



**THE SHERIDAN**  
**AT SEVERNA PARK**  
*a Senior Lifestyle community*





## **INNOVATIVE CARE, THEN AND NOW**

In 1985, Senior Lifestyle founder Bill Kaplan discovered there were no housing options for seniors to live full, enriching lives in communities where they could socialize with friends. He founded Senior Lifestyle and dedicated himself and his staff to the mission of enriching seniors' lives then and in the future.

## **SHERIDAN ROAD: WHERE IT BEGAN**

That first community three decades ago, The Breakers at Edgewater Beach, was built on Sheridan Road in Chicago. It was a revolution in independent living that forever changed the perception of senior communities. Since then, Senior Lifestyle has continued to be a leader in senior care that, at its heart, is about respect and valuing individuals.

## **FAMILY-OWNED, FAMILY VALUES**

Our dedicated and caring teams of professionals are highly motivated by our mission to enrich seniors' lives today and tomorrow. Our residents enjoy exceptional hospitality services in a fun and relaxed environment. We understand that needs might change and are committed to ensuring that your loved ones receive the services and care they deserve.



# FAMILY-DRIVEN

## OUR CULTURE

Senior Lifestyle was started by a family and our commitment to family remains a core value. We are highly attuned to the needs of individual residents and their families. We welcome family and friends to visit at any time, and invite them to dine with their loved ones as much as possible. And it doesn't end with meals: our programming — which focuses on family togetherness — is designed to build lasting relationships and connections with family and staff.

Our staff is an important part of our family. We recruit only the most motivated and caring people who share our values, and who strive to respect our residents as they would their family. We celebrate and honor the employees who best live our mission and values with The Heart of Caring Award. Please visit our website to meet our annual winners.







# CARE *that's* ALWAYS THERE

## ***Tailored to Peace of Mind***

It is our passion to build personal and lasting relationships with our residents and their family members. The more we know about our residents, the better we are able to tailor the services and care to enhance their overall well-being. The relationship begins when a licensed nurse assesses the resident's needs to create their Personalized Service Plan. If a resident's needs change, so too does their individualized plan and thus the services and care that are delivered. Our professionally trained nursing staff is always there to ensure that your loved ones are cared for with dignity and respect while fully enjoying the comforts of home.

## ***Cared for, Cared about***

We aim to honor each resident's individuality. That's why our programs are based on his or her abilities and interests, engaging him or her with the world in an emotionally and physically fulfilling way. Each individual is unique, and his or her experience—in the past and the present—is important to us.

# MEMORY CARE

*Our embrace program is specially designed for your loved one, because when memories fade, everyday moments still matter greatly.*





# A FEW OF OUR *signature* PROGRAMS

## THYMELESS

A garden to table program for older adults with dementia that focuses on growing and preparing healthy, fresh, and delicious food. Residents assist with garden planning, planting, and harvesting ingredients for daily snacks. Residents and families can even contribute to the Thymeless Cookbook!

## ESSENCE

The soothing effects of aromatherapy are wide ranging, from easing anxiety, lifting mood, to an overall improvement in well-being:

- **LAVENDER:** calming, helps balance emotions, improves sleep and mood
- **LEMON BALM:** highly effective in reducing anxiety, in calming and relaxation
- **PEPPERMINT:** stimulates the mind, calms the nerves, and improves appetite
- **ORANGE:** calming and relaxing, promotes peaceful sleep and healthy appetite

## SPARK

Small group classes designed to honor aging. These are times for inclusion, growth and personal expression. The six-week semester focuses on activities to encourage physical activity, better nutrition, good sleep, relaxation, stimulation, and social experiences.

## BOOKMARKS

A Montessori-based book club designed to support residents with Alzheimer's disease and related dementias in the continued exploration of the written word. Research has shown that for many older adults with dementia, reading is a preserved habit or skill that can be used in conjunction with our traditional enrichment program to support resident wellness goals.

# DEDICATED SERVICE

## **EXCEPTIONAL CUISINE**

Senior Lifestyle is committed to delivering the highest service standards in hospitality. This is made possible because our employees are empowered to exceed expectations. We consider each dining experience an opportunity to entice and delight our residents with seasonal entrées. Not only are meals tailored to our residents' needs, but they also have a choice of a variety of freshly prepared foods. And by paying close attention to details that make the local surroundings unique, we make sure our residents are treated to the best foods, culture and activities possible in the area.









## EMBRACING CONNECTION

Would you love to see that your mother went shopping for our cooking class or took part in morning yoga? Perhaps, you just want to know that today was a good day. We are delighted to share these moments with you.

By using a web-based activity calendar and messaging program, we help residents and families stay connected.

# ACTIVE PURSUITS

*Be Inspired*

There's never a dull moment in our communities. With numerous clubs and programs, there are endless ways to *Be Inspired*. Each resident is encouraged to suggest clubs; chances are one of his or her new neighbors will share this pursuit. Your loved ones can continue the activities that they always enjoyed or can embark on new adventures.

**MOVE** Games and exercise are not only fun, they also enable residents to be active and independent.

**GROW** Explore and learn, finding that it's never too late to be inspired or experience new things.

**FEEL** Strengthening bonds with friends, and residents' understanding of themselves through emotional experiences.

**REFLECT** Feel uplifted, connected, and navigate life through contemplation or spiritual experiences.

**CONNECT** Continue friendships and build community through shared interests, conversation, and fun.

**CONTRIBUTE** Give back through volunteering, forging bonds and making the world a better place.







**START THE CONVERSATION.**  
TO SCHEDULE A VISIT, CALL 410-777-5008.

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