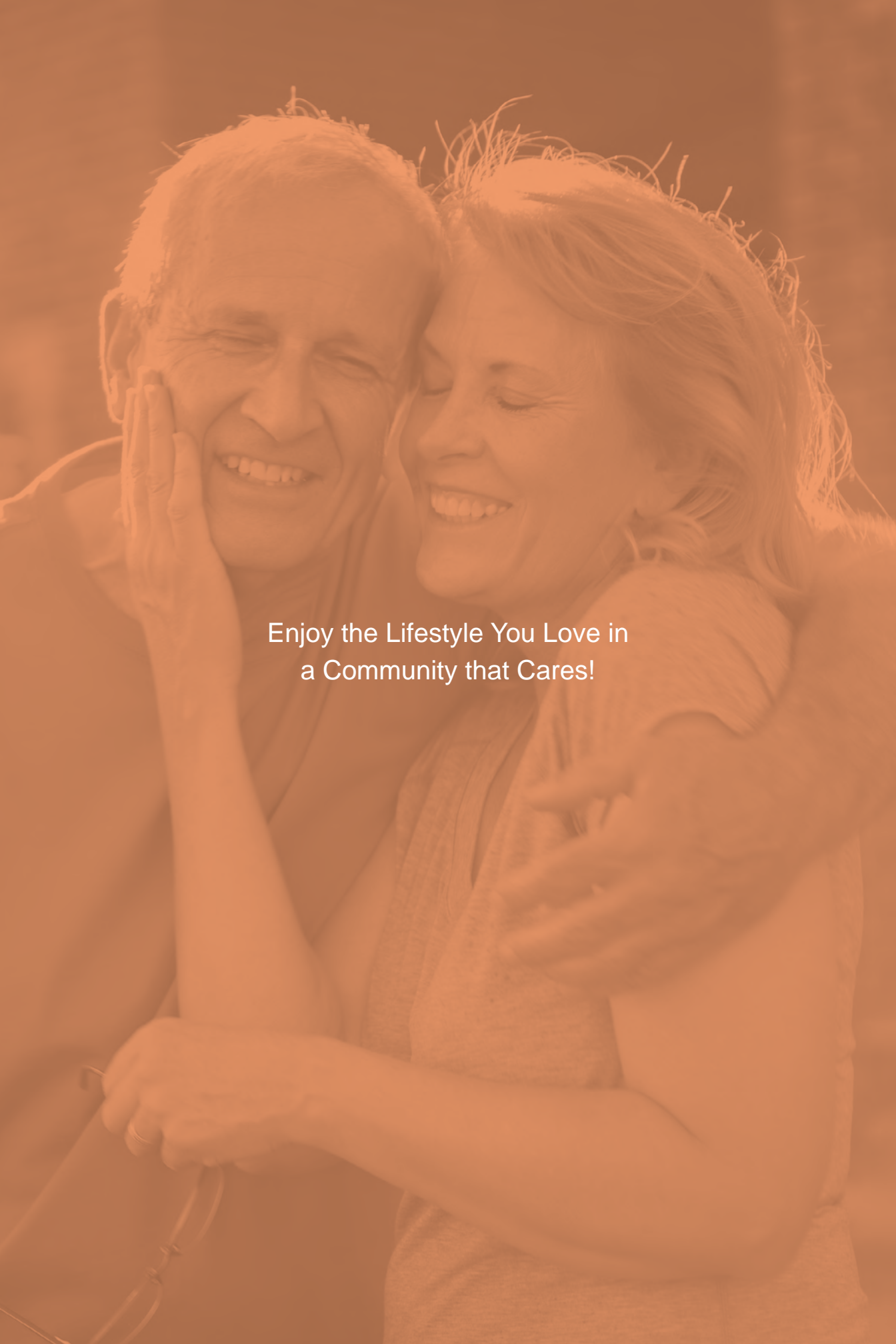




The Courte at Citrus Heights  
Memory Care





Enjoy the Lifestyle You Love in  
a Community that Cares!

