

HIGHGATE SENIOR LIVING

Live Life to the Fullest

Highgate at Flagstaff's Signature Programming

The Highgate at Flagstaff philosophy is that you can live a purposeful life filled with meaning and joy no matter what stage of aging — and it's our purpose to support that. Every resident has a team of advocates dedicated to their health, happiness, safety, and well-being, and our community is designed to help each person who calls it home live life to the fullest through a suite of signature programs found only at Highgate.

“ *Having worked for Highgate for 18 years, I wholeheartedly believe in what Highgate offers each of the residents. It's more than just care. Highgate provides a purposeful way of life.*

— LESLIE BLUM, EXECUTIVE DIRECTOR





Holistic Approach to Wellness

People live healthier and happier lives when they care for their mind, body, and spirit. At Highgate, we get to know each person as a whole and focus on wellness and prevention, not just managing illness and treating disease. We help residents focus on their strengths, achieve personal goals, and live their values through this holistic approach with:



Massage



Medication Management



Pet Therapy



Aromatherapy



Purposeful Living

The secret to living well into old age is engagement. At Highgate, we recognize that a big part of our job is to help residents reconnect with what makes them feel valuable, important, and needed. Purposeful Living can look like a resident being a greeter in the lobby, helping other residents with a project, participating in the Life Enhancement programs that are offered throughout the day, and having the time to work on their own things that they are passionate about.

“ *No matter our residents’ stage of life or care level needs, we get to know each person as a whole — mentally, physically, and emotionally. We learn their life stories and create purposeful living through our Life Enhancement Program.* — LESLIE BLUM, EXECUTIVE DIRECTOR



Nutritious, Delicious Food

A good meal isn't just about the ingredients — it's about the love that's cooked into it. At the heart of Highgate's dining philosophy is love. With a five-star chef at the helm, meals are prepared from scratch with wholesome ingredients. Residents choose not only what to eat but also when to eat. With all-day restaurant-style dining, there are choices to suit every palate and dietary need. And just because we're health-conscious doesn't mean we don't love our desserts.



“ *The concept of Couples Care was new to me until I started working for Highgate. What I learned was couples don't have to give up living together for both to get the assistance they need. We focus on trying to get people back to being husband and wife instead of caregiver and care recipient. We want them back to being spouses.*

— JOSH BRYANT, COMMUNITY RELATIONS

“ *My wife and I have lived at Highgate Senior Living for nearly one year. The one thing that stands out to me is the outstanding degree of commitment all staff have for the well-being of all residents. There is a continuing effort to do everything they can to make our lives here the best possible.* — RON AND MARCIA



Full Care for All

Every individual has a different life story, different health issues, and different needs. At Highgate, our care services are customized for as much as people need and not more than they want. Residents can remain as independent as possible, for as long as possible, yet they have access to the care they require at a moment's notice. Thanks to our Couples Care program, couples can stay together and both get the assistance they need, too. And if a resident does have high care needs, we're equipped to handle it.

“ Care teams partner with each resident and their families to ensure that our level of support is perfectly suited to them, personally, and we continue to work as a team to adapt to their changing needs accordingly.

— LESLIE BLUM, EXECUTIVE DIRECTOR



Positive Approach to Memory Care

With dementia, the brain is changing frequently. At Highgate, memory care is all about loving and respecting those living with memory loss for who they are now and helping them to make the most of what they have left. Informed by renowned dementia expert Teepa Snow's Positive Approach to Care, we respect the person living with dementia as the productive adult that they are. Living with dementia can be a positive experience through:



**Appropriate
Care**



**Meaningful
Activities**



**Exposure to
Music**



This fact sheet is brought to you by Highgate Senior Living, an industry-leading assisted living and memory care provider offering a holistic approach to care. Pioneering change in the senior living industry, Highgate is committed to creating a unique and desirable living option where each resident can live a life of purpose.

Visit our website at www.highgateseniorliving.com to learn more.

Highgate Senior Living. Each Day to the Fullest.

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