



# American Senior Communities

*Where caring people make the difference.*



## American Senior Communities

Caring people make the difference at American Senior Communities (ASC). You can feel it the minute you walk into our communities and meet our team members. As experts in senior care, we are not just doing a job, but following a calling. We are here to help you and your family find answers, solutions and peace of mind. In fact, we strive to become an extension of your family.

American Senior Communities has proudly served customers since the year 2000 with a long history of excellent outcomes. We are Indiana-owned and operated, and we aren't ever going to forget our roots. We take great pride in our Hoosier heritage with Hoosier hospitality ingrained in everything we do. We value our customers because they are our teachers, coaches, neighbors and family.

The foundation of our senior living communities is based on the knowledge that we'll be part of your local community for many, many years. Our leaders know the community well and foster positive community relations. And like a good neighbor, we care about the same things you care about and are here for you when you need us.

ASC has created an integrated network with a full range of lifestyle and care options but we are always looking to the future, seeking new innovative ways to serve our customers. We do not operate in the rigid pursuit of how it's always been done. We evolve our service offerings to best suit our residents, their loved ones and our healthcare partners. When we discover a need that isn't being met, we take charge and get to work.

We consider each individual, encompassing all of their health needs both physical and emotional, and we tailor our care to suit their unique circumstance. We don't believe in one-size-fits-all solutions. Reflective of the residents we serve and the team members who serves them, our programs offer a unique path to the same destination: peace of mind.

## New Energy Wellness

New Energy Wellness offers a unique program designed to improve your current fitness level and give you more energy than you've felt in years. Our Health Promotion Coordinator will work with you and your physician to design a low-impact, customized exercise regimen. Offered to our residents and the community, New Energy Wellness has month-to-month membership with no long-term contracts and convenient hours, all for a small monthly fee. Blood pressure, heart rate, and oxygen saturation levels are monitored before and after each session.

Our program is designed to:

- Improve posture, balance, walking speed and the ability to lift objects
- Reduce the risk of falls, edema and fatigue
- Increase stair-climbing power, circulation, coordination, muscle mass and bone density

It's never too late to start exercising and achieve a healthier lifestyle.



## Garden Homes

Garden Home living is a perfect option for seniors who want the freedom to come and go, but desire a variety of amenities. In our Garden Homes, you'll find maintenance-free living in a variety of floor plan options that may include a variety of floor plans. Our Garden Homes also feature sunrooms, dens, laundry rooms and full kitchens as well as other amenities such as attached garages.

Residents enjoy the company of their neighbors and opportunities to participate in a wide range of planned social activities, scheduled transportation to shopping, restaurants and appointments. Other conveniences that are often available are restaurant-style dining, salon, wellness programs and housekeeping services. Take comfort in knowing that personalized home care services can be arranged as needs may arise. All of these choices, combined with our state-of-the-art, 24-hour on-site response system, create all the pleasures of independent living with the freedom, comfort and security of living in a senior community.

## Independent Living Apartments

American Senior Communities is committed to providing you the most comfortable, friendly and safe environment possible with our Independent Living Apartments. These affordable apartments offer you a carefree choice that fits your lifestyle, interests and needs.

Each Independent Living Apartment has a kitchenette or full kitchen so you can enjoy the freedom to create your own fare to complement the three delicious meals a day served in our sit-down restaurants. Our professional chefs focus on creating tasty, wholesome and healthy meals featuring freshly sourced foods from local farms.

Our staff will help you make the most of your retirement years with convenient services and amenities, including beauty/barber shop, weekly wellness and fitness programs, pet-friendly surroundings, transportation to and from events or appointments and more.



## Assisted Living Apartments

Everyone loves choices, and we kept that in mind while designing our assisted living apartments for seniors. Our Assisted Living communities offer services that are tailored to meet the needs of each individual, allowing them to live life to the fullest.

Our Assisted Living apartments for seniors are available in a variety of floor plans and can be furnished and decorated as you desire, making a familiar and comfortable atmosphere where family members and friends can visit. Our residents enjoy the company of their neighbors while enjoying three meals a day offered in our unique, restaurant-style dining rooms. There are many opportunities to participate in a wide range of planned social activities, as well as scheduled transportation to shopping, restaurants and appointments.



## Respite Care

There are an estimated 50 million caregivers in the country today, and that number is only expected to increase. As the number of caregivers is on the rise, so is the number of people suffering from conditions like exhaustion, depression and high stress levels. While it's natural for caregivers to allow their own needs to get pushed aside, it's important for them to realize that they deserve a break from their responsibilities in order to properly care for themselves and their loved ones.

This is where senior respite care can make a difference in a caregiver's life. Respite stays are an option for those who need respite care services for elderly friends or family on a short term basis. This allows home caregivers the ability to travel, start a new job, recuperate from an illness or pursue other interests. Many find respite stays are the perfect option for recovery from surgery or hospitalization. Should a short stay require extended care, we can accommodate that too. We carefully examine the needs of our respite guests and provide the level of care required to make their stay comfortable and enjoyable. Family members leave with the confidence that their loved one is safe and in good hands.





