

# Welcome to Highgate at Prescott Lakes



The Prescott Lakes area draws people from across the country to enjoy its majestic scenery, Old-West history and comfortable climate. It's considered one of the top emerging metropolitan cities for retirees. And Highgate at Prescott Lakes makes senior living here even more desirable.

**Highgate offers Assisted Living in The Manor**, where you can relax with family and friends in the fireside lounge, play cards and sip coffee in the Willow Lake Bistro, watch a movie in the theatre, or participate in a host of activities. We'll help with whatever you need, from taking your medications correctly to wheelchair assistance to getting you to your monthly bridge club gathering.

**For those affected by Alzheimer's or dementia**, we offer a separate and secure residence called The Cottage. Our Memory Care involves myriad ways to stimulate the mind, nourish the body, feed the soul and enrich the day. Nowhere will you find a more compassionate, energetic, devoted staff to care for your loved one.

(See map, directions and contact information on reverse side.)

  
**HIGHGATE**  
SENIOR LIVING

# Map & Directions to Highgate at Prescott Lakes



**Highgate at Prescott Lakes**  
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Prescott, AZ 86301

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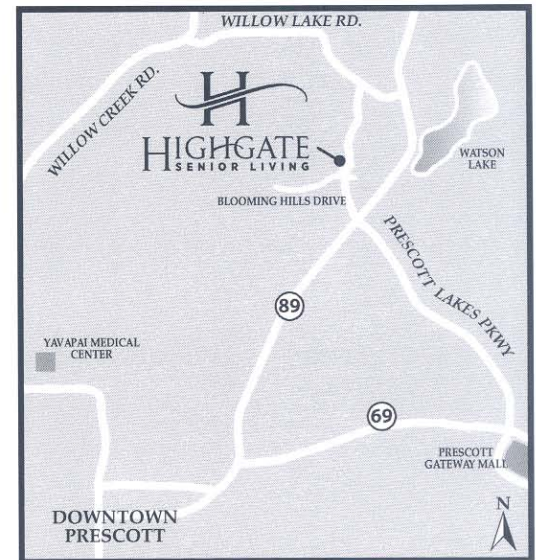
## Directions to Highgate at Prescott Lakes

### From Highway 69:

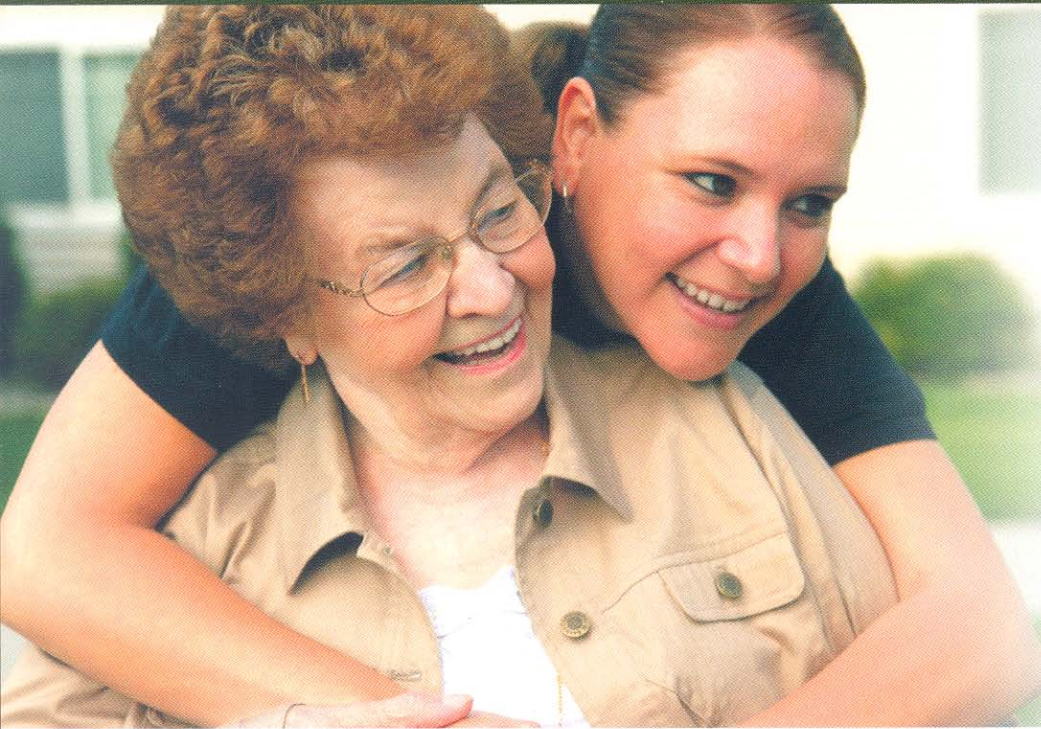
- › Turn north onto Prescott Lakes Parkway and proceed past Walmart
- › Cross Highway 89 and past the fountain at Prescott Lakes on the right
- › Proceed up the hill and turn left (west) onto Blooming Hills Drive
- › Turn right onto Petroglyph Pointe Drive

