

What are Current Home Owners and Residents Saying about us?



Welcome to the Neighborhood

Why Did We Move to Atlantic Heights?

Good value, Quality, Attractiveness of the facilities, Convenient location for our interests and needs, Friendliness of everyone; residents and staff, To be closer to family, Time to downsize; sooner rather than later when we were physically able and intellectually capable, Cottages met our needs for location, size, attractiveness and quality, Family; including grandchildren absolutely love visiting, enjoying the cottage, neighbors and grounds.

How Do We Describe Our Community to Our Friends and Family?

Safe, Cozy, Casual, Neighborly, Beautiful, Pet friendly, with enclosed Dog Park, Open space between cottages, Sidewalks.

How Do We Describe Our Atlantic Heights Neighbors?

Friendly, Respectful, Engaged, Caring, Active lifestyle, Helpful, Supportive, Wide variety of professional backgrounds and life experiences, Active volunteer opportunities within our community and locally, Residents have an active role in decision making at board level and monthly town hall meetings.

How Do We Describe the Cottages We Live In?

Good value, 3 models with optional features, Able to custom design the interior as well as grounds (flowers and shrubs), Sized to meet your needs, Quality construction, Comfortable, Attractive well maintained grounds, Year-round maintenance, built on a secluded campus surrounded by woods, Quiet.

What Are the Facilities Like on the Property?

- Continuum of care from independent, assisted living and skilled care
- Skilled care facility includes long- term care (physical, occupational and speech therapy; wound care, post-surgical recovery; memory support services and more, secured unit and hospice care)
- Many cottage residents have used the rehab services post-surgery
- Family members have moved to Atlantic Heights, skilled care and assisted living, to be closer to loved ones
- 24/7 nurse access
- Heated indoor pool with aerobic classes
- Fitness room and exercise classes
- Library
- Craft room
- Dining room available at The Inn
- Pet friendly with enclosed dog park
- Meeting room for cottage residents to use for functions.

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What Are the Opportunities at Atlantic Heights?

- Transportation for events: cultural and recreational
- Transportation services for appointments
- Socialization; sharing time together
- Weekly Men's coffee and conversation and lunch outings
- Ladies lunch outings and Prayer Shawl
- Co-ed special functions around holidays, lunch n' learn with speakers
- Our own 4-season WoodsWalk developed and maintained by our residents, leads to Saco Biddeford Country Club and Rachael Carson Nature preserve.
- Volunteerism on our campus at Seal Rock and The Inn; as well as local food pantry, hospital and more.
- Convenient location
 - ✓ Close to cities of Saco/Biddeford downtowns; banking, groceries, pharmacies, library, Saco Museum, and restaurants
 - ✓ Near excellent hospitals in Portland and Biddeford
 - ✓ 2 miles from Downeast Train station connecting south to Boston and north to Brunswick
 - ✓ 10 minutes from the ocean and Saco River
 - ✓ 2 miles from entrance to Me Turnpike
 - ✓ 1/2 mile walking distance to Nationally Registered Laurel Hill Cemetery known for its beautiful grounds and spring flower displays
 - ✓ Just south of Portland and cultural opportunities
 - ✓ Camp Ellis for water sports and fishing
 - ✓ Beautiful 7 mile sandy beach with view of Wood Island lighthouse in the distance.
 - ✓ 20 minutes from Scarborough Marsh for kayaking, canoeing and Audubon Society
 - ✓ 30 minutes from Biddeford Pool and the Audubon Sanctuary with short trail and view of Wood Island Light
 - ✓ Ferry Beach State Park 10 minutes away with trails, access to ocean, picnic area
 - ✓ Eastern Trail entrance, behind Thornton Academy in Saco and at SMMC in Biddeford for walking, running, and biking
 - ✓ Saco Bay Trails with many opportunities for outdoor exploring year-round.
 - ✓ Cross country ski trails near-by Saco
 - ✓ Minutes from Saco & Old Orchard Country club for suburb golfing
 - ✓ Many opportunities for casual and fine dining.
 - ✓ Fresh seafood and lots of choices nearby for ice cream
 - ✓ Activities for family members, including grandchildren: Splash Town USA, Fun Town USA, beaches, Saco Cinemagic (HD Opera)

What Are the Staff like at Atlantic Heights?

Professional, High quality, Skilled, Respectful, Congenial, Helpful, Friendly, Kind

Home Sweet Home – From One Owner to Another



Current Cottage Owner Statement

“Casual, caring community where residents enjoy each other's company, conversation, sharing events, volunteering together, reaching out when there is need. The quality staff are very helpful, doing an excellent job keeping our grounds safe, and beautiful all year round.

Moved here from rural western Maine to our roots in southern coastal Maine to be nearer family. We looked at other facilities but found Atlantic Heights to meet our needs. Location near the ocean and the Saco River, Eastern Trail for biking & walking, Down-easter train station & Portland Jetport, close to Portland with multiple cultural opportunities and excellent hospitals nearby.

Our family; including grandchildren, love the opportunity to be with us here. Enjoying the green space for family Frisbee, soccer and touch football games, the pool, learning how to swim in the indoor heated pool, and using the newly developed four season Woods Walk created by the residents; great for snowshoeing.

It is the only facility with continuum of care south of Portland. As health professionals, we were impressed with the Skilled Nursing facility, memory care unit and The Inn (assisted living). We have seen it in action since we have lived here with cottage residents using the rehabilitation services following surgery and use of the memory care unit. It is great to have services right here at "Home".

We love our independent living in a cottage on the beautiful grounds at Atlantic Heights. We were able to custom design the interior; as well as the outside grounds. Working outside in the flower gardens is a perfect way to greet neighbors as they go for a walk around the community. Seeing families pushing loved ones around on the sidewalk in wheelchairs is a highlight. We are pet friendly so a destination is often the dog park to see the dogs have a great run. Not to say how many of us have indoor cats to love.”

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