

Welcome to

Traditions of Wayland

Share in the laughter of friends and family. Discover a renewed sense of spirit. Create memories and learn from new experiences. This is what it means to live at Traditions of Wayland, the Metro West's premier Independent Living, Assisted Living and Memory Care community. When you join our family in this lovely restored mansion, you'll thrive in a vibrant community setting, and as importantly, your family and friends will have the comfort of knowing you are fulfilled in your new home.

"Traditions of Wayland is no cookie-cutter community. A bucolic place to call home since Colonial times, the magnificent grounds of the Paine Estate have been home to generations of families who have delighted in the peaceful woods and exquisite views of the Sudbury River. Traditions of Wayland continues that heritage, offering the finest in gracious independent, assisted and memory care living."

Traditions of Wayland Staff

Our friendly, experienced staff provides individualized service in a charming community environment. We are proud of our associates, who invest their love and energy in each resident's health, safety and enjoyment. They are led by a dedicated management team focused on creating a positive experience. For independent residents, it's a life of comfort and peace; for those seeking additional services, it is a community that is clinically-sophisticated, yet feels far from "clinical."

Our philosophy is life-affirming and rooted in continuous personal growth—where each resident leads a life of dignity, purpose and well-being.

Good Times. Good Friends. *Great Care!*





Our full range of activities is geared towards helping residents stay active and healthy.

Active Senior

Our goal is to facilitate the life you want to live, regardless of age or physical limitations. We are committed to helping our residents live the fullest life possible, with daily opportunities for recreation, learning, culture and fun. At Traditions of Wayland, the choice is yours to stay as active and engaged as you desire!

“People that live and work here are so friendly and helpful. I enjoy the entertainment and exercise class every morning. I am very happy that I decided to live at Traditions.”

— Tess, Traditions resident

When you move to Traditions of Wayland, you will join a dynamic community filled with individuals who are eager to share their life's interests and experiences. Our activities program is focused on supporting the interests of our residents, while inspiring them to develop new ones. Every activity is designed to keep the mind, body and spirit thriving!

Our Activities Director will spend time getting to know you, and assisting you in choosing activities that are suited to your interests and needs. With programs ranging from concerts, lectures, book discussions and gardening, to exercise, crafts, intergenerational opportunities and more, your days will be full of new and familiar experiences both at Traditions, and in the greater community. And because you'll have more quality time, you'll be able to pursue the things you've always wanted to do!

Dining

Whether its breakfast, lunch or dinner, there's always something good to eat at Traditions of Wayland. And with our restaurant-style dining, there's the daily opportunity for sharing meals with good friends.

Just imagine the pleasure of sitting down each day in a beautiful dining room, treated to delicious farm-to-table meals prepared with fresh local and seasonal ingredients. Our professional chefs create menus to reflect the individual tastes of our residents, and they update them seasonally to take advantage of local favorites. We are happy to accommodate residents who have particular dietary needs, such as low-sodium or sugar-free. In addition to friendly table service, our staff shows off its talents with elegant buffets, outdoor barbecues, themed meals, chef's tables and other special presentations. In addition, our neighborhoods feature small kitchens and common space for afternoon tea, a light breakfast or a casual snack with friends.

Traditions of Wayland's culinary staff is focused on keeping residents' tastes in mind. Your input is important, and you are encouraged to attend our regular meetings to give recommendations on meal planning. Have a favorite recipe you'd like to share? We feature menu items based on our residents' favorites, right along with the chef's specialties.





Residents love Traditions' supportive atmosphere—including plenty of on-site help to make life more comfortable.

Resident Care

There are many options available to our residents and their families looking for a way to ease the day-to-day stresses of maintaining a home and good health. As you move to Traditions of Wayland, we realize that, while you might need some daily assistance, you want to remain as independent as possible. We match the experience of private, independent living with just the right amount of service required to make life fulfilling and comfortable.

“We all count Traditions of Wayland, its staff and leadership as among our hugest blessings. Mom is happy here, and people are good and kind to her.”

Children of Traditions resident

Independent Living

One of the most-popular aspects of Traditions of Wayland is our Independent Living option. Independent residents enjoy apartment living with their own kitchens and a variety of services to relieve the burdens of daily living. Enjoy the peace-of-mind of 24-hour staff, professionally-prepared meals, and a range of daily living services that you can tap into should a temporary or longer-term health issue arise.