# Memory Care

The Courte at Citrus Heights is a community specially designed to serve the needs of seniors living with Alzheimer's disease and other forms of dementia. From our personalized care to our Montessori-inspired activity programs, The Courte at Citrus Heights will provide everything needed to live life to the fullest. Enjoy amenities and services including:

- Chef-prepared seasonal menus with fresh ingredients
- An award-winning lifestyle program, SPARK™, which focuses on community engagement, social roles, and purposeful connections.
- Medication and healthcare management
- Regular assessments with care coordination and service planning
- Coordinated transportation to shopping, events, restaurants, and cultural activities
- Beautifully landscaped grounds and tastefully designed living spaces
- Light maintenance and scheduled housekeeping services
- 24-hour staffing... our ladies and gentlemen await your arrival

Care and living options are tailored to your level of need  
Compassionate, personalized support is provided in an attentive and comforting environment. You keep living life to the fullest – our team members will take care of the rest!



# An Exceptional Experience

This is a place where you or your loved one can experience a life of community, well-being, purpose, and independence.

Discover a vibrant community that supports, engages, and encourages the whole individual. We offer a full range of high-quality amenities to meet your personal needs, as well as life-enriching programs and activities through our SPARK™ activities and lifestyle program.

Enjoy a warm and welcoming community where every resident is valued and respected and all are treated with dignity and care. Our team members are committed to providing an exceptional experience. We offer a 24-hour dedicated team that is prepared to meet your personalized needs.

This is no average senior living experience. If you're seeking a community where residents have a sense of belonging and purpose and where loved ones are eager to visit, then you've found the right place!



Our award-winning SPARK™ program, inspired by Montessori methods, sets us apart from all other communities. SPARK™ has been scientifically proven to increase the engagement and quality of life for our residents in four important ways.



## **Social Roles**

SPARK™ supports residents by encouraging meaningful social roles. Providing residents with social roles enables them to be productive and successful, and to continue their lifelong habits and routines within our community. Whether it be leading our welcoming committee, teaching a class, or participating in charitable events, our focus is to know the resident and to help weave their lifelong habits and skills into the fabric of the community.



## **Skills-Focused**

SPARK™ works to enhance skills that may have been lost. Through this scientifically proven program, a skill that may be considered lost could actually become a strength! Many of our residents regain muscle memory using simple Montessori activities that consistently work on procedural memory and repetition.



## **Easing into Complexity**

Tasks are easier to complete when broken down into smaller parts and they are easier to remember when they become part of long-term memory. That's why SPARK™ introduces activities which progress from simple to complex and do not rely merely on short episodes of entertainment. Simple ideas build into larger and more engaging projects over time.

