

HERITAGE

HARMONY

*Mental Health Care at Heritage at Framingham*

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HARMONY

*The Future of Mental Health*



*Mary Ann Morse Healthcare Corp. is a premier not-for-profit assisted living and skilled nursing organization governed by a volunteer Board of Directors. We provide a continuum of care within our communities.*

  
HERITAGE  
AT FRAMINGHAM

## Mental Health Care at Harmony

Harmony at Heritage at Framingham offers a safe, caring environment for seniors with mental health needs. Our skilled team of nurses, certified home health aides/CNAs and social workers provides this specialized support in a caring, family-like setting.

In partnership with family members, we develop a personalized plan for every Harmony resident. Our focus is to enhance each individual's strengths while promoting physical, social and intellectual engagement, along with optimal mental health.

We are committed to creating an environment in which our residents can thrive.



## Come Inside

Like our outdoor spaces, the Harmony neighborhoods are designed to meet the evolving needs of our residents.

There are an array of welcoming and spacious common areas that offer family and friends more ways to comfortably share time or visit, as well as enjoy activities and special events.

At Harmony, we believe everyone has passions and pleasures they wish to explore. By identifying and maximizing each person's unique capabilities, we empower every individual to live their best life — each and every day.

### SERVICES & AMENITIES

- Choice of studio apartments
- Individualized plan of care created with family involvement
- Individualized mental health therapy
- More than an acre of secure outdoor space
- Medication management and personal care assistance

### SOCIAL & WELLNESS ENHANCEMENT

- Dedicated Program Director and Activity Director on-site
- Dedicated Psychiatrist from McLean Hospital and individual therapist
- Activity staffing seven days a week
- Moving with balance
- Backyard games and activities
- Current events and history educational programming
- Regularly scheduled trips and luncheons
- Daily socialization and interaction
- Brain-healthy diet
- Fun and engaging physical activities

## Step Outside

To support our mental health program, Heritage at Framingham has created a beautiful new outdoor living space that will provide enjoyment and healthful benefits to Harmony residents and the entire Heritage at Framingham family.

Take a stroll, gather together, chat with others or participate in an outdoor program — this is the perfect place to relax with family and friends.

From exploring or tending to the perennial gardens to sitting on the covered porch or walking the thoughtfully designed paths, Harmony residents can enjoy the outdoors at their leisure on over an acre of secured land.

The beauty and health benefits of New England's changing seasons will be accessible year-round in the new Harmony outdoor living space.

