

ASHTON★HEALTHCARE

A Nursing and Rehabilitation Center


An American Senior Living Community

QUALITY CARE, CLOSE TO HOME





MAKE YOURSELF AT HOME
AT ASHTON HEALTHCARE



From the minute you enter our center—
whether you come to us for short-term rehab,
long-term care, or something in-between—
we want you to feel at home.



Neighbors Helping Neighbors

Ashton Healthcare has a long history of caring for our friends and neighbors in the Valley. A rehabilitation and skilled nursing facility, we offer a wide range of services designed to help our residents feel their best, look their best, and enjoy the best possible quality of life each and every day. After all, isn't that what you want for yourself or your loved one?

Local Management With a Real Advantage

We're locally run by a team of healthcare professionals who know the Athens area well and understand what the community expects and needs from a nursing home.

We're also part of American Senior Living Communities, experts in senior healthcare and housing in the northeastern United States. Through our affiliation with American Senior Living Communities, we have access to substantial clinical, financial, and leadership resources. That gives us all the benefits of local management with the resources of an experienced peer network.

Solid, American Values

We follow a clear and simple principle that guides everything we do: Do the right thing for our residents, and success will follow. Our goal is to provide exceptional care and outstanding service. We'll welcome you into our center and treat you with the same caring, compassion, dignity, and respect that we'd give to our own family members. We'll do whatever we need to do to give you the best possible quality of care and help you get the best possible health outcome and quality of life. Just like we'd do for family.




EVERYTHING YOU NEED

Our goal is to help you feel at home during your stay. We offer you a great location, comfy accommodations, activity-filled days, and a friendly, family environment.

A Convenient Location

Our building is on South Main Street in Athens, located in northeastern Pennsylvania's scenic Endless Mountains region. We're just a couple of miles from Robert Packer Hospital, 30 minutes from





Towanda, Pennsylvania, and 45 minutes from Binghamton, New York.

Comfortable Surroundings

Our cozy décor helps create a homelike setting for our residents. Private and semiprivate rooms, electric beds with pressure-relieving mattresses, and a climate-controlled building provide the utmost in comfort and convenience.

We have a wheelchair-accessible private phone room and portable phones you can use to make calls from wherever you're most comfortable in the building. Long-distance service is free. We can supply a TV if you don't bring your own, and satellite TV service is available. For your convenience, we have a beauty/barber salon on the premises. And there's a multipurpose family room/private dining room where you and your family can gather and spend time together.

Outdoor Spaces

Spending time outside is good for mind, body, and spirit. When the weather's nice, our outdoor spaces offer you lots of fresh-air options. Our enclosed courtyard has benches, picnic tables, and raised, wheelchair-accessible garden beds. It's a very popular gathering place for our residents.

We also have a unique picnic pavilion—a large, gated, screened-in porch outfitted with tables and benches for dining and socializing. And there's a grassy area, too, where young, visiting

children—and the young at heart—can play.

Enjoyable Activities

Our activities program is chock full of opportunities to participate in pastimes you enjoy, try new things, relax with your peers, and just have fun! There's something interesting to do every single day of the year. Whatever your abilities are, there will be something mentally stimulating, physically invigorating, or spiritually satisfying to do.

Of course, we offer a wide variety of traditional activities like music, crafts, bingo and other games, exercise classes, religious services, and pet therapy.

We also offer a number of extras. For example, for book lovers, staff from our local library visit regularly, bringing books to browse through and filling your special requests. We have computers with Internet access for your use. If you love to dance or just enjoy the music, we often hold dances that residents, family, and staff are all welcome to participate in. Or you might enjoy popcorn and a movie.

Scheduled outings will get you out and about in the community, made possible by our wheelchair-capable van. Whether it's dining at a local restaurant, sightseeing, shopping, or a special event, there's plenty to do to keep you active!

YOU'LL BE IN EXPERIENCED HANDS

Our staff members are compassionate, experienced caregivers who are committed to providing you with the care you need, and the friendliness, companionship, and support that will make you feel like you're among family.

Proven Professionals

Many of our staff members have been with us for over 20 years. They've truly become a family and work well together as a team—your team. Their longtime service provides you with the greatest continuity of care: You'll be cared for by people who know you and care about you. People who'll do the right thing for you.

Our nurses will coordinate your care. Certified nursing assistants will help with your daily personal needs, like dressing and grooming. Our rehab therapists will help you be as physically independent as possible. Activities staff will help make your days enjoyable, and social workers will help you navigate life's social and emotional challenges. Our dietitian and food service staff will make sure you get good food that's good for you, following your doctor's orders.

Our physicians visit frequently and are very accessible when staff have questions about your changing care needs.

