



A DAY IN THE LIFE AT AMERICAN HOUSE

Today, there are more senior living options available than ever before. Many senior living communities include resort-style amenities, private apartments with spacious floor plans and on-site medical services with the ability to provide care during every stage of life. With so many options to choose from, deciding where to begin your search, and the appropriate level of care, can seem like a daunting task.

At American House, we offer a variety of living options for you or your loved one.

INDEPENDENT LIVING AT AMERICAN HOUSE

Independent living provides residents with convenient access to dining, activities, entertainment, outings and more. Residents enjoy the independent, maintenance-free lifestyle they want. Independent living is optimal for active seniors, who take comfort in knowing they have access to assistance when needed.

Our independent living program offers a variety of services, including: daily meals in a restaurant-style setting, housekeeping, engaging activities, entertaining events and chauffeured transportation – just to name a few.

If the need arises, our on-site, health care provider can provide a la carte services and custom care plans, which can include medication reminders, physical therapy and assistance with Activities of Daily Living (ADL).*

*Services are made available by an independent, third-party home care company at select communities.

YOUR STORY. TO BE CONTINUED.
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A DAY IN THE LIFE AT AMERICAN HOUSE (CONTINUED)

A Day in the Life of an Independent Living Resident

My name is Mary and I am proud to call American House my home!



Today, like most mornings, my day started with a long morning walk with the “Ladies Walking Club”. I love beginning my day with exercise and chatting with all of my friends. After we’re done, we always head to the local café to relax, have a coffee and eat a light breakfast.

After we enjoy our meal, I head back to my apartment to get ready for the day. More often than not, I make it just in time to join in on yoga. Today, however, we have the Exotic Zoo paying us a visit here at the community, so I’ll be attending that instead. I am excited to see all of the different animals!

Later on I’ll head up to my room and get myself ready for dinner. I enjoy getting dressed up for an evening meal. I always wear a piece from my extensive earring collection, and the girls love to comment on them.

Tomorrow I will head into town to go shopping. The ladies and I love to shop, and every Thursday we head to the local shops.

YOUR STORY. TO BE CONTINUED.
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A DAY IN THE LIFE AT AMERICAN HOUSE (CONTINUED)

ASSISTED LIVING AT AMERICAN HOUSE

As your needs change, your home doesn't have to. American House offers various levels of assistance for those who need it.

Assisted living is a great option for individuals who do not require extensive care, but have difficulty with performing daily activities at home. Peace of mind comes to individuals knowing they are free to live an independent lifestyle, but can also receive support with things like meals, laundry, outings and more.

American House communities can provide assistance with meals, laundry, medication reminders, physical therapy, Activities of Daily Living (ADL) and more. Residents who need additional assistance can choose services a la carte, or our third-party, health care provider can help you create a custom care plan.

A Day in the Life of an Assisted Living Resident

My name is Henry and American House is my home!



In the mornings I need a bit of help to get ready for the day, and I have someone who comes to assist me. The caregivers come to my apartment and lay out my clothes and help me get dressed.

I don't walk as steady as I used to, and having the extra set of hands is always comforting. After I'm done getting ready I head down to breakfast on my own, and I always make it a point to stop by the concierge desk and pick up the activity schedule for the day. Bingo is my go-to and everyone claims that I'm lucky because I win quite often!

YOUR STORY. TO BE CONTINUED.
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A DAY IN THE LIFE AT AMERICAN HOUSE (CONTINUED)

I love music, so I joined American House's choir and we meet twice a month. We travel to perform at local schools, senior centers, VA hospitals and other places in the surrounding community. I always keep an eye out for when we have live musical entertainment coming to my home too. Friday's are my favorite! We have happy hour and there's usually a musician there.

MEMORY CARE AT AMERICAN HOUSE

Our proprietary Love is Ageless® program, is uniquely designed to help residents, throughout the stages of dementia, live and be cared for with compassion.

Memory care is ideal for individuals with dementia who require a higher level of skill and supervision. Our licensed memory care communities offer a secure environment with 24-hour medical assistance, life-enrichment programs, plus all the services and amenities available at both independent and assisted living communities.

Our emphasis is on person-centered care. Our specialized program creates a culture of caring for our residents, offering support to their loved ones while navigating the complexities of the disease.

We focus on personalized relationships, meaningful services, and life-enriching programs that promote independence so our residents can live with dignity and respect. Love is Ageless®, focuses on life-enriching experiences that encompass the Six Dimensions of Wellness®. Each resident is encouraged to participate to the best of their ability.

Our personalized plan offers five daily enrichment opportunities where residents are encouraged to participate in physical, mental and expressive activities. Our program helps residents feel secure, engaged and connected to their surroundings.

We welcome the opportunity to introduce you to our Memory Care Neighborhood and our Love is Ageless® program. Our compassionate team will be happy to meet with you to help determine the right fit for your loved one.

YOUR STORY. TO BE CONTINUED.
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A DAY IN THE LIFE AT AMERICAN HOUSE (CONTINUED)

A Day in the Life of a Memory Care Resident

My name's Kayla, and I'm happy to know my mom is safe at American House!



My mom, Beth, and I don't have the chance to spend most mornings together, but I take comfort knowing she's well-tended to. The caregivers have developed a meaningful relationship with her, she often tells me that she loves them like her own.

In the morning, the caregivers assist her with getting ready, and although it takes them extra time, they even help her with her makeup. I know this means a lot to mom. She would never go out without her make-up, and it's the little things that count.

After breakfast mom loves attending aromatherapy. It sets her up for a calm and relaxed day. Mom's favorite activity is chair yoga! Chair yoga is normally scheduled right after aromatherapy so it's a smooth transition for her.

Lunch usually flies by, but the caregivers make sure she stops midday to have a cup of hot tea. The caregivers help her pick what type of tea and she really enjoys the whole process. Dinner is always the main event of the evening. My mom enjoys getting "dolled" up to see her friends and neighbors.

YOUR STORY. TO BE CONTINUED.
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RESPIRE CARE AT AMERICAN HOUSE

American House offers short- or long-term respite care services when you need it most.

When a primary caregiver is unavailable to provide care, a respite stay allows you and your family to have a peace of mind, knowing that help is always close at hand. Respite stays also allow you the opportunity to meet new friends, engage in fun activities and entertaining events.

Respite care is also often used for recovery after surgery or after a discharge from the hospital. By offering assistance with Activities of Daily Living, physical therapy, meals, housekeeping and more, you are able to focus on the most important issue: restoring your health.*

Regardless of the reason of your stay, we can provide the services you need and the resort-style amenities that you'll enjoy.

*Services are made available by an independent, third-party home care company.

HOSPICE CARE AT AMERICAN HOUSE

American House communities provides hospice care, which centers around both the patient and family.

In addition to providing care to individuals reaching the final stages of life, Hospice provides support for families coping with an impending loss of a loved one. American House understands how to treat you and your loved one with kindness, respect and compassion. We'll be here as long as you need us.

Our team is able to offer the best treatments available, while avoiding a disruptive move or unnecessary invasive treatments, which can cause additional discomfort or worry.

Palliative services, through Hospice, can provide your loved one with customized care, while keeping him or her in familiar, comfortable surroundings.*

* Services are made available by an independent, third-party entity.