



*The Difference is Love™*

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*“Prayer is the oil that nurtures the lamp of faith.”*

*– Venerable Mary Angeline Teresa, O. Carm.*

We are women who share a vision that love makes a difference in the world. Our story is tied to the story of every man and woman at the autumn of life – their joys and sorrow, their pains and consolations, their love of family, their hopes and dreams, their search for God and their finding Him. Our life is about holding the hand of an aged person and giving meaning to their lives.

This is the rich tradition of our journey from the beginning that we travel in the spirit of our Foundress, Venerable Mary Angeline Teresa, O. Carm., who founded the congregation of the Carmelite Sisters for the Aged and Infirm in New York City in 1929. Her desire was to preserve the independence and personal dignity of the elderly in the spirit of the American way of life.

Today we continue to travel in this tradition and spirit, strengthening the vision and mission of our Foundress’ legacy to find our place in the provision of senior care as it unfolds to us in the world. Each staff member – professionals working alongside our sisters – is guided by our values. Each staff member understands that residents who come to Carmel Terrace Assisted Living Residence, live an independent lifestyle and experience our “*difference*” through staff’s daily actions.



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## *The Difference Is Love*

From the moment you enter Carmel Terrace Assisted Living Residence, you know you are in a very special place. You can sense the spirit of tranquility and contentment that flows from the care of the Carmelite Sisters for the Aged and Infirm. It assures that you indeed are living in a place like no other, where respect, dignity and compassion is the guiding force behind everything we do.

Carmel Terrace offers personalized assisted living and supportive services in a gracious residential setting. Our care emphasizes maintaining the maximum independence of each person while preserving the individual's ties to family and community. We serve as an extended family, and you will frequently hear our residents refer to Carmel Terrace as "home." We believe this to be true when we say, "The Difference is Love!"

This "home away from home" is located on 26 acres of lush greenery and gardens in the heart of Metrowest Boston in Framingham. Carmel Terrace opened its doors in 1995 and continues to provide our residents with the highest quality services, amenities and staff to help them meet the challenges of daily life as they continue their journey of aging. We are devoted to treating all who enter this "home" with respect, dignity and compassion. A move to Carmel Terrace offers our residents a new and comfortable "lease on life," so they may focus on living, controlling their day and making their own choices.

We invite you or your loved one to come and personally experience the Carmel Terrace "difference".

## *Assisted Living with a Difference*

At Carmel Terrace, our mission is not only to staff and operate an up-to-date residence for seniors, but as a religious organization it is to bring Christ to every person under our care. Bringing Christ means giving our residents His compassion, His interest, His loving care, His warmth morning, noon and night. It means inspiring the lay people who work with us to deliver the same type of loving care. Our values define who we are in carrying out our mission within the Church.

If you desire to live within our special Carmel Terrace community and don't yet need 24-hour care and medical supervision, then assisted living is an excellent option for you or your loved one.

Because the needs of those in assisted living vary, we offer individualized service packages with options that meet your unique requirements, whether it is minimal or moderate support with daily activities such as bathing, dressing and grooming, medication management, and escort services to meals and activities.

Among the wide range of services and amenities we offer are:

- Front desk staffed 24 hours a day
- 24-Hour emergency response system
- Casual bistro-style breakfast and lunch in the Promenade Cafe
- Fine Dining for evening meal with table service
- Fitness equipment center and trainer, walking program and other exercise programs
- All utilities except telephone and monthly cable fees
- Weekly light housekeeping of apartment and laundering of linens
- Daily Mass offered in chapel and open 24 hours
- Scheduled transportation to medical appointments, shopping and other destinations
- Support with or supervision of activities of daily living
- Personal laundry and dry cleaning services

## *Social Opportunities*

Carmel Terrace encourages connection, health, relationships and the comfort of knowing that residents are able to age with dignity, spending time doing what matters most to them.

Carmel Terrace offers a variety of cultural, educational, and intellectually stimulating social programs that enhance residents' quality of life. Focused on choice and respecting personal independence and interests, these offerings allow residents to enjoy a rich and full lifestyle in a supportive and friendly community. Residents have the opportunity to develop new friendships and experience a new "home away from home" where the "difference is love."



Your physical, emotional, spiritual and vocational well-being is not left behind when you come to share your life with others at Carmel Terrace. Our social opportunities director works with leadership and residents to create programming that provides a direction toward independence, interests and wellness on a number of levels.

Residents may engage in a wide range of social opportunities, from fitness training and tai chi classes, to informal gatherings and celebrations, daily mass and spiritual discussion groups, movies, games, field trips, and hobbies or special interests including volunteering. We are gratified to offer something for everyone at Carmel Terrace.

**A Continuum of Care** - It is comforting to know that you do not need to go far for other types of services to meet your care needs as they may change. One of the many benefits of living at Carmel Terrace is the easy access to other services right on our campus, whether the need is short or long term. You need to look no further than St. Patrick's Manor, which offers skilled nursing, rehabilitation, hospice and memory care services, all within your reach should you need them. St. Patrick's Manor is here to support you with the same mission, spirit and commitment to quality that you experience at Carmel Terrace.

**For more information or to schedule a personal tour, call 508-788-8000.**