

Assisted Living



American Senior
Communities®



The Very Best in Assisted Living

American Senior Communities welcomes you to a new chapter in your life, one with purposeful living and continued personal growth. As experts in senior living, we take our investment in you and your family seriously. We proudly offer a multitude of options that will entice and reassure you and your loved ones as you take your next step in living life to its fullest.

Simply stated, our assisted living communities offer various levels of personalized care in a warm and welcoming setting. Our communities are designed to promote your independence and pique your interests while providing varying degrees of assistance available if and when you need it.

Services & Amenities Include:

- All-day restaurant style dining provided
- Life enhancing activities through our THRIVE Wellness program
- All utilities included except telephone
- SMART Solutions, designed to make your move to our community seamless and worry-free
- Complimentary transportation services
- Kitchenette
- Weekly housekeeping and linen services included
- Maintenance-free (interior and exterior) with free trash and snow removal
- 24-hour emergency response system
- Outpatient therapy available
- Beauty/Barber Shop
- 24-hour licensed nurse available
- Professionally staffed fitness center
- Respite (short-term leases) available
- Resident Council giving residents a voice in the daily operations
- Pet-friendly community
- And so much more

Along with private funds, we proudly accept long-term care insurance and Veterans Aid and Attendance.

Services and amenities vary based on location and availability.



SMART Solutions

The most precious gift you can give someone is the gift of your time and attention. To help you make your next move seamless, we have developed a concierge-style service that takes the worry out of moving. At American Senior Communities, we understand the importance of that sentiment and made it the foundation of our new SMART Solutions program.

Our highly experienced Transition Specialist will support you every step of the way by reducing stress, saving you time and helping you stay organized. Need help with more than just your move? We have you covered!

Services & Amenities Include:

- Initial free, in-home consultation
- Assistance translating current furnishings to maximize use in a new floor plan
- Assistance with downsizing and communicating with charitable organizations as needed.
- Coordination with moving companies
- Real estate referral assistance

In addition to our in-house, customized services, we utilize preferred providers who can provide additional support to your move. We are unwavering in our mission to compassionately serve our residents with quality care and excellence.





Culinary Experiences For All the Senses

At American Senior Communities, we feel each meal should be a dining experience. Your meals are prepared each day by a highly-skilled team of culinary experts. They are well-versed not only in special dietary needs, but also in delivering well balanced, wholesome meals that taste great. Our Culinary Managers take pride in making meals from scratch, using fresh, seasonal and locally grown ingredients. For those residents who have certain dietary concerns, our dining rooms offer options that are low sodium, low cholesterol or sugar free. Don't feel like having a full sit-down meal? No problem. Our full-service restaurant is open all day. Come in for a cup of coffee and piece of pie, or stay awhile and visit with friends.

Appealing to the sense of taste is just the beginning, as we serve up varying, appetizing and enjoyable recipes. In addition to traditional American fare, we offer ethnic specialties from around the globe along with:

- Tikka masala from India
- Citrus-glazed salmon from Korea
- Veal Parmesan from Italy
- Afternoon Happy Hours that include healthy snacks
- Chef demonstrations and resident taste testing

From themed special meal events and BBQ cookouts to coffee and tea socials, our dining experiences are designed to provide social opportunities and delicious culinary satisfaction for all our residents and visitors.



*Scan QR code to view
sample menu*





Our culinary team embraces our Hoosier heritage by supporting local vendors. We utilize their fresh ingredients from farm to table.

THRIVE at Our Community

Thrive is our wholehearted commitment to whole-person engagement and enriched living. At all levels and locations, 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 THRIVE Schedule

9:30 a.m.	Chair Zumba	
10:00 a.m.	Bible Study & Reflection with Pastor Williams	
11:00 a.m.	Trip to Local Restaurant	
1:30 p.m.	Tangles & Knits for Riley Children's Hospital	
2:30 p.m.	Aromatherapy	
3:30 p.m.	Chef Cooking Demonstrations	
6:00 p.m.	Black & White Movie Classic with Popcorn	





“Everyone here has been so nice and thoughtful. When I first moved here, my diabetes was high and I didn’t really know the menu. So each day, the staff would assist me with learning something new about the menu and they would add extra green vegetables to my meals that I needed to help my sugar levels improve. I have improved so much already since being here. Everyone here is just awesome. From the dietary to the housekeeping and staff, it has really made me feel welcome. I can’t thank everyone here enough.”

— Assisted Living Resident



Life On Your Terms

Assisted Living at American Senior Communities is designed to offer you purposeful living and continued personal growth while allowing you to choose what assistance you may require and adjust as your needs change. Each of our thoughtfully designed Assisted Living Apartments can be complemented with supportive services including housekeeping, meals and personal health care and fitness. Enjoy your life at American Senior Communities and make it uniquely yours.

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

- Garden Homes
- Independent Living Apartments
- Assisted Living Apartments
- Memory Care
- Respite, Short Term Care
- Short Term Rehabilitation
- Outpatient Therapy
- Advanced Pulmonary & Ventilator Care
- Skilled Nursing Care
- Long Term Care
- Hospice Care
- New Energy Wellness

*Services vary by location.
Please visit [ASCCare.com](https://www.asccare.com) or scan QR code
below to find a community near you.*



**American Senior
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Where caring people make the difference.