

Wholehearted Living



**American Senior
Communities**SM

thrive 
Nurturing the Mind, Body & Spirit



Healthier Outlooks

At American Senior Communities, we focus on providing opportunities that enable residents to do more than simply count the years, but instead to make their years count - through purposeful living and continued personal growth.

Thrive is this principle wholeheartedly put into action. More than just a list of services and amenities, Thrive is a directed program. We incorporate policies, best practices and community resources to continually and systematically promote wholeness and wellness in every dimension of living. Yet, because we respect each person's independence and lifestyle preferences, what it means to any one resident is wholly individualized. Our Thrive team discusses your goals, needs and interests to help you build a personalized plan. Then they continue to facilitate as needed so that you can more enjoyably and easily engage in your preferred lifestyle enrichment options. Whatever you consider time well spent, the Thrive team stands ready to help you navigate and explore the myriad ways life can be richer.

The Science of Living Well

While there may be an “art” to living well, there is also a science to it. As a leading senior healthcare provider for nearly two decades, preserving and improving resident safety and physical well-being is at the heart of everything we do to enrich living. We continually stay abreast of the latest research put forth by the most credible and respected organizations and scientific journals. By approaching our lifestyle offerings from a health science perspective, we can benefit residents in multiple ways simultaneously. For example, while a trivia challenge may create some goodhearted competition and lively social interaction, it may also help keep cognitive skills sharper longer. Similarly, exercise triggers natural chemical responses that yield a sense of well-being while also improving joint and muscular stability and coordination that can reduce risk of falls or injuries. So, more than just providing a variety of activities and events, the science behind Thrive ensures that each opportunity promotes wellness on multiple levels.



Be Well: Enriching Events and Activities

Physical well-being is just one aspect of living well at American Senior Communities. The Thrive team at each community ensures a balanced mix of options for social, intellectual and sensory stimulation, as well as personal expression and enrichment. Educational programs and assistance can range from activity-based opportunities to keep your memory and cognitive skills sharp to learning new skills that improve your lifestyle, such as teaching and hosting Skype sessions so you can visit with distant family and friends via the Internet. You may find an outlet for your own creativity through art-, hobby- and other talent-based activities and support. Or, you may enrich your life by joining group outings for musical or theatrical performances.

Your community will offer many other options for a well-rounded lifestyle that can include Wii tournaments or Yoga classes, lectures ranging from wellness topics to pet care or home décor, or even brain “aerobics.” You’ll find other options for nurturing your spirit, such as choir groups, Bible studies, wine appreciation classes, creative arts workshops and nature-based activities.

We also recognize the importance of family. Beyond treating each resident just as we would our own family members, we encourage family visits and participation. Family-oriented events and celebrations are consistently hosted, and guests are welcome any time in our dining rooms. Depending on availability, each location may have a guest apartment for family use or be able to negotiate a discount rate at nearby hotels for out-of-town visitors. Of course, your apartment or garden home is your private residence. Your family and friends may stay with you as well.

Although our monthly enrichment opportunities may keep you quite busy, the joys and benefits of helping others cannot be denied. Particularly as retirement removes you from daily work demands, it’s important to maintain a sense of purpose and accomplishment through efforts you consider productive, useful or helpful. Within our community, you can put your time and talents to work by leading a presentation, discussion or group activity or by assisting your neighbors as the “resident expert” on your areas of knowledge, hobbies or skills.

American Senior Communities strives to be a good neighbor in the broader communities we serve through volunteering and charitable support. We firmly believe that “doing good” is as good for the “doer” as it is for the recipient. Because of this, we also actively identify volunteer opportunities and encourage resident participation by coordinating a monthly minimum of two charitable events or volunteer opportunities at each location.



Stay Well: Fitness and Nutrition

All of our communities provide fitness and wellness programming, but many offer New Energy Wellness (NEW). Research-based with proven results, NEW is our flagship series of exercise programs designed to build balance, vigor and ability. Our Health Promotion Coordinator, who is trained in health and fitness, will work with you and your physician to design a low impact, customized exercise regimen. The Health Promotion Coordinator also supervises and assists members at all times while motivating them to achieve their goals. Blood pressure, heart rate and oxygen saturation levels are monitored before and after each exercise session.