Care That's Focused on You

At Ashton Healthcare, we pride ourselves on providing each resident with exactly the care he or she needs. We create a tailor-made care plan for every resident, because each and every one has unique needs, goals, and abilities.

If you're here for a short stay, we'll focus your individual care plan on restoring your ability to care for yourself and getting you back home again. If you're making Ashton your home, we'll create a plan to help you stay as healthy, active, and independent as possible.





CARE THAT SUITS YOUR NEEDS



Our wide array of care programs and services can meet a variety of needs. We offer rehab services, comprehensive nursing care, and specialty care. We'll provide you with the services appropriate for your healthcare needs.

Rehabilitation

Our rehab services are designed for people with a wide range of health conditions, such as:

- ▶ Arthritis
- ▶ Joint replacement
- ▶ Serious fracture
- ▶ Traumatic injury
- ▶ Stroke
- ▶ Neurological disorders
- ▶ Musculoskeletal disorders
- ▶ Deconditioning
- ▶ Dysphagia (difficulty swallowing)

We offer a full range of physical, occupational, and speech therapies, available up to five days a week, as ordered by your physician. We can also provide weekend services, when needed.

Rehab services begin with an evaluation of your current condition. Then you and the rehab team set goals for your care. The overall goal is always to help you achieve the greatest degree of function, comfort, and independence possible.

Once goals are set, our therapists will develop a rehab plan for you that will help you regain strength, mobility, and stamina, so you can get back to doing the things you love to do. In fact, many people come to us for short-term rehab after orthopedic surgery or a medical episode (like a heart attack or stroke), then return home or go to assisted living.

Skilled Nursing

To help people recuperate after a hospital stay or manage a chronic condition, our skilled nursing programs and services include:

- ▶ Complex medical care
- ▶ Cardiac recovery
- ▶ Chronic obstructive pulmonary disease (COPD) care
- ▶ Diabetes management
- ▶ Hospice-related services
- ▶ Wound care

We'll arrange other care for you when needed, too. Dental care is available in our on-site dental office, and we can also arrange mental health, optometry,

podiatry, audiology, x-ray, and lab services on-site.

Long-Term Care

Long-term residents call Ashton "home." They become part of our "family," and we become part of theirs. We provide our long-term residents with high-quality nursing care, round-the-clock supervision, help with activities of daily living, and dining.

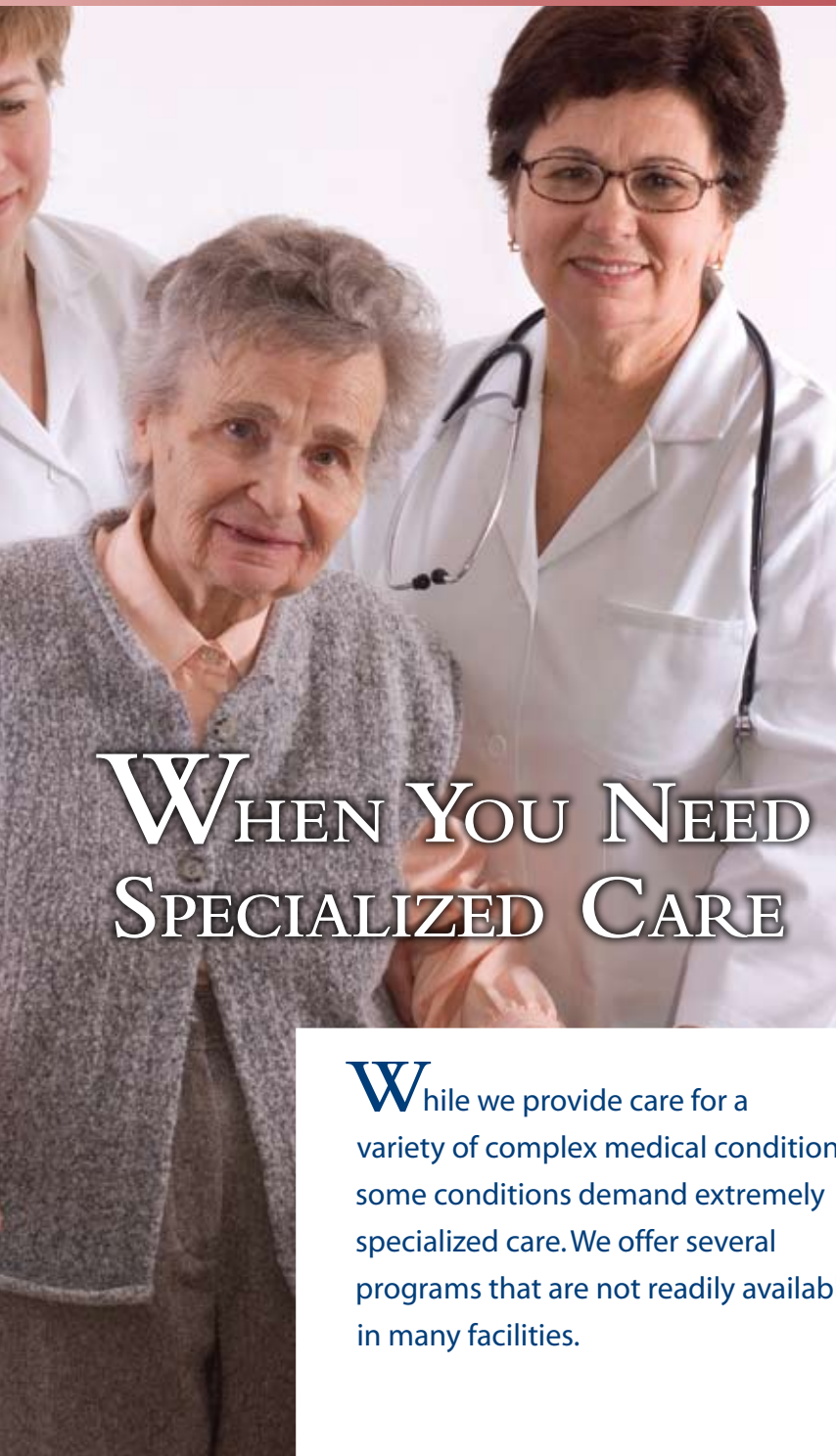
Quality of life is important for our long-term residents. Through our individualized care plans, we work to keep them as healthy as possible, and as active and independent as their condition allows. We welcome family and friends to participate in care planning, and to help keep their loved one involved in the community.

