



Program Information



The Meadows - Very Independent Retirement Living:

Offering 160 luxurious apartment-style residences for the *fully active and independent* senior. Most residents enjoy one meal per day (breakfast or dinner) in an elegant dining room. Residences also have a full kitchen for preparing other meals. The residents in this program do not typically receive any personal care services, although the 24/7 on-site licensed nurse is available for medical emergencies.

New Horizons - Respite Program:

Offering amenities and services for those who need temporary support when recuperating from a hospital stay, during rehabilitation, or when a family member must be away. The program is able to accommodate individuals and couples. The Respite program includes all the amenities of Full Service Retirement (see below) plus one hour per day of personal care (additional care available if needed) under the traditional assisted living program. Meadows residents receive a 50% discount and plans of flexible duration are available.

New Horizons - Full Service Retirement Living:

Offering hospitality services and a community lifestyle for individuals who presently do not require personal care assistance. Residents enjoy three meals daily, weekly housekeeping, scheduled transportation, on-site religious services, as well as educational, recreational and social programs. The 24/7 on-site licensed nurse is available for medical emergencies.

New Horizons - Traditional Assisted Living:

Offering all the amenities of Full Service Retirement plus assistance with personal care. Care Solutions, the on-site, Medicare-approved home health agency, provides all personal care services. A service plan may include assistance with dressing, bathing, medication administration, hourly nightly checks, as well as meal and activity escorts or personal laundry. Levels of assistance include: Self-Administered Medication Management (SAMM), Standard Assisted Living, Standard Plus Assisted Living, Enhanced Assisted Living, and Enhanced Plus Assisted Living.

- **Self-Administered Medication Management (SAMM):** Residents electing this service plan will receive daily, scheduled assistance with their oral and/or topical medications, up to three times per day. Residents enrolling in this service frequently elect to receive medication deliveries through the “medicine on time” program offered by several local pharmacies.
- **Standard Assisted Living** offers subscribing residents personal care services additional to medication management. Such services typically involve daily, scheduled assistance with what are known as “activities of daily living” and may include hands-on assistance with bathing, grooming and dressing. Many residents receiving this service also benefit from daily, personal escorts to meals and activities.
- **Standard Plus Assisted Living** is ideal for the resident with more extensive personal care needs; care is provided throughout the day and evening, and may include up to four assists with medication per day. Most notably, this service plan provides residents with the option to select Limited Medication Administration (LMA), which allows for the resident who may require such to receive medication administered directly by a licensed nurse.
- **Enhanced Assisted Living** offers the most extensive list of personal care options, and allows for the resident struggling with continence issues to receive care that maintains their privacy and dignity. This program, which is inclusive of all services described above, also allows residents to receive overnight hospitality checks and assistance with entrée selection at meal times.
- **Enhanced Plus Assisted Living** duplicates the services outlined in the *Enhanced* program above, but expands the services by providing *two* personal care attendants to assist with all personal care assignments and transfers.

New Horizons – Hospice Program:

Offering end of life care through a local hospice provider and supplemented by the on-site home health agency, Care Solutions. Residents with a terminal illness are afforded the comforts and amenities of Full Service Retirement while supportive and qualified professionals assess their healthcare needs and preparation for journey’s end.

Hearthstone Alzheimer Care:

An on-site independently owned and operated provider of assisted living for those with Alzheimer’s disease and other related dementias. For more information about Hearthstone and any of three distinct programs of care shown below, please call Hearthstone directly at 508-481-9898 or visit their website at www.thehearth.org.

- **Cognitive Strengthening** - Early Stage – Tailored to improve memory and function, this program is a unique combination of individualized exercises, community involvement and group activities designed to delay the onset of symptoms for those with early stage Alzheimer’s and mild cognitive impairment.
- **Life Quality** – Middle Stage – Offers treatment for those with dementia. This program features failure free activities that are designed to encourage active involvement while constantly reinforcing feelings of well-being, independence and dignity.
- **Enhanced Care** – Late Stage – Provides a residential environment for people with advanced Alzheimer’s and related dementias. The program offers personal and spiritual support for residents and family members. Residents are supported with services, equipment and 3 to 1 ratios of specialized staff members. Hearthstone professionals also coordinate skilled services through home health and visiting nurse agencies.

Robbie’s Place:

An enhanced care assisted living program independently owned and operated by Care Solutions to address seniors’ mental health concerns. This program combines the amenities of New Horizons with specialized professional care for individuals who present with psychiatric disorders such as anxiety or depression. The goal of Robbie’s Place is to create a comfortable, secured, structured and supportive living environment in which people will rehabilitate and restore themselves with the help of mental health professionals, such as psychiatrists, psychologists, medical internists, and physical, occupational and speech therapists. A resident’s length of stay varies depending on his/her needs. For more information, please call Robbie’s Place directly at 508-573-1200 or email robbiesplace@care-solutions.net

Ancillary Services

Physical Therapy Center:

The therapy team is on-site Monday through Friday to provide residents with physical, occupational and speech therapy services. The center promotes an integrated wellness program with an emphasis on fall prevention, gait training, and aquatic recreation. The Physical Therapy Center is conveniently located near Suite 150, adjacent to the indoor, heated swimming pool.

Wellness Center:

Located in the lobby of the 370 Hemenway building, the wellness center is now open Monday through Friday to residents of *The Meadows*. Anne Harris, RN, is available to work with residents and their treatment providers to construct home care services in response to their health needs. Typically of short duration, and often provided following an event such as a fall, home care services are frequently reimbursed through Medicare. Services that may fall outside the bounds of Medicare reimbursement may be paid for privately.

Bouvier Pharmacy:

New Horizons’ on-site “apothecary” is run by Bouvier Pharmacy, which has operated in Marlborough since 1900. The apothecary is located across from the Crossroads Kitchen in the French Village. It is open on Tuesdays and Thursdays between 1:00 PM and 2:00 PM. Bouvier Pharmacy offers free delivery at New Horizons, Monday through Friday. In addition to the pharmacy and health and beauty products available, they also offer home medical equipment, including hospital beds, walkers, canes, wheelchairs, orthotic braces, ostomy and urological supplies. Bouvier is a Pride® Mobility provider and has a large selection of Pride® products that include lift chairs, scooters and power wheelchairs.

Podiatry:

Dr. Judson Siegel, podiatrist, offers on-site services to residents. Visits are typically every six weeks and held in the office located at the beauty salon. Appointments may be made directly with his office by calling 508-481-3659.

Dental Care:

OnSite Dental Care of New England visits New Horizons once a month and provides full-service dental care using state-of-the-art equipment and technology.