



# Your Pleasure Is Our Pleasure

*CareOne at The Cupola's  
signature programs*



Holistic Health



Wellness



Dining

*CareOne at The Cupola*



A Senior Care Company



## Luxuriate in Holistic Health

Our comprehensive wellness programs are overseen by CareOne's team of clinicians and licensed professionals. These are the components of healthy living, and the way to revitalize your life!

### MASSAGE

Let's face it, we all have an achy body part or one that doesn't bend the way it used to. Treat yourself at our state-of-the-art Meeting Your Kneads Spa. A licensed massage therapist is on staff to provide a full range of massages, wraps, scrubs and aromatherapy sessions and to explain the benefits of each one. Your sleep may well improve as we lay to rest those chronic aches, even those caused by arthritis.

### GUIDED GROUP MEDITATION

Guided meditation builds internal energy or life force, and allows you to let go of negative thoughts. Practiced regularly it provides a boost to the immune system. If you are new to meditation, join our weekly session, and you'll find it is restful and that it nourishes resilience.

### HOLISTIC HEALTH COACHING

Chronic pain can lead to a lack of energy, as our Holistic Health Coach discovered before she made some changes in her life. Here at CareOne, she teaches that good nutrition is the best path to healthy living. There is a complimentary holistic health consultation for all new residents.



- Full Body Massage
- Deep Tissue Massage
- Aromatherapy Massage
- Meeting Your Kneads Massage
- Full Body Scrub
- Dead Sea Mineral Mud
- Dead Sea Paraffin Wrap
- Seaweed Body Wrap
- Paraffin Hand Treatment
- Paraffin Foot Treatment
- Detoxifying Foot Soak
- Foot Massage and Reflexology
- Chair Massage for as little as 10 minutes, or up to 30



## Indulge in Your Own Wellness

We are partners in the healing process, you and CareOne, with therapeutic and soothing programs that promote your well-being, reduce your risk of falls and improve flexibility.

### WELLNESS EXERCISE

Beginning with an evaluation by our Physical Therapist, we create a personalized wellness exercise program for strengthening, flexibility, balance or mobility. You might soon be working out with a balance ball in our on-site gym or practicing yoga on our landscaped grounds. In pursuit of your physical conditioning goals, you will be coached and provided all the assistance you need.

### PHYSICAL THERAPY/OCCUPATIONAL THERAPY/SPEECH THERAPY

Revitalize at The Cupola with individualized therapy – physical, occupational or speech – that can give you a new lease on life. Our licensed therapists design programs exclusively for you, whether you're learning to live with low vision or managing arthritis or lymphedema. The heart of this program is our physical therapy gym, with a range of equipment from parallel bars to the elliptical machine.

### HEALTHY SKIN SCREENING

The largest organ in your body, your skin, deserves its own program at The Cupola. Through our relationship with Dr. Joseph DeMarco, you can receive regular screenings for skin cancer and other skin diseases.

Supporting our *Indulge in Your Own Wellness* program are the Registered Nurses, Licensed Practical Nurses, Nurse Practitioners and Physicians of CareOne at The Cupola, all working together to promote our residents' health.



## Dine at Your Own Pleasure

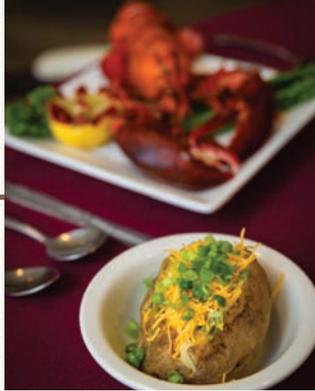
To live life to the fullest, take control. Here at the Cupola, you can make your own choices with regard to when you eat and what you eat. If you're feeling social, by all means show up at the regular mealtime and share a table and conversation with friends. If you want to stay in your room to watch a movie, and then catch a late lunch, you can. And if you want an omelet and toast at 5 p.m., just ask. Consider the dining room your neighborhood bistro.

### ALL-DAY DINING

Come in for a meal, a snack, or an ice cream cone with your grandkids. You decide. A menu of fresh-made items and daily specials are always available. Bon appétit!

### OUTDOOR SEATING

When it's warm outside, why not dine outside? Al fresco dining is one more aspect of *Dine at Your Own Pleasure*. Our all-new patio environments offer tables and seating right outside, with umbrellas for shade.



There's even an outdoor kitchen. After your meal, spend a little time in the fresh air, discovering the music and light in our new sensory gardens.

### **HEALTHY CHOICES**

An important key to good health lies in the nutritious, well-balanced dietary choices we offer every day. We continue to expand these options for tasty, nourishing menu items. In addition, our Registered Dietitian is available twice each week to consult with you on your dietary choices.

### **JERSEY FRESH**

You don't have to dine out to find local farm-to-table fruits and vegetables. Our chefs seek out just-picked produce grown in the Garden State. And the preparation, with herbs, not salt, is all about enhancing the flavors for healthier eating.

**LOCALLY  
GROWN**





## *Here's to your health!*

Our signature programs were created with today's health-conscious seniors in mind. CareOne has earned its reputation as one of New Jersey's leading senior care providers by continually setting new standards in quality resident care and satisfaction.



Holistic Health



Wellness



Dining

### *CareOne at The Cupola*



A Senior Care Company

100 W. Ridgewood Avenue Paramus, NJ 07652 • 201.444.8200 • [www.care-one.com](http://www.care-one.com)