious meals with options are prepared using the highest-quality ingredients to ensure optimal health. Meals are served on beautiful china in our light-filled dining rooms or in the privacy of your room.
- Included on the property are: a library, a beauty salon with spa treatments, spacious visiting areas and a theater.



**Here's what some residents have said:**

**“** King Street Rehab honors the safety and well-being of every resident with respect, courtesy, compassion and empathy.”

**“** The food here exceeds the meals I have eaten in some of the best restaurants in New York City.”

**“** My wife's career included involvement with skilled nursing facilities for over 20 years, through various years working with Visiting Nurse and Hospice programs. We are quite aware that giving good consistent care is not easy. You have every reason to be very proud of your facility.”

**We are ready to deliver the patient-centered care you or your loved one needs. We invite you to learn more by scheduling an appointment with our director of admissions for a personal tour. Contact us today. Please call, 914-937-5800 or email us at admissions@kingstreetrehab.com. Please visit, kingstreetrehab.com.**