### From Highway 89:

- › Turn north onto Prescott Lakes Parkway at the fountain
- › Proceed up the hill and turn left onto Blooming Hills Drive
- › Turn right onto Petroglyph Pointe Drive



# Memory Care in The Cottage



Caring for a loved one with Alzheimer's or dementia can be exhausting and emotionally draining. At some point, you may need an alternative to taking this on yourself. That's when it's time to call Highgate.

**The Cottage is our home designed for residents with memory loss.** It's a cozy, secure environment with highly trained care partners whose mission is to understand the needs, desires and routines of each resident in order to personalize their care. Whether it's nighttime wandering, confusion, repetitive questions, incontinence, or just wanting "to go home" – we understand – and have the expertise to handle these concerns. No matter how challenging the situation, it's not a problem. It's what we do.

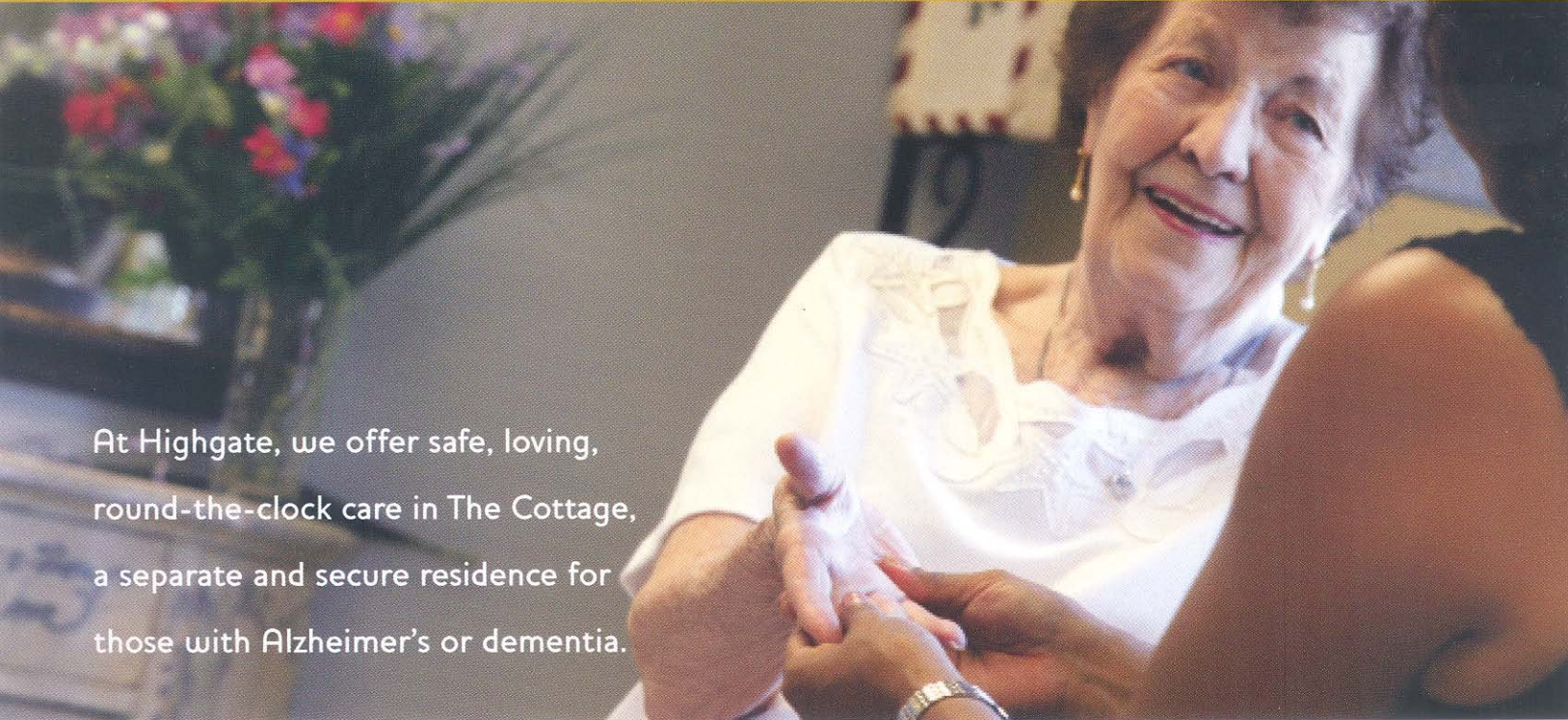
**Residents are encouraged to take part in carefully designed programs** that foster individual strengths and maximize the independence and happiness of each resident. Group activities range from personal hobbies to outings or games, to getting together as an extended family to celebrate a special day. We also emphasize the importance of simple, quiet events like sharing a hug, sitting peacefully and holding a hand, telling a little joke, or offering a smile. These moments of joy combine to create an exceptional environment filled with love.

