

# What is assisted living?

*“Assisted living” describes a variety of living arrangements in which individuals receive some help with the activities of daily living, but less help than they would receive in a nursing home.*

Assisted living is not an alternative to a nursing home, but may serve as an intermediate level of long-term care appropriate for many older adults.

Assisted living may be helpful when, at an older age, you can no longer safely drive a car, need some help preparing meals, performing household chores, are sometimes confused, or are experiencing memory problems.

In our comfortable environment, The Massry Residence strives to help you find a renewed sense of safety and companionship through programs and services designed to maximize your continuing independence and enrich your quality of life.

If you were to decide to live here, upon your admission, our Residential Care Coordinator, a Registered Nurse, would create a plan detailing the personalized services you would receive. We would update your plan regularly to assure that you receive the appropriate care as your condition may require.

To speak with us about exploring the possibility that The Massry Residence may be the right place for you or someone you know, please give us a call at (518) 689-0453. We look forward to helping you in whatever way we can.

Thanks to the Harry & Jeannette Weinberg Foundation (of Baltimore, MD), our Financial Assistance Fund may be available to individuals who meet Fund guidelines.

The Massry  
Residence<sup>sm</sup>

at

Daughters of  
**SARAH**  
SENIOR COMMUNITY

182 Washington Avenue Extension  
Albany, NY 12203



Make  
yourself  
at home.

The Massry<sup>sm</sup>  
Residence

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**SARAH**  
SENIOR COMMUNITY

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Albany, NY 12203  
(518) 724-3400  
[www.massryresidence.org](http://www.massryresidence.org)

a beneficiary agency of The Jewish Federation  
of Northeastern New York



## The Massry Residence is part of Daughters of Sarah Senior Community's non-profit continuum of elder care, all on one campus.

*Our local, community-based Board is committed to continuing the more than 60 year-old tradition at Daughters of Sarah of enhancing the quality of life of our residents and serving them according to our Jewish tradition.*

*The comfortable feeling of the old neighborhood, the stimulation of new friendships, and three gourmet kosher meals a day.*

- ✦ In the region's most spacious one and two- bedroom assisted living apartments, you'll have nine foot ceilings, large windows, walk-in closets and large bathrooms.
- ✦ Three nourishing, quality kosher meals daily feature a varied menu; a private dining area is available for small functions.
- ✦ Personal care services and medication assistance
- ✦ Resident care staff on-site around the clock
- ✦ Housekeeping services
- ✦ Indoor access to Physical Therapy

- ✦ Patios, outdoor protected seating areas and gardens
- ✦ Central location, easy access to highways, shopping and entertainment
- ✦ Large, versatile activity areas with natural lighting, including:
  - country store and cafe
  - meeting and media room
  - spa and exercise facilities
  - office with computer and Internet access
  - music alcove, library, game rooms

"If we can't be in our own homes, this is a wonderful place to be. And there are some wonderful people here."

*Diane Koenig*



"I have all the comforts of my apartment with the amenities of my own home. And the staff is beyond compare. Everyone always has a smile and a cheery greeting. It's like one big family."

*Sol Koven*

