



Essex Junction, VT

Welcome to **Maple Ridge Memory Care**, formerly known as Spring Village at Essex. Serving area seniors since 2016, we are an intimate, secure, and loving senior living community for those with Alzheimer's disease and related forms of memory loss.

We are located in beautiful Essex Junction, the crossroads of Chittenden County, nestled in the heart of northwestern Vermont. Situated near the charming village of Essex Junction, with close proximity to Burlington and major highways, our desirable, walkable grounds encourage fresh air and exercise. We are proudly adjacent to The Essex Resort and Spa. Our program embraces a mindful, non-pharmacological approach, based in research and best practice.

To help our residents truly thrive despite the limitations of their memory loss, our memory care program is intentionally named AspireCare. To that end, we custom design a thoughtful rhythm to each resident's day that includes all of the research-proven components of good care for those with Alzheimer's and related dementias.

PROPERTY HIGHLIGHTS:

AspireCare® basic tenets:

- **ADVANCED WELLNESS CARE**
Each member of our leadership team is a Certified Dementia Practitioner.
- **ADVANCED COMMUNICATION TECHNIQUES**
- **THE RHYTHM OF THE DAY**
Consistency is vital to our residents. We begin each day with a nutritious breakfast and easy warm up activities. After lunch, each resident continues the day with more active, physical, and mental activities.
- **RESEARCH-BASED DINING PROGRAM**



**MAPLE RIDGE ESSEX
MANAGEMENT OFFICE**
6 Freeman Woods
Essex Junction, VT 05452
Phone: 802-872-1700
mapleridgeessex.com

