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## **EPOCH Senior Living is setting a new standard of excellence in senior living with Waterstone on High Ridge**

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Stamford, CT EPOCH Senior Living is setting a new standard of excellence in senior living with the premiere of Waterstone on High Ridge, an elegant boutique hotel-style community for seniors featuring independent living, assisted living and memory care with a full array of best-in-class amenities and services.

Located at 215 High Ridge Rd. on a wooded campus next to a conservation area, Waterstone on High Ridge features 146 residences. There are 88 independent living apartments ranging from one-bedroom and one-bedroom plus, to two-bedroom and two-bedroom plus. The 36 assisted living residences include studio, one-bedroom or two-bedroom apartments. Memory care has 22 suites.

“Now more than ever people are looking to downsize but remain close to their home communities,” said Joanna Cormac Burt, COO of Epoch Senior Living. “Waterstone on High Ridge offers the perfect location for many senior residents in Fairfield County looking for a luxurious setting with supportive services and a multitude of social opportunities. In addition, we offer assisted living so residents who need additional care can avail themselves of this option.”

Designed with a modern farmhouse look, the independent living apartments feature full-size kitchens with stainless steel appliances, well-appointed bathroom with full shower and vanity and a walk-in closet.

Amenities at Waterstone on High Ridge include indoor heated pool, full service salon and fitness center staffed with personal trainers; on-site restaurant led by highly talented chefs; movie theater; concierge to arrange transportation and other services; pet-friendly accommodations; convenient access to Stamford’s retailers, restaurants and cultural activities; natural walking trails and underground reserved parking.

For those 62 and over who choose independent living there is an on-site care program designed to give residents the means to live an active, fulfilling life. Optional services include personalized care consultation and daily planning; care with daily living activities; medication management; on-site geriatric primary and specialty care; and routine wellness visits. Independent living residents also enjoy a wide range of services including on-site concierge services; daily cultural, social and recreational programs; weekly housekeeping services and overnight support staff.

Assisted living residents at Waterstone on High Ridge have access to a personal on-site care continuum which includes three chef-prepared meals each day with anytime dining; daily living activities and programs. Additionally, the personalized care plan includes consultation and daily planning; medication management; coordination with ancillary providers, as needed and customized wellness plans.

For those diagnosed with Alzheimer's disease or another form of dementia, Waterstone on High Ridge offers all-inclusive on-site memory care supported by Bridges by EPOCH, a dementia-trained, compassionate team that provides the highest quality dementia and Alzheimer's care. Memory care residents have dedicated living spaces including an activity room, dining room, living room, library and enclosed outdoor area. Each of the apartments is specifically designed for those with memory impairment. It features a modern, soothing atmosphere, a well-appointed bathroom with full shower and vanity and spacious walk-in closet.

Services are provided at every stage of the memory loss journey with the Essential Care and Enriched Care programs offered.

The Essential Care program includes 24-hour licensed nursing care; highly trained, compassionate Memory Care team; daily routine assistance – dressing, eating, socializing; three nourishing chef-prepared meals daily and stimulating activities to exercise cognitive and physical abilities. Based on apartment selection, all-inclusive monthly rates for memory care start at \$9,300.

Waterstone on High Ridge is conveniently located halfway between the Merritt Parkway and I-95, just minutes from shopping, dining and entertainment in downtown Stamford.

Waterstone on High Ridge is the latest best-in-class independent senior living community created by leaders in the field EPOCH Senior Living and National Development. EPOCH Senior Living operates 16 senior living communities in the Northeast including Bridges by Epoch communities in Norwalk and Trumbull.

Currently under construction, Waterstone on High Ridge is scheduled for opening late 2021. The Welcome Center is located at 30 Buxton Farm Rd. Open houses are scheduled for November and families interested in attending should call in advance for timed visits to meet COVID-19 social distancing requirements.

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