



# The Very Best in Garden Homes

Our Garden Homes offer the perfect option for seniors who want the freedom to come and go, but desire the amenities and social opportunities that come with residing in an active senior living community. Through purposeful living and continued personal growth, it's a home where you can celebrate your individuality while living a maintenance-free lifestyle.

We offer a variety of floor plans that may include attached garages, patios, laundry area and full kitchens.

## **Services & Amenities Include:**

- All-day restaurant style dining available with free meal delivery
- 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
- Full kitchens
- Weekly housekeeping and linen services available
- Maintenance-free (interior and exterior) with free trash and snow removal
- 24-hour emergency response system
- Outpatient therapy available
- Beauty/Barber Shop
- Professionally staffed fitness center
- Pet-friendly community
- And so much more

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 learn embraces our I toosier 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 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 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	Š
3:30 p.m.	Chef Cooking Demonstrations	
6:00 p.m.	Black & White Movie Classic with Popcorn	





"My husband and I have really enjoyed the community. This is as happy as I've seen Bob, my husband, in a very long time. The community hosts activities and events often that we are excited to attend. The staff is extremely helpful and always willing to help. Bob just absolutely loves the food!"

– Garden Home Resident



### Do What You Love

Our Garden Homes are perfectly designed to provide you a maintenance free life-style while enjoying your independence. Garden Home living allows you to do the things that you are passionate about like pursuing your hobbies or socializing with friends and family, all in a supportive environment. If this sounds appealing, then our Garden Home living may be ideal for you.

# 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** or scan QR code below to find a community near you.



