



WHO WE ARE



Company

Spring Hills Senior Communities™ dedication to “Caring with a Commitment to Quality” starts with the vision of President/CEO Alexander C Markowits, LNHA, CALA dating back to 1999. Today, we own and operate innovative, distinctive Home Health Care, Assisted Living & Memory Care Communities across the country where seniors can live each day to its fullest, in a supportive environment that promotes health, well-being and fulfillment.

Mission

Our mission at Spring Hills Senior Communities™ is to demonstrate “Caring with a Commitment to Quality”, by aspiring to the highest professional standards, while providing care and services in a nourishing, compassionate environment that supports the health and well-being of each of our Residents. Our ongoing concern for the needs of our communities, along with a dedication to the highest personal and professional standards will inspire us to exceed the expectations of both our Residents and our fellow associates. We will be the premier healthcare provider in the communities that we serve.

Philosophy

In everything we do, we encourage health, wellness and peace of mind for a holistic lifestyle and total well-being. *Signature Touches*, a set of programs and services unique to Spring Hills, was an expansive project resulting from several years of thoughtful research and planning. It represents our results driven commitment to making healthy living the foundation of every aspect of life at Spring Hills with proven success for our seniors.

OUR COMMUNITY



*relaxing
courtyards*



*enriching
activity spaces*



invigorating salons



*farm fresh
bistro*

FEATURES & AMENITIES



QUALITY CARE

- 24 Hour Nursing
- State of the Art Emergency Call System
- Point of Care Technology
- Electronic Health Records
- EMAR System

PROGRAM HIGHLIGHTS

- Holistic Living
- Socialization
- Therapeutic Activities
- Restaurant Quality Cuisine

ADDITIONAL AMENITIES

- Secure Environment
- Open Spaces
- Full-Service Salon
- Spacious Suites & Private Baths
- Weekly Housekeeping
- Laundry Services
- Scheduled Transportation
- WiFi
- Wellness Center
- On-Site Rehab



HOLISTIC LIFESTYLE



*“Art enables us to find ourselves
and lose ourselves at the same time.”*

~Thomas Merton

*Our Residents are empowered to express
themselves through a variety of artistic outlets:*

- Creative Projects
- Art Gallery
- Poetry & Storytelling
- Enrichment Through Literature

“Where words fail, music speaks.”

~ Hans Christian Anderson

Benefits of Music Therapy:

- Promote Wellness
- Manage Stress
- Alleviate Pain
- Express Feelings
- Enhance Memory
- Improve Communication
- Promote Physical Rehabilitation



PERSON CENTERED CARE



With 24 hour nursing, we do not limit ourselves to assistance with daily living services; that is just where it begins. Having qualified LPN's and RN's oversee the clinical needs of our Residents allows us to further enhance their health and wellness. Additional services such as *physical therapy, chiropractic, massage therapy, podiatry*, or even our *Signature Touches™ Programs*, can add value to our Residents' daily lives.

By implementing, our state of the art technology and systems such as **PointClickCare™**, we invest in the future of our Residents with real-time care that produces real-time results. Benefits of **PointClickCare™** :

- Streamlined, paperless, clinical documentation.
- Electronic Medication Administration Record.
- Resident quality improvement.
- Seamless and HIPPA compliant transition of records to other health care providers as needed.
- Reduction in discharges.
- Decreased length of hospitalization stays.



A PROACTIVE APPROACH

*I*n our *Spring Cottage Memory Care Environments*[™], we empower our Residents with Alzheimer's and Dementia to live with dignity. Data collected with this system becomes the "voice" of our Residents with memory loss, who otherwise may not be able to communicate subtle changes they may be experiencing. Residents with memory loss can be engaged if we have more tools to prompt the right conversation and reduce situations related to hospitalization.



*F*ocused on wellness, safety comes first for all of our Residents. We took a proactive, supportive approach to care by investing in a discreet remote monitoring technology from Lively Home by Great Call. This advanced system:

- Establishes a baseline of normal daily activity patterns.
- Identifies changes in behavior that may indicate a change in health.
- May help reduce emergency room & hospital visits.
- Provides precise data.