**With Highgate taking on the caregiving role,** a resident's spouse and/or family members are free to simply enjoy the relationship again. It will give you such peace of mind to know your loved one is being cared for in a safe, compassionate, joyful community. We encourage visits anytime, and invite you to join us for Family Night gatherings as well.

It takes energy, devotion and love to care for those with memory loss.



# Memory Care Features & Amenities



At Highgate, we offer safe, loving, round-the-clock care in The Cottage, a separate and secure residence for those with Alzheimer's or dementia.

## The Cottage provides a full range of amenities and services:

- › Private or companion suites facing an enclosed garden courtyard
- › Large, private bathrooms and showers
- › Three made-from-scratch, home-style meals each day
- › An outstanding staff dedicated to making life at Highgate a joyful and fulfilling experience

## The following Cottage “Signatures” are part of our unique brand of care, designed to be therapeutic rather than simply entertaining:

- › **Best Friends Approach** – We get to know our residents as individuals – their interests, their issues and their life stories – so that we can engage them in meaningful conversation and relevant activities.
- › **Spa Bathing** – Our bathing assistant knows how to bathe your loved one with care and dignity. Low lights, a heated bath towel and soft music combine to make bath time the quintessential soothing experience.
- › **Family-Style Dining** – Mealtime is an interactive staff-and-resident event that conjures the feeling of warmth, security and love of being at home.
- › **Foot/Hand Massage** – Gentle hands combine touch with essential oils for true relaxation.
- › **Aromatherapy** – We use the powerful effects of scent to stimulate appetite, promote calming, help with sleep, and relax while bathing.
- › **Music Therapy** – Fond memories are evoked and great sing-alongs occur when the music and mood are right. Music also enhances appetite and improves sleep.

