



Health & Wellness

Assisted Living

Live Life Your Way



186 Jerry Browne Road
Mystic, CT 06355
860.572.4494
StoneRidgeLCS.com

StoneRidge is a **Life Plan Community** offering an active, independent lifestyle and the security of lifelong care, including assistance-in-living, assisted living, memory care, skilled nursing, and rehabilitation.

Managed by  Life Care Services®



The support
you need to live
life *your way.*



YOUR GUIDE TO HEALTH AND WELLNESS

One of the benefits of living at StoneRidge is having an advocate for your health and happiness: the **Health and Wellness Navigator**. When the discussion arises about needing support or a possible transition within the community, the Navigator and Social Worker will be there to guide you each step of the way. The Navigator may also assist with:

- Scheduling medical appointments
- Case management in cooperation with your spouse or family
- Discharge planning to and from the hospital
- Arrangements for nonmedical services, such as running errands, grocery shopping, and laundry



SAIL *Care that comes to you*

When you need a helping hand in your independent living apartment, the StoneRidge Assistance-in-Living (SAIL) program provides the support you need. Whether it's support taking a shower, getting dressed or taking medication as prescribed, our goal is to help you stay in your independent living apartment for as long as possible.

Care plans are customized to your needs and delivered with a personal touch from staff you already know.

TopSAIL *A higher level of assistance*

When you need more than a helping hand in your independent living apartment, TopSAIL provides the personalized care you need. TopSAIL residents have their own private apartment in an intimate neighborhood setting where care is available 24/7. Services and amenities include:

- Assistance with bathing, dressing, dining, and medication management
- Three chef-prepared meals per day
- Weekly housekeeping and linen services
- Regularly scheduled transportation
- 24/7 emergency call response system with nursing staff
- 24/7 security
- Fitness classes with Certified Trainer
- Social, recreational, and cultural activities

**For more information,
call 860.572.4494 or visit
StoneRidgeLCS.com.**