

MEANINGFUL MOMENTS  
HAPPEN HERE.



# THE LUXURY YOU DESERVE. THE LEVEL OF CARE YOU WANT.

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Life at The Grande at South Portland is just what you'd want for your loved one. Beautifully designed and well-appointed apartments. A professional, caring staff.

A luxury boutique feel where everyone knows each other. But it only takes a slightly deeper look to discover that what's around the corner is everything you expect and deserve with so much more.

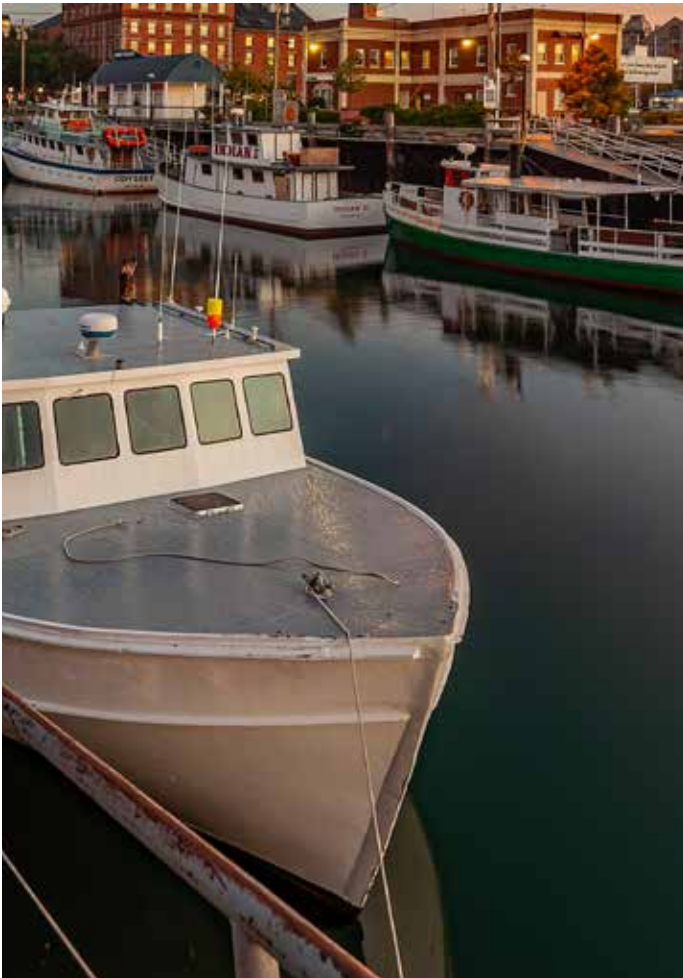
The Grande at South Portland is operated by Bridge Senior Living, which means we go beyond the expected. We strive to care more.

To innovate more. To inspire more. All to help you create a life that is as abundant and fulfilling as you desire.





# COASTAL LIVING CLOSE TO EVERYTHING.



The Grande at South Portland, just ten minutes from historic downtown Portland, offers convenient shopping and dining options within arm's reach. While far enough from the city center to provide a relaxing and restful environment, you're also never far from whatever you want to do next — be that a relaxing night in with friends and family, or an evening enjoying the area's infinite offerings.

## Where are we?

The Grande at South Portland  
25 Country Club Road  
South Portland, ME 04106  
(207) 815-5333



IMAGES OF THE PORTLAND, ME SURROUNDING AREA



IMAGES OF THE PORTLAND, ME SURROUNDING AREA



# A SANCTUARY FOR EVERY SEASON.

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On the journey of life, we sometimes get to choose our paths, and sometimes we encounter unexpected detours that lead to new adventures.

As a Bridge Senior Living community, The Grande at South Portland seeks to create a rich, rewarding lifestyle for every single resident who calls us home. With stylish apartments for Assisted Living, Memory Care, and short-term stays, as well as expert health services and support that are always close at hand, life at The Grande at South Portland will always include a sense of serenity, safety and satisfaction.

Your desire to stay active can still be fulfilled, thanks to the expert care of The Grande at South Portland's friendly professionals.



## ASSISTED LIVING

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### A helping hand toward a happier life.

With the support of friends and family, aging successfully is rarely a solitary achievement. But sometimes, the need for more consistent help arises. Fortunately, your desire to stay active can still be fulfilled, thanks to the expert care of The Grande at South Portland's friendly professionals.

Naturally, help is available daily, so your security is ensured. We also feature an emergency response system, daily check-ins and a medication management service so you never have to worry about what to take or when.

*A few other common ways our associates assist with daily activities include:*

- *Assistance with bathing and dressing as needed*
- *Help getting in and out of bed*
- *Help getting to meals and other activities*
- *Additional assistance at mealtime if needed*
- *Discreet personal care whenever needed*

## For Assisted Living residents, we offer a 1- and 2-bedroom apartments.

Our apartments feature luxury details and an emphasis on safety.

