



Stratford at Countrywood Teams Up with Physicians and Wellness Partners to Make Health Care Services Easily Accessible for Residents

LAFAYETTE, CA, (January 6, 2011) The Stratford at Countrywood, the East Bay's Premier Senior Community, announces wellness partners providing residents with onsite services. Stratford's partners now provide residents with easy access to quality health and wellness care within their own community.

"Our wellness partners offer residents the opportunity to receive quality health care without having to leave their home, with access to physicians, nurses and wellness services that bring so much to our residents' lives," said Tricia Palermo, executive director of Countrywood. "The many disciplines of professional providers represent a well-rounded array of services that will most certainly make health care more convenient for our senior residents. But it's the team approach we take with our partners that gives us greater coordination and communication regarding our residents' care and wellness. This is approach helps assure the best care possible for our residents".

Physician services are available at the community's Resident Care Office, making health and wellness priorities easier to manage. Residents now have easy access to on-site appointments with the Stratford's Wellness Partners and are seen in their own apartment or in the Stratford's on-site Resident Wellness Office and Exam Room.

The benefits from the convenience of on-site health and wellness providers can be immense, including greater communication and oversight of health matters between Stratford's staff and its partners.

The Stratford's team of care providers* include:

Geriatric/Internal Medicine:

Dr. Theresa Kemnitz, Hampton Health, Ltd.

Nursing, Physical/Occupational/Speech Therapy:
Professional Healthcare at Home

Skilled Nursing Care:
BrightStar

Memory Care/Neuropsychologist:
Dr. Eric Freitag, Mt. Diablo Memory Center

Geriatric Psychiatrist/Psychopharmacologist:
Dr. Karen Holden, MD

Podiatrist
Dr. Beverly Spurs, DMP

Audiologist
Dr. Mimi Salamat, Ph.D., CCC-A, FAAA

Dentist
Blende Dental Group

Registered Dietician/Nutritionist
Linda Michaelis, RD, MS

Massage Therapy
Yuki Takaishi

About Stratford at Countrywood.

The Stratford at Countrywood, located at 1545 Pleasant Hill Road, Lafayette, CA is one of the East Bay's most prestigious Senior Living Communities offering Independent Living, Assisted Living, and Memory Care to seniors. The expert trained staff provides residents with the highest standards of senior care services. It's operated by Integral Senior Living, which manages independent, assisted living and memory care properties. ISL is founded on a care philosophy that fosters dignity and respect for residents and promotes their independence and individuality. For more information on Stratford at Countrywood call (925) 932-9910 or visit www.stratfordseniorliving.com.

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**Services provided by the partners are supplemental to Stratford's care services. The partners are independent providers and their services are optional.*