

Amenities



Five-star accommodations come standard!

Attention to detail is paramount at The Cottage at Curry Manor, which features the elegance and refinement of a five-star hotel.

Here is a sampling:

- Caring and attentive staff
- Spectacular home on a gated estate
- Private bathroom in each suite
- Large spacious gourmet kitchen overlooking beautiful landscaped gardens
- Security system
- State of the art technology, including computer, e-mail, Skype access and surround sound
- Spa, massage and fitness room
- Private conversation areas
- Delicious home cooked meals and snacks, including afternoon tea
- Calm and serene setting
- Fresh flowers
- Beauty salon
- Sunny common areas
- Social events and activities
- Turndown chocolates

Additionally, each resident has the opportunity to furnish and add personalized touches to his or her own suite should he or she wish to do so.





Individualized Care Plan

At The Cottage at Curry Manor an Individualized Care Plan is developed for each resident.

We begin by performing an initial assessment to determine the appropriate level of care in the following areas:

- ***Personal hygiene and grooming***
- ***Showering or bathing***
- ***Dressing and clothing selection***
- ***Socialization and activities***
- ***Medication management***
- ***Continence needs***
- ***Monitoring and safety***
- ***Nutritional needs and support***
- ***Mobility and ambulation***



This assessment helps the care team create the Individualized Care Plan. A well-tailored Individualized Care Plan preserves the residents' dignity and promotes independence. Our small setting and industry-leading care ratios allow us to focus on the Individualized Care Plan, adapt to changes in condition and ultimately, support our commitment to our residents' well-being.

“Small residential assisted living residences such as The Cottage at Curry Manor are a wonderful option for older adults. The environment and staffing model encourages meaningful engagement and connection among residents, as well as providing assistance in a caring manner.” –Carol K. (Geriatric Care Manager)



Fresh Cuisine

Residents enjoy delicious and nutritious meals every day. Our staff has years of experience preparing the highest quality cuisine and specializes in adjusting food to taste or dietary requirements. Residents are encouraged to share their preferences as well as their favorite recipes.

-*"Bon Appétit!"*



Jim Rowe, RN, CM/DN
Culinary Consultant and
Assistant Delegating Nurse



"Chef Jim's home cooked meal was fabulous. My grandmother can be a picky eater so it was comforting to see her eating so well and chatting with new friends at lunch. In fact, she even cleaned her plate!" -Chris O. (Bethesda)



Dinner Menu

Gourmet Vegetarian Salad

featuring apple, pear, and cucumber marinated in fruit juices, with dried cherries and blue cheese croutons.

Filet of Beef Wellington

Mouthwatering tenderloin of beef, served on a mirror of Madeira sauce with duchess potatoes and a medley of green asparagus and Chinese pea pods.

Dessert includes classic creole bread pudding served warm with toasted pecans and seasonal berries.

Available Daily...

Classic Caesar Salad

Crisp romaine tossed with our very own Caesar dressing, grated parmesan cheese, garlic croutons, and anchovies.

Grilled Chicken with Ginger

Poached Salmon à la Julia Child

Sides

- Idaho Baked Potato • White Rice
- Sautéed Fresh Vegetables

*Individual requests for alternative meals will be cheerfully accommodated.





Activities & Excursions

We seek to inspire our residents to live life to the fullest. Our activities staff designs programs, outings, and events to engage each resident, every day. With a wide variety of stimulating social activities and programs, The Cottage at Curry Manor creates a true sense of community.

A resident's typical day could include...

Gardening

- Hands-on gardening: floral, herb and vegetable gardens

Arts and Theater Appreciation

- Gallery visits and presentations by local artists
- Visits by music and dance troupes
- Visits to The Kennedy Center, Strathmore, and other local productions and venues
- Painting, arts and crafts

Social Events and Outings

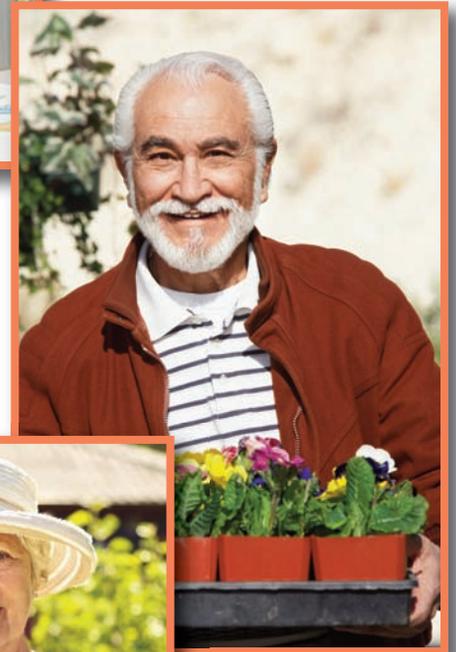
- Intergenerational social events
- Sunday family brunch
- Worship services
- Community socials

Lifelong Learning

- Continuing educational opportunities
- Memoir writing
- Book club
- Fireside chats

Wellness

- Yoga
- Stretching
- Dance
- Walking





Caring Management

The Cottage at Curry Manor is a one of a kind Refined Residential Living residence located in the heart of Bethesda. Conceived and developed by Susan Rodgers, RN, founder of Capital City Nurses, The Cottage at Curry Manor is a natural extension of the Capital City Nurses family of companies.

For almost 40 years, Capital City Nurses has been dedicated to providing exceptional care to seniors in their homes. It is recognized in the community for its integrity, credibility and performance. Today, that same exceptional care is found at The Cottage at Curry Manor.

At The Cottage at Curry Manor, in a caring and safe environment, Susan and her experienced team of managers and nursing personnel concentrate on allowing residents to live life to the fullest while maintaining their dignity and independence. This focused effort provides their families with a deserved peace of mind. Experienced management, exceptional care and attractive amenities are hallmarks of The Cottage at Curry Manor.

Refined Residential Living at The Cottage at Curry Manor continues a tradition of innovation and demonstrates our commitment to providing exceptional personal care and assistance to our residents.

We welcome you to Refined Residential Living.



Susan Rodgers, RN
President