### All apartments include:

- *Individual thermostat controls*
- *Utilities (electricity, water)*
- *Carpet in bedroom and living room*
- *Luxury wood plank floor in kitchen*
- *Marble floor bathroom*
- *Granite countertops*
- *Stainless steel refrigerator*
- *Emergency call system*
- *Pet friendly options*

\*Additional costs may apply.

### The Bar Harbor

752 sq. ft.  
2 Bedroom/2 Bath



### The Baxter

520 sq. ft.  
1 Bedroom/1 Bath



### The Baxter II

578 sq. ft.  
1 Bedroom/1 Bath





### The Popham

515 sq. ft.

1 Bedroom/1 Bath



### The Cape Elizabeth

584 sq. ft.

1 Bedroom/1 Bath



### The Casco Bay

514 sq. ft.

1 Bedroom/1 Bath + Balcony



### Ogunquit

650 sq. ft.

1 Bedroom/1 Bath + Den



# LILAC TRACE MEMORY CARE

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## Making the most of every day.

If you have a loved one experiencing cognitive issues, it's encouraging to know there's a place like The Grande at South Portland. We believe every Memory Care resident has a story to tell, a story to cherish and a story yet to be written. Our Memory Care apartments exist in a neighborhood of our community we call Lilac Trace. This neighborhood is specially designed to offer holistic support that celebrates each resident's individual story — ensuring that every moment is another opportunity for them to live their best life possible.

### *Some features of our Memory Care living include:*

- *Constant on-site support of trained staff*
- *Nutrition management*
- *Help to alleviate wandering, pacing, anxiety and paranoia, including problem-solving interventions*
- *Emotional support using proven techniques individualized for each resident*
- *Extra social and one-on-one time to ensure residents get the most out of their good days*
- *Family-centered consultation and involvement to help achieve consistently better outcomes*



## Memory Care apartments are available in a studio/1-bath and studio/shared bath floor plans.

They are designed to facilitate the highest levels of safety and care.

### All apartments include:

- *Individual thermostat controls*
- *Utilities (electricity, water)*
- *Carpet in bedroom and living room*
- *Luxury wood plank floor in kitchen*
- *Marble floor bathroom*
- *Granite countertops*
- *Stainless steel refrigerator*
- *Emergency call system*



### The Monhegan

264 sq. ft.

Shared Studio/1 Bath



### The Acadia

340 sq. ft.

Studio/1 Bath





# IT'S WHAT'S ON THE INSIDE THAT COUNTS.

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When you're considering a senior living community, there are certain "must-haves." A choice of spacious apartments. A compassionate staff. Inviting meals you can look forward to. Professional, expert care whenever you need it.

At The Grande, we tick all the boxes when it comes to the must-haves. But as a Bridge Senior Living community, it's the way in which we deliver all the other pieces that help our residents live a more fulfilling lifestyle. Our emphasis on hospitality opens the door to a world of luxury services and amenities that simply cannot be found elsewhere. We call it "Lifestyle Plus."

# A FEAST FOR THE BODY AND THE SOUL.

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If diet and nutrition is the foundation of healthy living, mealtime may just be the foundation of a healthy community. After all, breaking bread with friends and family has been a principal way of building relationships, stirring the heart and sharpening the mind throughout history.

**At The Grande at South Portland, we take the joy of mealtime seriously and feature multiple onsite dining venues with everything from a casual bistro to our upscale Chef's Table.**

You'll always find something that satisfies your tastes, from your favorite dishes to new culinary experiences. Of course, whatever you prefer, every meal will be delicious, nutritious and customizable to your dietary needs.





Grow as a person, build stronger relationships, deepen your spirituality, expand your knowledge, and live with purpose.

# ALL IT TAKES IS A SINGLE SPARK.

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Discover Your Spark was developed by Bridge Senior Living to help our residents rekindle old hobbies and ignite new passions — to understand what styles and types of activities they enjoy the most and then suggest new avenues of exploring those passions from all angles. So, you not only stay active, but you also grow as a person, build stronger relationships, deepen your spirituality, expand your knowledge and live with purpose.

Our residents truly love Discover Your Spark, and we believe you will, too. We also think you'll love all the wonderful amenities and activities you'll find at The Grande at South Portland, including:

- *Discover Your Spark life enrichment programming*
- *Pet-friendly environment*
- *Multiple dining venues including casual bistro and upscale Chef's Table*
- *Full-service bar*
- *Full-time executive chef*
- *Game room with nostalgic games*
- *Cable services*
- *WiFi throughout the building*



- *Weekly housekeeping*
- *Weekly laundry service*
- *Residential laundry rooms*
- *Virtual bowling alley*
- *Salon and spa with massage room*
- *Fitness and wellness center*
- *PT, OT and speech therapy services*
- *Licensed care staff or nurses available 24/7*
- *Private courtyard and garden*
- *Outdoor dining spaces*
- *Transportation*
- *Emergency call system*



# MORE THAN A TOUCH OF USEFUL TECHNOLOGY.

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While it may be great fun to reminisce about days gone by, few of us would care to return to using party-line telephones or adjusting rabbit ears on the television.