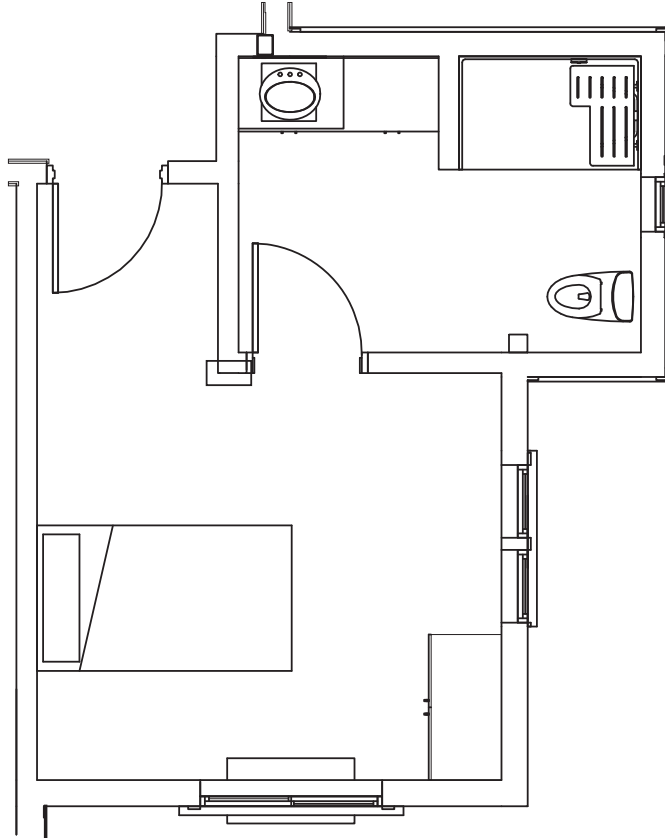


## **Focus on the Strengths**

SPARK™ focuses on what residents can do, rather than what they cannot. Each of our residents arrives with skills, hobbies, and experiences which SPARK™ uniquely assesses and builds into a tailored social role. Focusing on a resident's strengths allows them to find success and fulfillment.

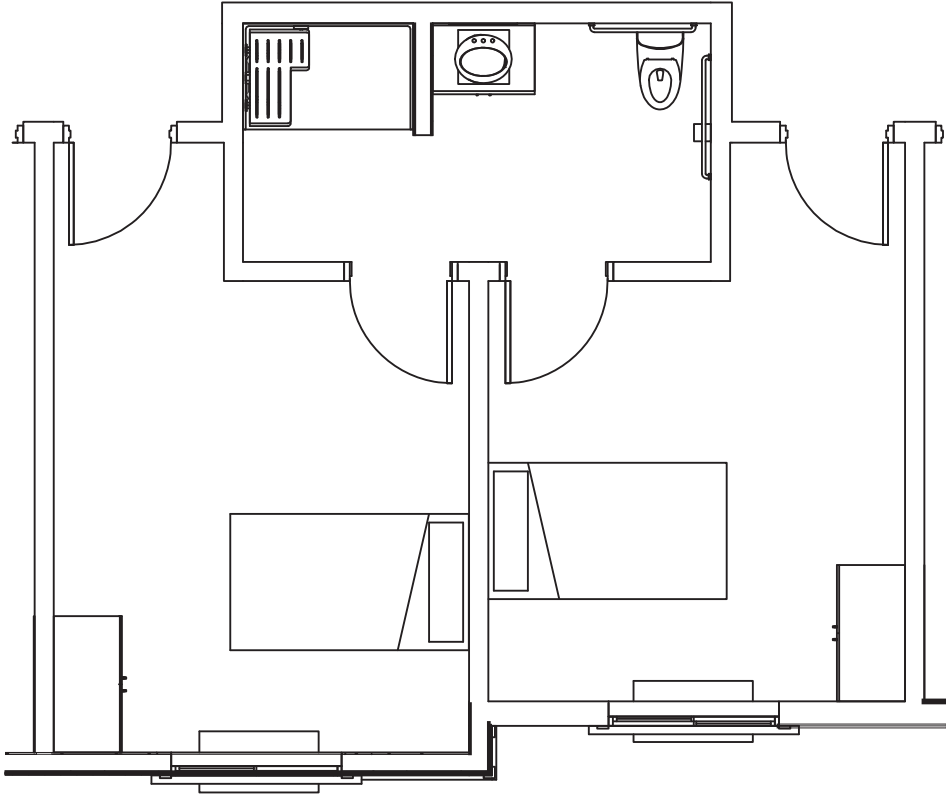
SPARK™ empowers seniors to create a community that speaks to them. Residents can do what they know and love, discover a new passion and hobby, and find purpose in their social role. Discover your SPARK™ at The Courte at Citrus Heights!

## PRIVATE SUITE WITH PRIVATE BATHROOM



*Sample plan only. Actual room layout and size may vary.*

## PRIVATE SUITE WITH SHARED BATHROOM



*Sample plan only. Actual room layout and size may vary.*

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