Celebrate Aging with Dignity and Compassion

Mary Immaculate Health/Care Services
Welcome

Mary Immaculate Health/Care Services has long enjoyed a reputation in the Merrimack Valley as a quality provider of healthcare and housing services to well and sick older adults. Located in Lawrence, Massachusetts, Mary Immaculate is a faith-based non-profit organization with roots firmly planted in the communities which comprise the Greater Lawrence area.

Our full continuum of affordable options is designed to meet the broad social and healthcare needs of older adults. Our community campus includes independent apartment living, three adult day health centers, a certified assisted living facility, chair car transportation services, and a skilled nursing and rehabilitative center.
Our Rich Tradition

Mary Immaculate Health/Care Services was established in 1868 by the Sisters of Charity of Montreal, also known as the Grey Nuns. Originally established to care for the orphans of the Civil War and mills of Greater Lawrence, over the years MI came to serve an increasing number of elders who needed medical care and support. This began a new focus that would lead to the development of one of New England’s largest and most advanced healthcare campuses for the care of older adults.

The spirit of the Grey Nuns continues to live on our campus. Our roots are honored and our Catholic tradition continued through our membership in and sponsorship by Covenant Health, a Catholic multi-institutional healthcare and eldercare organization serving families from Maine to Pennsylvania.

We are committed to enriching the lives of our residents and participants, and to supporting family members in the care of their loved ones. We welcome families of all faiths and ethnic backgrounds.

We are a Catholic health ministry, providing healing and care for the whole person, in service to all in our communities.

- Compassion
- Integrity
- Collaboration
- Excellence
Our short-term rehabilitation unit is devoted to the needs of patients requiring short-term therapies and care as they recover from illness, accident, or surgery.

We specialize in treating the unique needs of people who are in transition between the hospital and home. Our interdisciplinary approach combines short-term, aggressive rehabilitation and nursing care designed to return patients home.

Amenities

- Private rooms
- Private bathrooms
- Flat-screen TVs
- WiFi access
- Restaurant-style dining

Core therapeutic services are offered up to seven days a week and can include:

**Physical Therapy**
- Exercise and soft tissue mobilization in a fully equipped rehabilitation gym to restore muscle tone and strength, improve safety, and increase mobility
- Pain Management
- Wound Care
- Falls and Safety Management
- Nu-Step and Omni Cycle Therapy
- Ultrasound, Electrical and Neuromuscular Stimulation, and Short Wave Diathermy for pain control, muscle stimulation and strengthening
- Community Reintegration

**Speech Therapy**
- Speech and Swallowing Evaluation
- Strengthening Swallowing Mechanism, Compensatory Strategies
- Feeding and Oral Motor Skills
- Improving Written and Verbal Communication, Cognitive Abilities, and Executive Function

**Occupational Therapy**
- Improving Safety by Re-learning ADL skills (Activities of Daily Living)
- Modalities for Pain Control and Stroke Recovery
- Community Reintegration
- Incontinence Management
- Cognitive Screening for Safety

**Additional Services**
- Nutrition Management: Dietitian/minimize weight loss/skin integrity
- 24-hour Care by Specially Trained Post-Acute Care Staff
- Alternative Therapies
Dementia Care

The MI Nursing/Restorative Center includes a secure nursing unit dedicated to the care of those challenged by Alzheimer’s disease and related dementias. With a smile and compassionate touch, our specially trained staff are skilled at delivering care using innovative techniques designed to respect the dignity of each resident. All staff members receive yearly training to remain current with the best practice techniques in dementia care.

Residents engage in a wide range of group and individual activities to stimulate their interests and needs. We offer:

- Memory Care program led by an experienced Certified Dementia Practitioner
- Music and memory program with iPods
- Clavinova digital piano music and wellness program
- Aromatherapy
- A state-of-the-art multi-sensory environment called our “spa room” to gently stimulate our residents
- Dining program with contrasting plates to increase food intake during meals
- Daily exercise to help with balance and range of motion
- Secured outdoor Memory Garden
- Montessori-based activities
- Weekly musical entertainment by professional entertainers

You Are Not Alone

- 5.4 million Americans are living with Alzheimer’s disease in 2016.
- 32% of the population over age 85 has Alzheimer’s disease.
- In Massachusetts, it is estimated that 150,000 people will be living with Alzheimer’s by 2025.

