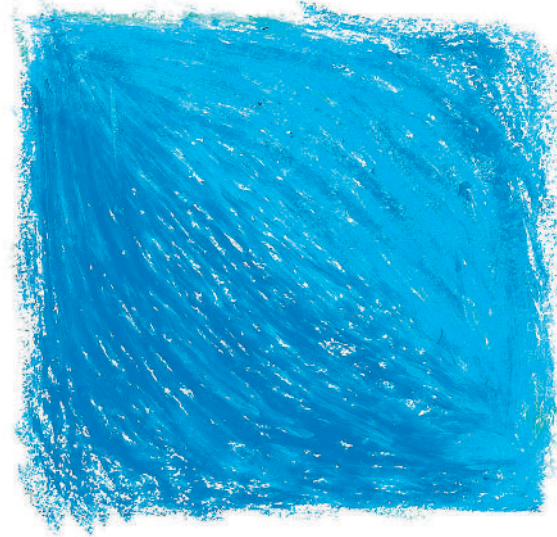




TRADITIONS
of Dedham



Good Times ♦ Good Friends ♦ *Great Care!*

Welcome to Traditions of Dedham

Imagine finally having the time to do the things that make you happy: catching up on the bestseller list, getting out to the theater, learning a new language or just relaxing with friends. Imagine life without the worries and stresses of maintaining a home. Imagine you being *you* again.

This is the life that awaits you at Traditions of Dedham. Enjoy every amenity with the impeccable service and hospitality that are the hallmarks of LCB Senior Living.

Traditions of Dedham is nestled on the former grounds of Heinrich's Greenhouses - a legacy that is reflected in our well-manicured landscape and walking path. When you walk into Traditions, you'll immediately feel the warmth and community spirit that thrive here. Our residents enjoy the perfect balance between individuality, privacy and a lively social atmosphere.

Choose a beautiful, private apartment home to make your own. It's what you have worked so hard to enjoy!



Independent & Assisted Living ◆ *Reflections Memory Care*

An LCB Senior Living Community: More Than 25 Years of Excellence



Daily Life

Ours is a community of like-minded individuals who have led interesting, full lives. We're here to make sure that whatever fulfills you is possible—regardless of age or physical limitations.

Every day, there are opportunities ranging from concerts, lectures, book discussions and gardening, to exercise, crafts, intergenerational events and more. In addition to in-community programs, private transportation is available for special trips to cultural attractions, recreation, worship, appointments, shopping and more.

Our active programming is focused on supporting the interests of each resident and our Engagement Director will spend time getting to know you, and assist you in finding programs that are suited to your interests and needs. We can even develop new programs with you. The choice is yours to

“ The food is outstanding.
It's like a 4-star restaurant.
The chef comes up with great
specials all the time. ”



Instagram

Follow our culinary adventures!

@thesterlingchefs



Gourmet *Every Day!*

Anticipation...it's what we feel when we know we're about to enjoy a fabulous meal with friends and family. Nothing is more important to health and happiness than eating well and loving every bite! Enjoy a delicious variety of menu favorites and specials conjured up by our Executive Chef, who brings their fine dining experience to your table. Our menu is available from 7 am to 7 pm every day, so you can drop in and eat what you crave, anytime you like.

Our culinary team combs local markets for the freshest seasonal fruits, vegetables, and meats, creating a continuously changing menu of farm-to-table delicacies. We are also happy to accommodate residents who have particular dietary needs, such as low-sodium or sugar free.

Relax and delight in your new favorite restaurant!







Imagine

living in a vibrant community, with every amenity and impeccable service.

Imagine

a life of enriching experiences, and being immersed in culture, learning and fun.

Imagine

looking forward to every day, and all that comes next.

Imagine
you being
you again.

Senior Living *Your Way!*

Every resident has a private apartment with kitchenette, full bath and a host of amenities. We take pride in offering attentive service that rivals the finest hotels.