It's the best of all worlds: Comfortable apartment living without the stresses of homeownership, help just steps away in case you need it, in a location that is at the crossroads of culture, shopping, worship and all the richness that the area has to offer.

Assisted Living

For those requiring more help, the Assisted Living Plan includes all of the above, plus assistance on a day-to-day basis. Our goal is to help you remain as independent as possible, while assisting you with tasks like dressing, showering, managing medications or whatever your particular need might be.

Comfort Services

Transportation

We offer complimentary scheduled transportation to all residents for appointments, shopping, worship, recreation and entertainment excursions.

Council on Aging

Residents have direct access to the local Council on Aging, which provides valuable resources, social and recreational opportunities, and other benefits.

On-site Healthcare

Healthcare professionals visit on-site, including a primary care physician, podiatrist, audiologist, dentist, physical/occupational therapist, chiropractor and more.

Laundry Services

Traditions provides free self-service washers and dryers. If desired, laundry service can be provided for a modest additional charge.

Housekeeping Services

Traditions of Wayland's housekeeping staff performs weekly light cleaning, which includes changing and laundering bed linens.

Maintenance

Our maintenance staff is ready to help make your life a lot easier. Whether you need assistance adjusting the shower head, changing a light bulb or hanging pictures, just make a quick call to the front desk and we'll be right there to help!

Business Office

Our Community Business Director is happy to answer any questions about planning your stay at Traditions.

Barber/Beauty Shop

Traditions provides barber and beauty salon services right within the residence. Contact the front desk for further information.





Reflections' home-like setting encourages a sense of comfort and peace-of-mind for residents and their families.

Reflections Memory Care

A Sense of Purpose

Our Reflections Memory Care program strives to engage residents in meaningful, therapeutic activities, focusing on their strengths and capabilities. It is a highly-structured and effective clinical approach that feels anything but “clinical” to the resident. The goal of the Reflections program is for each resident to maintain a positive emotional state by feeling unrestricted by their limitations, and by celebrating their strengths. Featuring the Habilitation model pioneered by the Massachusetts chapter of the Alzheimer’s Association, we create opportunities for residents to experience success throughout the day, and to maintain optimal emotional and cognitive health.

The Reflections Neighborhood

The Reflections neighborhood is purposely designed and sized to create an intimate setting, catering to each resident’s unique needs. Things like color, lighting and layout are carefully planned to suit the needs of memory care residents. Private and semi-private apartments are available, giving residents the option of having the comfort of a companion or the solace of a private space, as their emotional state dictates.

Multiple common areas include a cozy living room, sunny dining room, computer center, media area, life skills station and a secured courtyard for walking and relaxation. Our state-of-the-art security system exceeds all government requirements, and keeps our staff quietly informed about residents’ whereabouts at all times.

Residents of the Reflections neighborhood enjoy participating in art, music, computer-based brain games, pet therapy, cooking, gardening and individual life skills. We also provide regular scheduled off-site outings to museums, movies, nature rides, dining and more.



The professional staff at Traditions of Wayland understands the complex needs of you and your loved one, and provides a range of services in a specialized environment that includes a dining room, outdoor sitting and exercise areas, and other amenities.



Owners & Management

Owner: McNeil Real Estate Group

For more than a quarter of a century, the McNeil name has been synonymous with beautiful, well-maintained housing that is also affordable. Located in Dedham, the company has locally developed more than 2,500 multi-family apartment units, 1 million square feet of commercial space and more than 500 single family homes and condominiums. Among McNeil's elder housing developments of note are Phillips Park in Wellesley and Webster Green in Needham.

Operator: LCB Management, LLC

LCB Senior Living, LLC is a leading assisted living operator and developer with roots that go back to 1994. LCB's founders are the executive team that built the former Newton Senior Living (NSL), one of the first assisted living developers in Massachusetts, and a company that became the 16th-largest assisted living provider in the nation before being sold in 2005. NSL owned and operated dozens of assisted living residences throughout New England and along the east coast. LCB's diverse experience has also included more than 3,500 residential units nationally (affordable and market-rate apartments and condominiums), commercial property, retail, office and industrial space totaling over 1,750,000 square feet.

"It is our goal to create a community that offers the highest level of care in an atmosphere that is truly 'home'—a place where residents feel safe and comfortable."

*Alex McNeil, President & CEO
McNeil Real Estate Group*



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