FARM TO TABLE DINING

100% Satisfaction!

Since the rollout of our community gardens in 2010, our chef-inspired cuisine delights and satisfies.

Incorporating aeroponic gardens at our communities have added to the delicious, fresh fare featuring whole grains, vitamin-rich fruits and vegetables and heart-smart entrees. We also include favorite comfort meals with select premium cuts of beef, poultry and fish. Our thoughtful dining staff works individually with Residents to accommodate special dietary needs.

Aeroponic tower gardens enhance traditional gardening by incorporating a unique vertical garden system to grow fresh fruits and vegetables without the use of soil. Through our **Signature Dining Program**, Residents benefit from this holistic and therapeutic farm-to-table approach by helping to grow and harvest the fresh ingredients included in our dining creations that nourish their bodies.

Our menus showcase dietary icons to help Residents make healthier decisions without sacrificing variety and flare.



LET'S GET SOCIAL

Our approach to seniors' social lives stays true to our philosophy. Activities and therapy programs are designed to offer choice encompassing the intellectual, physical, social, cultural, creative and more. We offer a variety of traditional and unique classes such as:

Creative Writing
Poetry Reading
Fitness Classes
Tai Chi and Yoga
Gourmet Cooking
Master Gardening
Technology Classes

These programs are highly interactive and engaging to
Move the Body, Intrigue the Mind and Inspire the Spirit.



"His days are busy and he has purpose."

As part of our holistic approach to family engagement and communication, we are proud to introduce our **Smile™** initiative. This program offers insight into Resident's daily activities. Through the sharing of positive messages, pictures and videos; proactive updates enhance our person-centered care.

Smile™ gives 24/7 access to a private family portal to:

- View specific activities attended.
- Plan for upcoming community events.
- Add personalized details.
- See individualized photos & videos.
- Utilize two-way communication through a preferred method of notification when there are messages to view in **Smile™**.

TESTIMONIALS

"This was a difficult step for our family but one we knew was necessary - for both my mom & dad. And you all have been nothing but wonderful - welcoming not only my dad but our entire family and facilitating his move in such a way that was more successful than we could have imagined."

~ Sharon S., Resident Family Member, OH

"My father moved in several months ago, and we are so excited for him to be here. He is enjoying the multitude of crafts, activities and frequent entertainment opportunities. He has not been so happy and content in a long while."

~ Resident Family Member, TX

"The past six months of her life, she barely recognized anyone. But, "OH MY GOD" the care was so wonderful, that although there was little recognition; she produced the most amazing smiles each time a nurse or caregiver touched her daily life. For that I am eternally grateful."

~ William Y., Resident Family Member, VA

"They took the time to learn about mom, and found ways to interact her that gave her purpose. The activity directors created custom activities to engage each resident. I could not have given her a more dignified, social environment. She loved the onsite salon and nail polish activities."

~ Sean S., Resident Family Member, NJ

"They cultivated a team that works together, solves problems together and also has fun together. And it is clear that the focus is to create an outstanding and supported senior living community."

~ Bonni S., Resident Family Member, NJ

OUR COMMITMENT

*T*hrough care coordination and family involvement, our dedicated team develops a customized plan tailored to each Resident's lifestyle. Focusing on specific needs and desires allows us to design community services that enhance quality of life, respect time-honored passions, and engage Residents in new experiences.



Our Pledge to Quality Care

I dedicate myself to the principles of trust, respect, and integrity, and I pledge to give the best of myself to the remarkable people I serve.

*S*killed associates from every department recognize the uniqueness of our Residents, and each team member has a role to play. From our advanced technologies that increase efficiency to our high standards of care and services, Residents can achieve optimal wellness, allowing them to age in place.

Experience purposeful living at Spring Hill's Senior Communities.

STAY CONNECTED

Here at Spring Hills Senior Communities™, feedback and communication are essential to our commitment to quality. On behalf of our family, we appreciate you for your time and inquiry. We have so many ways of keeping in touch. We encourage you to reach out and we look forward to having you, join our family.



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