All residents enjoy a variety of beautiful common spaces that include a library, sitting areas, a private dining room for special occasions with family and friends, a bistro, recreational spaces, hair and nail salon and more.

Independent Living One of the most-popular aspects of our community is the Independent Living option. Residents enjoy gorgeous apartment living, with a variety of engaging programs and activities that allow you to pursue the things that make you happy. Enjoy the peace-of-mind of 24-hour staff and security, professionally-prepared meals and a range of support services that you can tap into should a temporary or longer-term health issue arise.

It's the best of all worlds: comfortable apartment living without the stresses of home ownership, help just steps away in case you need it and a location that is at the crossroads of culture, shopping and all the richness that the area has to offer.

Assisted Living: Rediscover Independence!

Sometimes just a little bit of help with daily activities is all it takes to turn back the clock. The Assisted Living plan includes all of the above, plus assistance with the activities of daily living. Our goal is to help you remain as independent as possible, while assisting you with tasks like dressing, showering, managing medications or whatever your need might be.



Services

- ◆ *Three chef-prepared meals daily*
- ◆ *Weekly housekeeping*
- ◆ *Weekly linen service*
- ◆ *Highly-trained associates, 24/7*
- ◆ *Emergency response system*
- ◆ *Utilities (heat, A/C, electric & water)*
- ◆ *Full calendar of social, educational, recreational & cultural activities*
- ◆ *Common area WiFi*
- ◆ *Personalized wellness plan and wellness activities*
- ◆ *Fitness classes and health clinics*
- ◆ *Parking*
- ◆ *Scheduled transportation*
- ◆ *Maintenance services*

“Everything I need is here at the community. The residents and staff are not only nice but are also very caring.”





Reflections
Memory Care

A Life of Dignity and Purpose

A mindful approach to promoting dignity and quality of life for those with memory challenges, through compassionate care and a focus on the person, not the disease.

Our Reflections Memory Care program is based on a philosophy of empathy, expression and mindfulness. Through varied and carefully planned programs, we support and enrich the experiences that our residents have every day. We encourage them to be independent, to express themselves and to flourish. We create life experiences and events, not activities.

Influenced by an evidence-based wellness model, our memory care program is led by dementia professionals who are certified by the National Institute for Dementia Education (NIDE). In addition, we work with family physicians to ensure that any needed medications are properly administered and factored into individual wellness plans.



Our best days are
made up of
perfect moments.

Five Principles for Vitality

Reflections is distinguished by its five *Principles for Vitality*, which connect with the whole person through Continued Learning, Arts & Culture, Physical Fitness, Community Connections and Wellness & Self-Care. Through these five dimensions residents thrive in the moment as their best selves.



Expressives Arts

where words fail, expression remains

Expressive art therapies stimulate parts of the brain that hold memories, skills, desires, and feelings like comfort and joy. Because art transcends speech, we can achieve profound connections.



Open Campus

Our Open Campus philosophy is a revolutionary approach, encouraging socialization and shared experiences for all residents.

One of our goals within the Reflections program is to meet residents where they're at in their journey, supporting and enriching the experiences they have every day. Open Campus underscores this by creating opportunities for residents residing in Reflections neighborhoods to enjoy the entire community, whether partaking in additional activities or interacting and socializing with friends.

The Reflections neighborhood still provides a secure sanctuary for mindful programming, care and safety.