The NEW program can improve posture and balance, increase gait and walking speed, and encourage agility that can reduce falls, edema and fatigue. A practical approach to fitness, NEW helps make everyday tasks easier through better stair-climbing power, breathing, circulation, coordination, muscle mass, manual dexterity and bone density.

Community residents, of course, have access to the fitness equipment at any time, not just during the scheduled NEW class times. Qualified therapists also lead specialized wellness programs, such as meditation and boxing-based fitness. Plus, they conduct a variety of regularly scheduled wellness screenings in the fitness center, providing early identification of health issues and assistance with further physician review or therapeutic support.

Your body's nutritional needs and processes also change over the years. With an eye toward our residents' more mature systems, our nutritionists ensure that the meals we offer first address senior needs. Should you personally have special dietary concerns, your Thrive plan will also include review and accommodation by our Registered Dietitian. Dining room menus also assist you in your own nutrition management by clearly identifying options that are low sodium, low cholesterol and gluten free. However, our culinary team does more than provide meals so you can "eat to live." Appealing to the sense of taste is just the beginning, as we serve up varying, appetizing and enjoyable recipes. Our culinary experience is designed to provide social, sensory and lifestyle appeal as well.

Get Well: In-Home Therapy Services

Despite preventative measures, health issues or injuries may arise during your residency. If so, we offer a convenient option for physical, occupational or speech therapy in the comfort of your own apartment or Garden Home through ASC Therapies and Wellness. Following recovery in our Nursing and Rehabilitation Community, ongoing in-home rehabilitation is a seamless process. The transition, documentation and insurance requirements are handled by staff familiar with your circumstances. Neither you nor a family member will be burdened with finding a home-based therapy provider, repeating a lengthy intake process or scheduling transportation to and from a clinic-based provider.

Rehabilitation is conducted by qualified therapists accountable to our Director of Therapy, assuring you of the same quality of care experienced in our rehabilitation center. Conversely, even if a stay in our rehabilitation center hasn't been necessary, we can still provide in-home therapy at any time if a resident's physician thinks it would be beneficial.

We understand choosing a rehabilitation partner is an important decision. This service allows you to remain in the comforts of your home, thereby fostering a greater sense of well-being that can be conducive to a quicker, fuller recovery. Our goal is to get you back to living your life, your way.



THRIVE at Our Community

Thrive is our wholehearted commitment to whole–person engagement and enriched living. At all levels and locations of our organization, it is pervasive in our principles, policies and practices. Informed by science and research, our lifestyle curriculum is thoughtfully crafted to provide a balanced, refreshing and rewarding variety of activities, events and support that simultaneously address multiple dimensions of wellness:

THOUGHT



Activities that preserve and promote memory and cognitive function, as well as opportunities for intellectual stimulation and learning.

HEALTH



Care for the body through exercise, nutrition, therapy and wellness education.

RECREATION



Opportunities for joy, discovery, laughter, camaraderie and entertainment.

INTERACTION



Social pursuits that foster stronger connections to others and active pursuits that yield a sense of achievement through hands-on opportunities to “make” or “do”.

VOCATION



Fulfilling needs for a sense of purpose, productivity, achievement, contribution and service formerly met through work, including philanthropic and volunteer opportunities.

EXPRESSION



Nurturing spiritual and emotional well-being through activities that express values, beliefs and faith, including creative or artistic self-expression.



Sample Daily Schedule

9:30 a.m.	Chair Zumba	
10:00 a.m.	Creative Corner	
11:00 a.m.	Men’s Luncheon	
1:30 p.m.	Tangles & Knits for Riley Children’s Hospital	
2:30 p.m.	Aromatherapy	
3:30 p.m.	National Cheesecake Day “History and Tasting”	
6:00 p.m.	Movie Matinee	



Notes:

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Live Well: Live Here.

To us, “living well” is the difference between “surviving” and “thriving.” Thrive is just one way we live out our own wholehearted commitment to helping each resident enjoy each day through a healthier outlook and the opportunity to live both wholly and wholeheartedly. So, however, YOU define “living well,” we invite you to consider whether that just might mean living here.

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

Services may vary by location, please visit ASCCare.com to learn more.



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Where caring people make the difference.