**At The Grande at South Portland, we don't just welcome the march of technological progress — we join in the innovation parade.**



## **Bridge Senior Living App**

The Grande at South Portland is operated by Bridge Senior Living. So, naturally, we use the Bridge Senior Living App. Powered by LifeLoop, this app offers a central hub for residents, their families, friends and staff to stay connected by sharing personalized activity schedules, photos, messages and more.

## **Telehealth**

The era of doctors making house calls is back — at least virtually. Not only do we offer technical support for your telehealth appointments, but we also even conduct appointments in the privacy of your room or apartment. It's convenient, safe and thorough. Just what the doctor ordered.

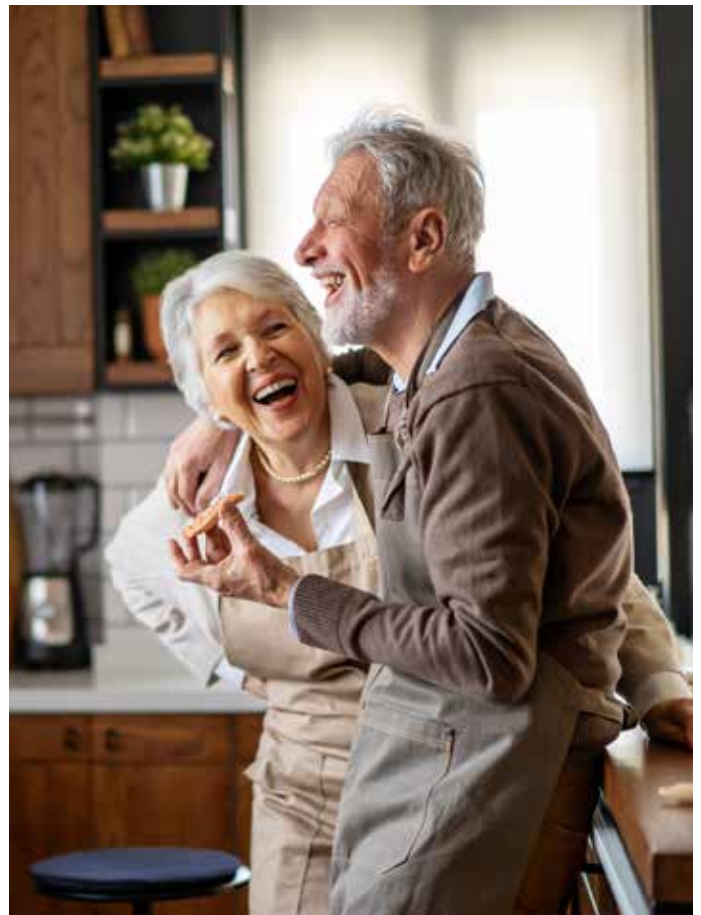
# BRIDGE SENIOR LIVING MAKES ALL THE DIFFERENCE.

## **BRIDGE SENIOR LIVING**

As a trusted name in the Greater Portland area, Bridge Senior Living has been proudly serving older adults at our sister community The Enclave of Scarborough since 2019 and around the country. The Grande at South Portland combines the professional care and superior hospitality we're known for with the luxury services and amenities older adults desire.

Beyond developing forward-thinking initiatives, such as the Bridge Senior Living App and Discover Your Spark, Bridge Senior Living stands apart for its commitment to resident safety with the Bridge Safe program. Bridge Safe ensures that we have enhanced safety protocols in place to protect our residents and the resources to put those protocols into practice.

Bridge Senior Living emphasizes innovation and hospitality across all aspects of community life to make retirement living at The Grande a richer and more fulfilling experience for our residents.





# LEARN MORE ABOUT OUR GRANDE LIFESTYLE.

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We'd really love to hear from you and help you learn even more about what makes The Grande of South Portland such a wonderful place. Yes, everyone here may be a bit biased, but we believe residents and staff alike would tell you that being a part of this community was the right decision for them. Is it the right decision for you? That's not for us to say. After all, everyone's needs and situations are different. But you'll never know for sure unless you stop by and take a look around for yourself, and picture just how wonderful your next chapter could be.

We promise it will be a zero-pressure experience.

Take a tour, meet some residents, meet the staff, ask all the questions you like — even stay for lunch if you have the time! Just give us a call and we'll make it happen.



To schedule a visit or for more information about The Grande at South Portland, call (207) 815-5333.

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