

Our Holistic Harbor Program embraces healthy diets, exercise, namaste, wellness, individual care, individual intervention, trusting family relationships, and consistent daily schedules.



HEALTHY DIETS have been proven to clinically inhibit Alzheimer's progression. Omega-3 fatty acids reduce cell inflammation and increase function. Vitamin B helps thinking, brain health, and processing.



PHYSICAL ACTIVITY reduces cardiac risks, increases dexterity, improves coordination, aids in healthy sleep, and improves positive hormone production. These programs are offered throughout the day to help release growth hormones and positively impact mood. Every evening, the neighborhood is encouraged to participate in our stroll through the courtyards, embracing physical and mental focusing.



NAMASTE is centered on "honoring the spirit within" by providing validation therapy, calming environmental support, and positive attention to all five senses. Daily through the afternoon, the neighborhood will embrace an hour of relaxation through "positive touch," infused hydration encouragement, and aroma therapies.



INDIVIDUAL RESIDENT FOCUSED CARE means that every service provided to each resident is individualized. The schedule and approach for activities of daily living are customized to allow the individual to be successful. Every intervention from reminiscing to dining are customized to each person's needs, preferences, and strengths, leading to successful interactions!



CONSISTENT SCHEDULES are maintained for all aspects of the neighborhood. While we have a consistent schedule of programming, we also ensure our staff and residents receive the same assistance consistently. This allows staff and residents to have the same expectations and goals and anticipate how their new memories can be successful each day. Each resident receives an individualized service plan that reflects staff assignments, remaining consistent 24 hours a day.



THE HOLISTIC HARBOR

MEMORY SUPPORT LIFESTYLE



Keystone Place

AT FOUR MILE COVE

A Life Fulfilling Retirement Community

CONTACT US AT (239) 677-3969



Assisted Living License Pending

1701 Four Mile Cove Parkway • Cape Coral, FL 33990

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SAFETY RESONATES WITHIN THE HARBOR

The Harbor neighborhood is a small community designed to provide a higher quality of life for those who have memory impairment. Keystone Place focuses on leading our residents through daily life, embracing their successes and supporting their opportunities. Our "Holistic Harbor's Memory Care Program" allows those with memory impairment to feel proud, successful, and encouraged about their day.



HOLISTIC APPROACH

While many programs focus on the "décor, care, or package of services;" we focus on the difference our approach makes. Our holistic approach focuses on the many aspects of each individual, and how to highlight these aspects to make them individually successful. It is important to know that each individual being successful leads to the entire neighborhood being a success on a daily basis. With this as our program goal, we approach each and every day with "Healthy Opportunities for Lifestyle Including Success, Trust, Individuality, and Consistency."

Holistic Harbor embraces each of our residents as the individual they are, in both a clinical and ancillary approach.



“ DEMENTIA DOES NOT ROB SOMEONE OF THEIR DIGNITY; IT IS OUR REACTION TO THEM THAT DOES. ”

TEEPA SNOW
dementia and
Alzheimer's care
expert

HEALTHY OPPORTUNITIES FOR LIFESTYLE INCLUDING SUCCESS, TRUST, INDIVIDUALITY, AND CONSISTENCY

focuses on the individual while highlighting each aspect of clinical and life enrichment being healthy.

HEALTHY OPPORTUNITIES for Lifestyle Includes diet, exercise, and wellness to support memory, increase mobility, physically and mentally strengthen, and improve vitality.

SUCCESS is not getting to a milestone in life, but getting to a situational goal. Each situation has a success or goal, and residents have to be encouraged when they are hit! While painting something new may seem like a "simple task" to some, these simple tasks are recognized and celebrated by our staff.

TRUST comes from having a relationship that is more than just clinical. It's about caring. When someone has gained the trust of those in "Memory Care," it is because they have been there to advocate for the resident's best interest, as family would.

INDIVIDUALITY focuses on each person in the neighborhood as if they are the only one. While memory impairment can affect many, it affects each person in its own way, which means each person's success is based on their individual needs, positive abilities, and embracing their passions.

CONSISTENCY is our keystone in ensuring that we set up each resident for success. To maintain schedules with care, diet, and life enrichment is not only supportive, but helps our residents achieve successes in daily life.