## Memory Care Assisted Living

At American Senior Communities, we have the utmost respect for those with dementia and we understand its impact on those who live with it. We provide person-centered, wellness-based care in our Memory Care neighborhood designed for those in the earlier stages of memory loss.

Memory Care neighborhoods are “communities within communities.” The Memory Care neighborhood provides enhanced safety, specially trained staff, support programs and activities of special benefit to those with cognitive challenges. The neighborhood uses thoughtful designs and environmental cues to increase autonomy as residents navigate through their day.

Everything we do to enrich living is founded on scientific wisdom. We continually stay informed of the latest dementia research and interventions put forth by the most credible and respected researchers, organizations and scientific journals.

Each resident receives the attention and assistance he or she needs with activities of daily living, such as grooming or bathing, and we provide meals, transportation, housekeeping and maintenance.

Poor nutrition often accompanies dementia for a variety of physical or emotional reasons. We often see improvements in a resident’s health and happiness simply because our nutritionists provide consistent, wholesome and good-tasting meals. Yet, we believe dining should be more than an “eat to live” function. It can be an opportunity to really live. “Our Splendid Table” is a rich and social culinary experience that appeals to all senses, not just taste. Served in our dining room exclusively for Memory Care residents, the setting minimizes any self-consciousness due to dexterity or swallowing difficulties.

Family engagement and support is a vital connection for a person with dementia to hold onto. Dementia deeply affects the family, whether it’s stress from serving as caregiver, or the emotional impact of experiencing changes in a relationship with a parent because he or she isn’t the same person today as yesterday. Our support is purposefully designed to embrace the resident’s family and loved ones as well.

## Auguste's Cottage Memory Care

While a cure for Alzheimer's disease does not yet exist, many options are available that enable those with the disease or other forms of memory loss to enjoy a higher quality of life. We understand that the progression of Alzheimer's and the symptoms that accompany it often make it difficult for family members to continue care at home. In response, we've created Auguste's Cottage, a program specializing in the unique needs of residents experiencing memory loss.

Auguste's Cottage is a structured, research-based program. We utilize a person-centered, wellness-based model of care that incorporates stimulating daily activities to sustain independence and promote a healthy spirit. Auguste's Cottage is a self-contained center within our care community. The concept is to focus on maintaining a secure, home environment where residents have a sense of belonging and meaning each and every day.

While we respect each person's privacy, we believe in the power of connectedness. Social and enrichment programs can counteract feelings of isolation, provide multi-level and multi-sensory therapeutic benefits and help residents experience greater fulfillment. We individually invite and encourage—but never force—residents to join in.

Each Memory Care Support Specialist considers the whole person to offer options that address all eight wellness domains (creative, emotional, environmental, intellectual, occupational, physical, social and spiritual). Personal relationships allow us to tailor offerings to residents' specific interests. Positive, proactive engagement creates a sense of wholeness and dignity, which allows each resident to be their best selves in the midst of their dementia journey. We develop and continuously adapt a personalized pathway along all eight domains.

Each individual who comes to Auguste's Cottage has a unique journey. In order to supplement and enrich our residents' life experiences, we use a wide range of holistic, innovative and individualized sensory techniques. Music, Deep Pressure Therapy, animatronic pets, light, aroma therapy and Snoezelen are just a few things we use in our innovations.

Nutrition has a huge impact on health, mood and happiness. While poor nutrition frequently accompanies dementia, we often see improvements because our nutritionists provide consistent, wholesome and tasty meals. Brightly colored tableware creates a festive environment, stimulates appetite, while also providing cognitive and sensory stimulation. Portable foods are also offered to those who may find it difficult to sit through an entire meal.

Family engagement and support is a vital connection for a person with dementia to hold onto. We understand how Alzheimer's and like forms of dementia deeply affect the family as well. Whether it's stress from serving as a caregiver or the emotional impact of experiencing changes in a relationship with a parent because he or she doesn't appear to be the same person today as yesterday, it is difficult for all involved. For these reasons, our support is purposefully designed to embrace the resident's family and loved ones as well.



## Moving Forward Rehabilitation

Whether you're recovering from surgery, injury or some other medical situation, you need sufficient time to rest, recuperate and rehabilitate. Moving Forward Rehabilitation is here to provide the expert person-centered care you need.

From therapy and medically integrated programs to our holistic wellness services, we tailor a care plan to improve the strength, independence and quality of life for each person we serve. Based on proven methodologies, you can count on our clinical team to provide the latest treatments, with respect and compassion.

We incorporate best practices in ways that are innovative, proactive, inclusive and individualized.



Even though we rely on consistent protocols, our care is highly personalized-founded on what is widely referred to as “person-centered care.” Through an initial discovery process, we learn the unique and specific details of your goals, interests, hobbies, values, expectations and what motivates you. This intimate knowledge helps us adapt our plan of care to ensure a successful experience.

