

THE CENTER FOR  
MEMORY SUPPORT

**HARBOR'S**  
EDGE

Honoring & Nurturing  
Residents' Sense of Self



*The Harbor's Edge Difference:*

## **A Positive Approach to Memory Support**

The Center for Memory Support at Harbor's Edge is a reimagined Memory Support neighborhood specifically designed to provide security and purposeful living to individuals at all stages of dementia.

In an environment that fosters respect, dignity and quality, expert care at The Center for Memory Support is guided by a specialized, Montessori-based dementia care philosophy.

Through Teepa Snow's **Positive Approach to Care®** training, our team members develop a deeper understanding of the needs and capabilities of individuals living with cognitive decline. These insights are key to effective care planning which helps residents remain as independent as possible and connected to the community in meaningful ways.



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### **Marcia Brodie**

Certified Independent Positive Approach to Care® trainer

***The Center for Memory Support at Harbor's Edge Accepts Direct Admissions.***

You do not need to be a Harbor's Edge resident to take advantage of Memory Support services.



*Residences & Lifestyle:*  
**Comfort, Care  
& Connection**

Residents feel right at home in a gracious neighborhood where every detail has been purposefully designed to stimulate mental focus, promote physical health and foster comfort, engagement, socialization and independence.

**Our Memory Support neighborhood features:**

- Private suites—many with expansive views
- Enriching wellness and fitness programs for physical and mental stimulation
- Dining with Dignity personalized nutrition planning
- Interactive technology designed for senior engagement
- Sensory room with nursery and pet therapy
- Sunroom and veranda
- Programs on the Elizabeth River Trail
- Access to engaging community amenities including a salon

The Center for Memory Support offers a limited number of *furnished apartments* and *trial stays* to ensure the comfort of our residents.

*The Center for Memory Support Team:*

## **Unmatched Expertise and Dedication to Memory Support and Dementia Care**

At Harbor's Edge, our friendly and supportive team members are specially trained in Alzheimer's and dementia care and work closely with family members to create a personalized plan for every resident.

### **Residents are supported by a full team of dementia-trained professionals including:**

- A dedicated, full-time Memory Support Nurse Manager
- On-site medical services led by a Medical Director and specialists associated with Mid-Atlantic Long-Term Care
- Professional and licensed 24-hour team members—RNs, LPNs, Registered Medical Assistants and CNAs specially trained in caring for those with memory loss
- Lifestyle Enrichment, Dining/Nutrition and Fitness specialists

### **Our care team also provides:**

- Assistance with activities of daily living (ADLs)
- Medication management
- On-site rehabilitative services (speech, occupational and physical therapy)
- Personalized nutrition planning

## **A Focus On Family**

Our care extends beyond residents to their loved ones through practical and emotional support:

- Caregiver support group (*coming soon*)
- Family dinner celebrations
- Family coaching to help alleviate stress and foster connections with loved ones
- Access to community-wide amenity spaces for shared family experiences

## Meet Our Team



### **Jasmine Woodson, RN, BSN**

Neighborhood Manager

*"When is the right time to move to Harbor's Edge Memory Support? It's not when your loved one no longer recognizes you—it's when they still can."*

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### **Ryan Twomey**

Life Enrichment Coordinator

*"By tailoring activities to resident's interests, we build wonderful relationships as we discover who they are and what brings them joy."*

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### **Natalie Daugherty**

Assistant Health Services  
Administrator

*"Our goal is to enrich each resident's life with meaning, while always honoring them with dignity, respect, and purpose."*

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### **Laurie Gris**

Director of Health & Wellness

*"We employ Montessori-style programming which offers residents opportunities for freedom of movement and freedom of choice. They are empowered to make decisions for themselves."*

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### **April Hicks**

Director of Sales

*"My life's mission is to bring purpose and meaning to others while making a positive difference. At Harbor's Edge, compassion, empathy, and genuine connection are always at the heart of what I do."*

*An Extended Community of Care:*

## Closer to Doctors and Care Than Any Other Community In the Norfolk Region

Not only are residents provided the highest quality care at The Center for Memory Support, they also have the assurance of easy access to a variety of doctors and care services:

- **Sentara Norfolk General Hospital** and **Eastern Virginia Medical Center** are less than 1/2 mile away
- The Harbor's Edge **Wellness Clinic** is led by a Medical Director and specialists associated with **Mid-Atlantic Long-Term Care** and offers primary, urgent and other specialty services
- **Innovation Cardiology** provides on-campus personalized cardiovascular care
- We have access to a full-service **pharmacy**



“My husband has had a significant reduction of fear and anxiety, and my own worry and caregiver strain are markedly lessened. The Center for Memory Support at Harbor’s Edge has made a huge difference in our lives.”

**Pricing Starts at \$9,700/month**

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**Direct Admissions Accepted**

Personal consultations and tours are always available. Arrangements can be made by calling **757-695-3713**, **scanning the code**, or visiting **HarborsEdgeNorfolk.com/TheCenter**



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MEMORY SUPPORT**  
**HARBOR'S  
EDGE**

One Colley Avenue | Norfolk, VA 23510

# Care. Elevated.

**For more information about  
The Center for Memory Support  
at Harbor's Edge:  
Call 757-695-3713,  
scan the QR code, or visit  
[HarborsEdgeNorfolk.com/TheCenter](https://HarborsEdgeNorfolk.com/TheCenter)**



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*Harbor's Edge is a Not-for-Profit Community*