Perhaps one of the most devastating consequences of Alzheimer’s disease and related dementias is the impact these diseases have on the family. Our dementia care team is dedicated to providing meaningful support to family members and caregivers. We have quarterly family educational programs to help families learn strategies to cope with emotional issues that arise. We have an extensive lending library of resources offering information and support on a variety of topics. We’re committed to sharing our expertise with family and friends to enable meaningful interactions with their loved ones.
The MI Nursing/Restorative Center (MINRC) is a 231-bed skilled nursing facility devoted to the care of frail older adults. We are licensed by the Commonwealth of Massachusetts and accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF International). Our core services include:

- Skilled Nursing Services
- Dementia Care
- Rehabilitative and Restorative Services
- Therapeutic Nutrition and Dining Services
- A wide range of Therapeutic and Recreational Activities
- Religious/Spiritual Services for those who wish to participate

Our skilled nursing services include four dedicated units comprised of mainly two-bed semi-private rooms. Our experts in geriatric healthcare work closely and collaboratively with each resident and their family members, along with physicians and community providers to design a personal care plan for each individual.
MI Residential Community
Vibrant and Affordable Independent Retirement Living

Our award-winning community is known for its friendliness, comfort, and security. Our spacious one- and two-bedroom apartments offer wall-to-wall carpeting, fully applianced kitchen, private bath, individual climate control, cable television and internet access, emergency medical call system, closed-circuit security monitors, and off-street parking. Available on-site are 24-hour security, laundry, transportation, and exciting organized activities.

“Main Street” features a WiFi atrium café, country store, and beauty/barber salon. Our beautiful gardens and gazebo allow for outside enjoyment.

Marguerite’s House
Truly Affordable Assisted Living

Marguerite’s House is the hidden gem of the Merrimack Valley, offering truly affordable assisted living. Here, residents are able to maintain their independence in spacious 550-square-foot one-bedroom private apartments with the peace of mind that help is available when needed. Services include assistance with personal care and self-administered medication management, three meals a day, light housekeeping, laundry, transportation, and 24-hour on-site emergency response. In addition, our continuum of care links residents to MI Adult Day Health or to the adjacent MI Nursing/Restorative Center if needed.

Residents of Marguerite’s House enjoy a rich array of options, including gracious retirement living with an on-site atrium café, country store, and a beauty/barber salon, as well as a wide range of social and recreational activities.

Monthly expenses are less than half the costs of other facilities in the area, and income limits do apply.
MI Adult Day Health Programs

MI Adult Day Health is our solution for older adults who live at home but need nursing and social supports. Adult Day Health services are available in three locations: two within the Residential Community on Maple Street and one located in downtown Lawrence.

Our Adult Day Health program offers a wide range of activities for the body, mind, and spirit, including fitness programs, guest entertainers, restaurant and other field trips, as well as games and crafts. In addition, religious services are available for those who wish to participate.

A nutritious breakfast, midday meal, and snacks are provided. Medicine management is available for those who require assistance. Door-through-door escorted transportation to and from MI is available.

Our programs also offer services for elders with memory loss or dementia. Our sites are equipped with a wander guard system and an enclosed outdoor space so members can walk around freely but remain safe.
Contact Us

At Mary Immaculate, we celebrate the aging process by nurturing each person to realize his or her fullest potential. We invite you to call and arrange a time to visit our facility. We would be pleased to show you the services we offer and welcome the opportunity to answer any questions you may have.

Visit our website at www.mihcs.com, or call us at the following numbers:

Mary Immaculate Health Care Services Main Number
978-685-6321

MI Residential Community
978-682-7575

Marguerite’s House (Assisted Living Facility)
978-682-7575

Maple Street Adult Day Health Center
978-620-1495

La Casa de Maria Inmaculada
978-685-2727

La Casaita Adult Day Health
978-620-1493

Hearing Impaired, please dial 711

Mary Immaculate Health/Care Services does not discriminate on the basis of disability status in the admission or access to, or treatment or employment in, its federally assisted programs and activities.