

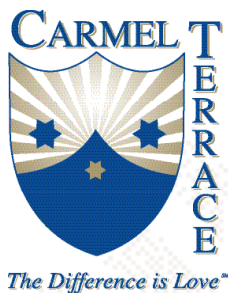
## OUR MISSION



Our mission is not only to staff and operate up to date homes for the aged, 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 give the same type of loving care.

Our values are in cooperation with who we are as religious women and the mission entrusted to us by God and His Church.

Our values define who we are in carrying out our mission within the Church and encompass our Charism. The following are the values that speak to who we are and what we do within the various settings of service and care:



- ✧ Sanctity of Life
- ✧ Quality of Life
- ✧ Hospitality
- ✧ Wholistic Care
- ✧ Shared Commitment
- ✧ Roman Catholic Doctrine
- ✧ Social Justice
- ✧ Christian Witness
- ✧ Redemptive Suffering
- ✧ Pastoral Care

Carmel Terrace invites you to explore and discover what makes us “different” and sets us apart from all the rest.

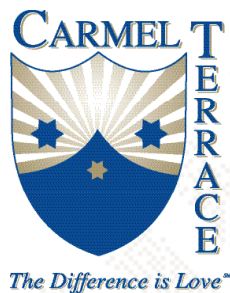
## OUR HISTORY



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 sorrows, 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. We are prepared to focus on the changing needs of our residents and the vision and mission that is entrusted to our care and carried out by each of us. 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 our staff's daily actions.



## SOCIAL OPPORTUNITIES



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Carmel Terrace offers a variety of cultural, educational, and intellectually stimulating social programs that provide residents with an enriched quality of life experience. Focused on choice and respecting personal independence and interests, residents enjoy a rich and full lifestyle in a supportive and friendly community. The ability to partner with all the services offered at Carmel Terrace gives new meaning to shared commitment. The residents have the opportunity to develop new friendships and experience a new home away from home: where the *"difference is love"*.

Social opportunities include:

- ✧ Fitness training
- ✧ Low impact exercise classes
- ✧ Walking clubs, tai chi classes
- ✧ Informal and formal gatherings and celebration for special days, holidays, seasonal events, themed events
- ✧ Chef demonstrations
- ✧ Living in an atmosphere of Christian traditions with respect for all belief systems
- ✧ Daily mass, rosary, spiritual discussion groups, retreat days, scriptural study groups and personal reflection and meditation in our Chapel
- ✧ Offering of cultural affairs, world news, entertainment, movies, games, trips of interest, shopping and mystery rides
- ✧ Opportunities to engage in hobbies or special interests including volunteering

These are just a few of the many social opportunities residents can choose in living the *"difference"* at Carmel Terrace.



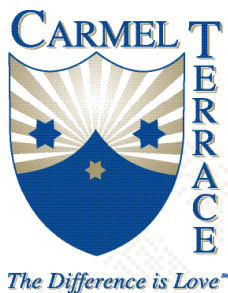
## SERVICES & AMENITIES



### SERVICES & AMENITIES INCLUDE:

- ✧ Front desk staffed 24 hours a day to welcome residents, registered guests and accept deliveries
- ✧ Scheduled maintenance and repairs of apartments
- ✧ Mail room with locked post office boxes
- ✧ Secure additional storage area for each apartment
- ✧ Security services for the building and grounds
- ✧ Banking on premises
- ✧ Courtyard and Greenhouse
- ✧ Library and Music Room
- ✧ Cinema Theatre for movies and other events
- ✧ Hair Salon/Barbershop
- ✧ Country Gift Shop
- ✧ Complimentary Laundry Nooks
- ✧ Free reserved private parking spaces
- ✧ Scheduled transportation to medical appointments, shopping and other destinations
- ✧ Personal laundry and dry cleaning services
- ✧ Wi-Fi availability in every apartment and in common areas
- ✧ Casual bistro-style breakfast and lunch in the Promenade Cafe
- ✧ Fine dining for evening meal with table service
- ✧ Guest meals
- ✧ Private functions and catering in the country kitchen, theatre and private dining room
- ✧ Daily Mass offered in our Chapel open 24 hours a day for personal prayer and reflection
- ✧ Rosary, retreat days, discussion groups and other devotional and spiritual practices
- ✧ Fitness equipment center and trainer, walking program and other exercise programs
- ✧ Tai Chi programming and instructor

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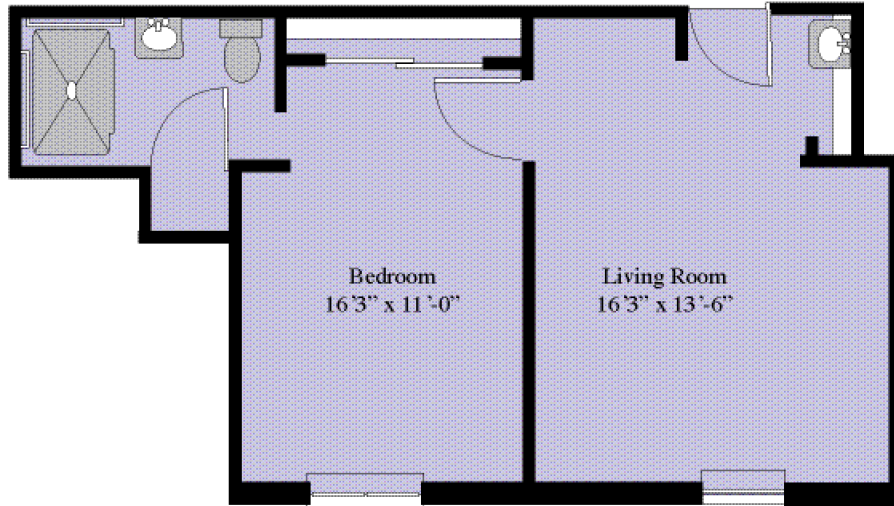
## SERVICES & AMENITIES - *continued*

