



The
COTTAGE
at AVALON

THE COTTAGE
Memory Care
NEIGHBORHOOD

A Place That Feels Like Home

“
Alzheimer’s is not about the past. It’s being in the present, the relationships, the experiences, which is the core of life, the courage to live in the soul.
”

– GREG O’BRIEN,

“On Pluto: Inside the Mind of Alzheimer’s”



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®     





Personalized care delivered with compassion

When someone you love is struggling with memory loss, The Cottage offers personalized care, specialized programs, and a homelike setting designed to help your loved one thrive.

Team members are highly trained to ensure each resident's rights, dignity and needs are met in a safe, intimate environment. Our high team-to-resident ratio ensures residents get the individual attention they need and deserve.

- **Stimulating group and individual programs**
- **Assistance with personal care**
- **Medication administration**
- **Licensed nursing staff on-site 24/7**

Heartfelt Connections – A Memory Care Program®

Team members who work with residents of The Cottage have participated in Heartfelt Connections. This nationally recognized program is built on a philosophy that what remains is more important than what has been lost.

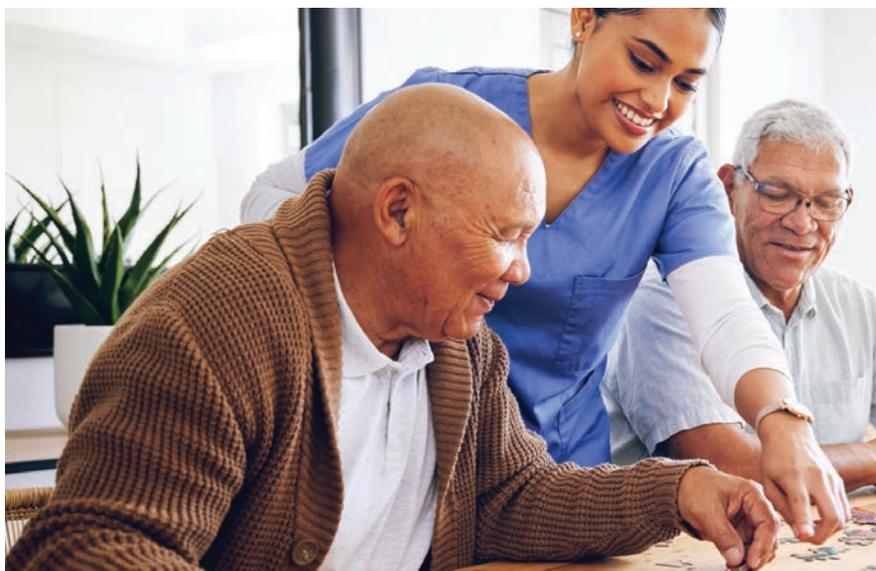
We believe there's a clear connection between the mind and the heart, and we use one to reach the other. In addition, music therapy, pet therapy, and the innovative Reading2Connect® program help us engage and connect with residents. We focus on each person's abilities and celebrate their successes.



Heartfelt Connections
A Memory Care Program™
An LCS Signature Experience

Reading2Connect®

...Reviving Minds and Voices



A place that feels like home

The Cottage is a comfortable and safe environment where we focus on creating meaningful and positive experiences for your loved one to thrive. Private suites decorated with familiar belongings and photos create a sense of home.

- **Chef-prepared meals utilizing local and regional ingredients served in the dining room**
- **Courtyard and sensory garden**
- **Beauty and barber salons**
- **Serenity room**
- **Community kitchen for cooking and baking programs**
- **Sunroom overlooking the courtyard**

**FOR MORE
INFORMATION
OR TO SCHEDULE
A VISIT, CALL US
AT 860.572.4494.**