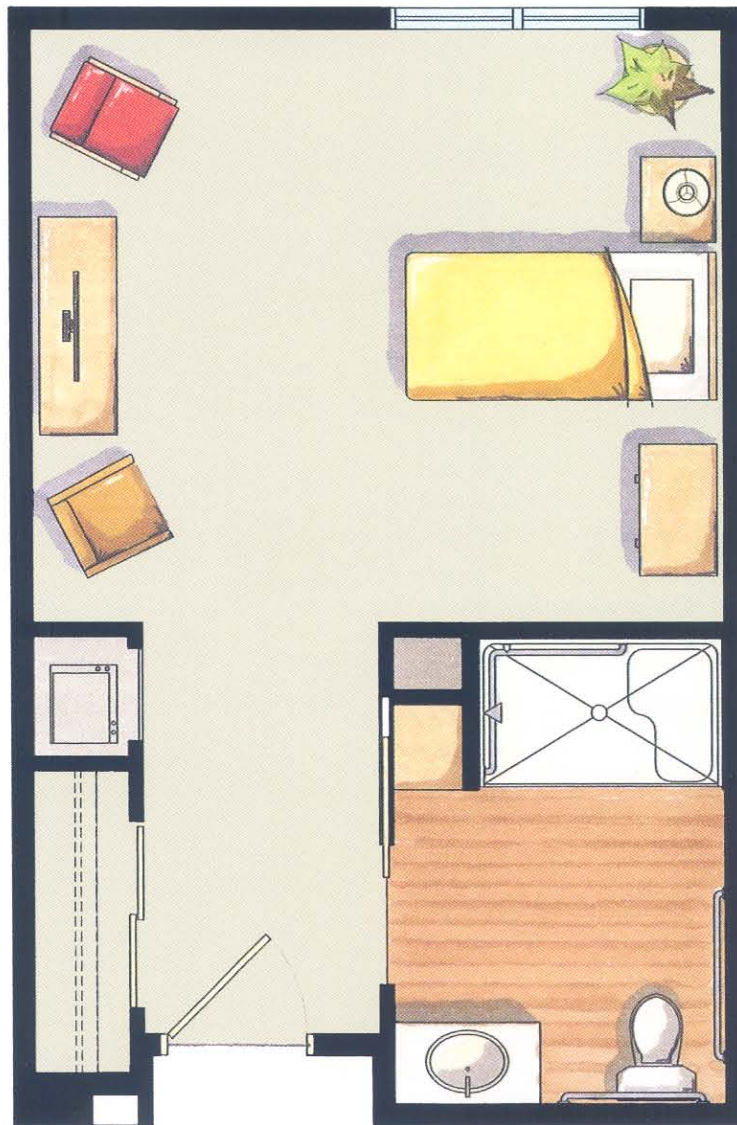


# The Cottage Floor Plans

Our Memory Care residents have the option of a private or companion suite, and we're happy to help you make that choice.

The advantage of a private suite is that residents can be surrounded by their most familiar and cherished belongings, making them feel more at home. These can include photos, artwork, bedding, decorative pillows and even hobby items. As long as the resident feels secure being alone for periods of time, a private suite can be a great source of comfort and peace.

## Private Studio



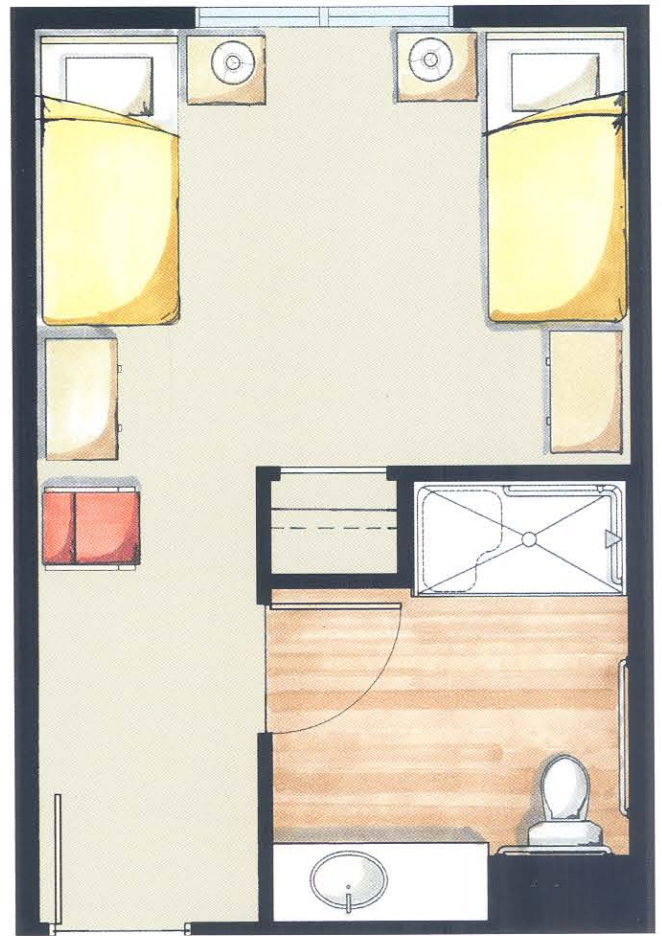
See Companion Studio floor plans on reverse side ›

Throughout our years of providing care to those with Alzheimer's and other types of dementia, we've seen how valuable a companion suite can be for residents who become anxious or lonely in a private space. These positive outcomes include:

- › Better sleep at night knowing someone is close by
- › More sleep results in a resident who is more rested and alert during the day
- › A more alert resident is less likely to fall
- › Having a companion provides a greater sense of security
- › Companion living can result in less anxiety and agitation
- › Less anxiety can promote healthier eating and prevent weight loss

**Ask us whether a companion or private suite would be best suited for your loved one.**

## Companion Studio



## Companion Studio Grand