We believe the team approach is the best approach. Your interdisciplinary recovery team will include a diverse group of skilled professionals who work in a coordinated fashion to ensure a comprehensive treatment plan. The expertise of every team member is critical in the collaboration process to achieve the best possible outcome for you. The team may include physicians, nurse practitioners, nurses, aides, therapists, nutritionists, social workers and life enrichment activity professionals.

Our interdisciplinary team will complete an initial evaluation and develop an individualized rehabilitation plan that will guide you through your recovery process. This goal-setting meeting is important because it allows you and your loved ones to ensure that goals and expectations are aligned. We also carefully monitor and document all outcomes to continually improve and enhance our services and results.

You may experience pain during your recovery. During this time, the physician and nursing team work closely to manage pain with medication given prior to therapy sessions to enable you to participate to the fullest extent. We use a wide variety of techniques and innovative treatments in addition to medications.

Our medical staff, nurses and therapists will educate you about your specific condition, enabling you to take control and get back to your life.

Discharge planning begins on day one. If needed, in-home assessments are performed by the therapy team prior to discharge to ensure a safe, confident transition back to home.

Returning home as soon as possible may be your goal. However, you may learn about other lifestyle and care options that you may decide better support your continued recovery to help you live life on your own terms.

## Outpatient Therapy

Outpatient Therapy at American Senior Communities is a personalized approach to clinically-proven strategies that promote overall better health. By combining highly-trained and compassionate therapists with the latest technologies, our programs are structured to fit your needs. Goals are set and guided by therapists who are committed to excellence, integrity, quality and customer service. Our treatments are designed to increase mobility by reducing inflammation and pain. In coordination with your physician, the best, most personalized care for you is always our highest priority.

- Effective, scientifically proven pain management interventions
- The utilization of new technologies that are effective and make therapy fun
- Physician-approved interventions for post-operative orthopedic and other procedures
- We encourage family and caregiver participation

## Advanced Pulmonary Care

Our comprehensive pulmonary program is designed to improve the quality of life for those with special lung care needs. Our specially trained medical staff is led by a pulmonologist, and each unit is staffed 24 hours a day by respiratory therapists as well as nursing staff.

We understand the road to recovery does not end once you go home. That is why we make sure you have access to everything you need to enjoy life comfortably. Before leaving, our therapists check your home to ensure you can move around safely and easily. Our Social Services team offers continued support, coordinating home health care and home health equipment needs based on therapy recommendations. We are committed to your success. This program is designed to:

- Teach self management of disease
- Increase physical endurance and activity level
- Promote independence

## Long Term Care

Long Term Care for seniors is a great option for those who can no longer be cared for at home due to illness, injury, frailty or other limitations. Whether a senior needs long term care is determined by a healthcare professional by assessing an individual's ability to perform routine tasks of life. Under the guidance of an attending physician, long term acute care is provided at our long term care facilities by licensed nurses, specially trained health care aides and a full interdisciplinary care team.

Long term healthcare includes a variety of services for people who cannot care for themselves for extended lengths of time. When you or your aging loved one can no longer be cared for in the home, long term care offers around-the-clock care by a specially-trained team of healthcare professionals. Physical, occupational and speech therapies are also available to ensure our long term health care residents function at the highest level of independence as possible. The setting is home-like, cheerful, soothing and secure to ensure the highest quality of life is maintained for you or your loved ones.

## Hospice Care

Hospice and palliative care for seniors is designed to provide comfort and pain relief for those facing terminal illness. Hospice care involves a team approach to supporting patients and their families with expert medical care and pain management, along with meeting the spiritual and emotional needs of both the patient and the family. Hospice and palliative care represent a compassionate approach to end-of-life care, assuring the best quality of life and allowing seniors to live as comfortably as possible.

We partner with hospice companies to offer comprehensive hospice services including Skilled Nursing care, Respite Care, spiritual and bereavement counseling, medical equipment and supplies, social services and pharmacy services. By putting together an interdisciplinary team of physicians, nurses, aides, volunteers, social workers and clergy, we can serve the needs of our hospice patients and their families.

# Our Promise To You

Service is our number one priority. Our aim is always to improve the quality of life, not only for our residents, but their loved ones. We know open communication is the key in any successful relationship. We regularly solicit feedback. And if ever something is amiss, we believe in making things right and we work to correct it immediately.

## American Senior Communities offers a full range of lifestyle & care options:

- New Energy Wellness
- Garden Homes
- Independent Living Apartments
- Assisted Living Apartments
- Memory Care Assisted Living Apartments
- Respite
- Moving Forward Rehabilitation
- Outpatient Therapy
- Advanced Pulmonary Care
- Skilled Nursing Care
- Auguste's Cottage Memory Care
- Long Term Care
- Homecare & Hospice

*Services vary by location. Please visit [ASCCare.com](http://ASCCare.com) to learn more.*



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