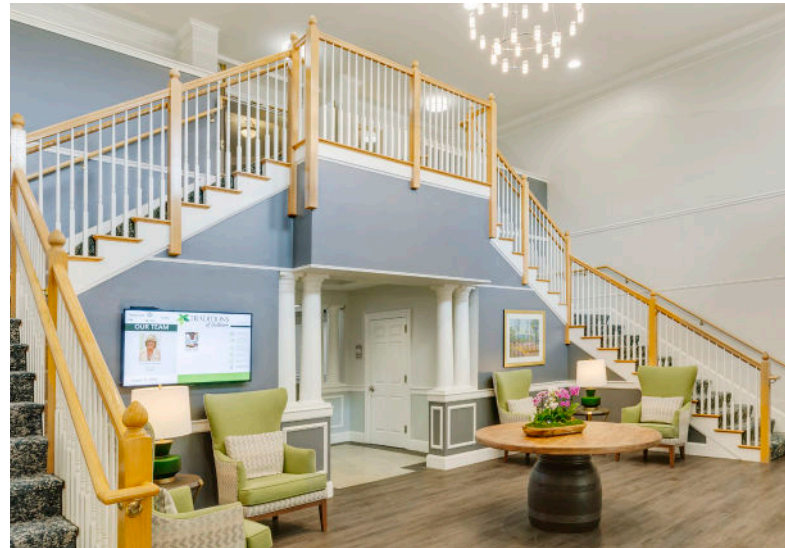


LCB Senior Living, LLC

LCB Senior Living, LLC is a leading senior housing operator and developer with roots that go back to 1994. Headquartered in Norwood, Massachusetts, the LCB team was among the region's first Assisted Living providers. The company owns and/or operates communities throughout New England and the Mid-Atlantic states, offering the finest Independent, Assisted and Reflections Memory Care living options.

www.lcbseiorliving.com

More Than 25 Years of Excellence



Owned and Operated by LCB Senior Living, LLC



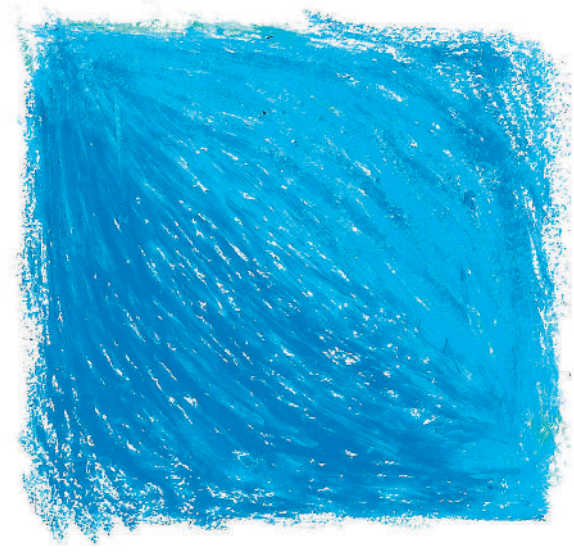
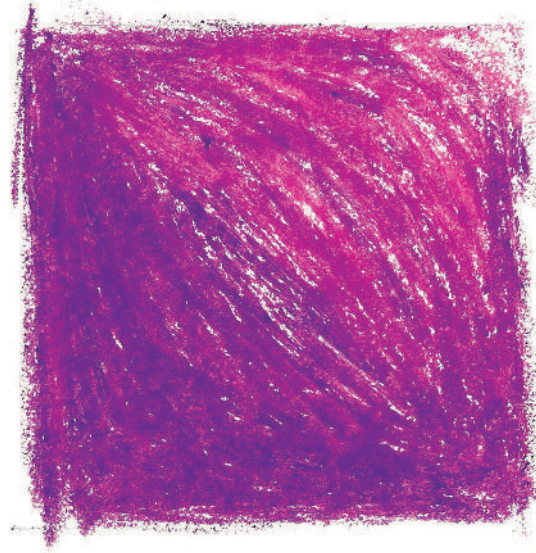




Proudly serving Dedham, Norwood, Westwood, Needham, Dover, West Roxbury, Hyde Park and other fine communities.



TRADITIONS *of Dedham*



Independent Living & Assisted Living
Reflections Memory Care

735 Washington St
Dedham, MA 02026
781-251-9330 MA Relay: 711
traditionsofdedham.com