- ✧ Formal and informal gatherings and celebrations in an atmosphere of friendliness and concern
- ✧ Wii programming, various internal events for the arts, presentations, games, and personal interests
- ✧ Staff on duty around the clock to respond to emergencies
- ✧ 24-Hour emergency response system
- ✧ Support with or supervision of activities of daily living such as bathing, dressing, escorts to meals and activities, and monitoring of self-administered medications may apply as needed
- ✧ Sick tray service
- ✧ Daily bed making when needed
- ✧ Individual temperature control in apartment
- ✧ All utilities except telephone and monthly cable fees
- ✧ Emergency electric outlet
- ✧ Kitchenette with refrigerator and microwave oven
- ✧ Bathroom safety rails
- ✧ Weekly light housekeeping of your apartment
- ✧ Weekly laundering of linens and towels
- ✧ Heavy cleaning and/or rug shampoo



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(Room Layouts May Vary Depending on Availability)

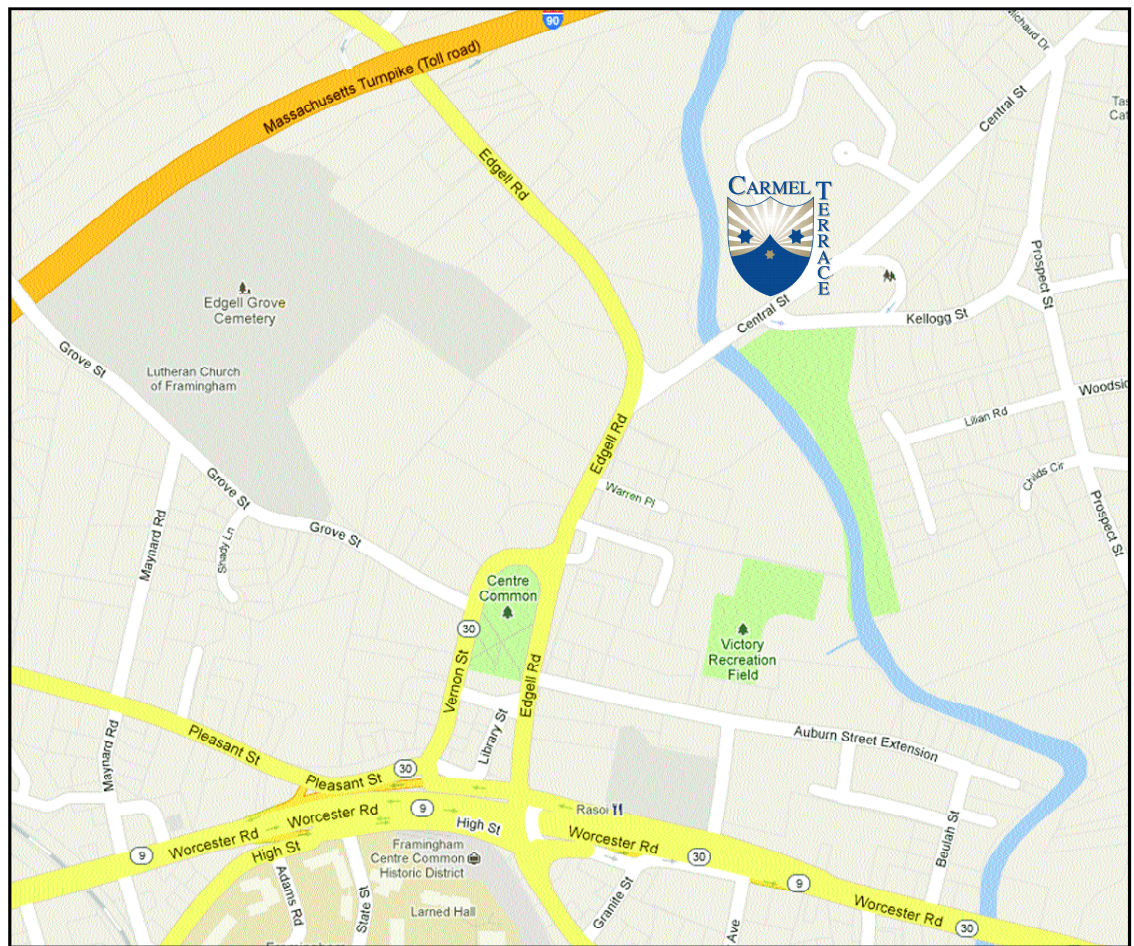


One-Bedroom  
366-856 sq. ft.



Two-Bedroom  
618-743 sq. ft.





## From The East

Take Mass Pike ~I-90 West to Exit 13. Natick Exit. Bear right after toll booth and turn right onto MA-30 W/Cochituate Rd toward Framingham. Proceed .8 miles and merge right onto Route 9 West. Proceed 1/2 mile and take exit at Edgell Road. Turn right onto Edgell road and proceed 1/4 mile to Central Street. Turn right onto Central Street. Carmel Terrace will be on your left.

## From The West

Take Mass Pike ~I-90 East to Exit 12, - Framingham Exit. After toll booth stay right and merge onto Route 9 East. Proceed 2.2 miles and take Edgell Rd/Main St/Framingham exit. Merge onto High Street. Proceed to the street light and turn left onto Edgell Road. Proceed on Edgell Road 1/4 mile to Central Street. Turn right onto Central Street. Carmel Terrace will be on your left.