Respite Care

Respite care offers all the services available to our long-term residents to people who come to us for short stays while their family member or other at-home caregiver is temporarily unavailable. Respite care frees the caregiver to take a vacation, travel on business, tend to his or her own health issues, or just take a break from caregiving responsibilities.

Respite care can be planned for a few days, a few weeks, or more. It enables at-home caregivers to rest easy, knowing their loved one is receiving all the care necessary in a safe, friendly environment.





WHEN YOU NEED SPECIALIZED CARE

While we provide care for a variety of complex medical conditions, some conditions demand extremely specialized care. We offer several programs that are not readily available in many facilities.

Alzheimer's and Dementia Care

We provide compassionate care in a secure environment to people with Alzheimer's and related forms of dementia. Our focus is on helping each person maintain dignity and independence, so he or she can enjoy the best possible quality of life. We provide special programming developed for people with memory impairment.

Bariatric Care

Our bariatric program is for people who have significant weight issues. Residents in our bariatric program fall into two categories:

- ▶ People preparing for or recovering from gastric bypass surgery
- ▶ People who are not candidates for—or choose not to have—surgery

Obesity affects many aspects of physical and mental well-being. Our multidisciplinary team is experienced in providing a variety of services adapted to the needs of bariatric residents: nursing care, rehab services, individual nutrition counseling, and exercise classes.

To make our bariatric residents comfortable, we have appropriately sized equipment—beds, lifts, wheelchairs, commodes, and more. For people who have no place else to go in the area, we provide a welcoming and supportive environment.

Vestibular Rehab

Balance deficits can be devastating, especially for seniors. They can mean the difference between living a full, active life and being dependent on others for even the simplest task.

Vestibular therapy can be very effective in increasing independence and improving quality of life. After our specially trained rehab therapists thoroughly evaluate your current condition, they'll create a treatment plan targeted to your specific needs.

Wound Care

We're committed to top-notch wound and skin care. That's why we have certified wound care specialists on staff. Our wound care team—nurses, rehab therapists, dietitian, and social worker—works together with your physician.

Our wound care program helps people with surgical wounds, pressure ulcers, and skin disorders that have resisted normal healing. We also treat people with chronic wounds caused by diabetes, vascular disorders, rheumatoid arthritis, lymphedema, and other conditions.

We accept residents with challenging wound and skin problems, and work hard to heal them through a combination of diligent nursing, sound nutrition, and therapies. We offer a variety of treatments and continually assess their effectiveness for each person. We also offer effective, *preventive* skin care.



PAYING FOR YOUR STAY

There are many ways to pay for a stay at Ashton Healthcare, depending on your situation. We accept:

- ▶ Medicare
- ▶ Medicaid (New York and Pennsylvania)
- ▶ Hospice
- ▶ Private payment
- ▶ Insurance and workers' comp (We work with most insurers and workers' comp carriers. Check with our admissions office for details.)

Everyone who comes to Ashton Healthcare receives the same high-quality care, no matter how your stay is paid for.



ASHTON★HEALTHCARE

A Nursing and Rehabilitation Center

An American Senior Living Community

200 South Main Street | Athens, Pennsylvania 18810-1698 | PHONE: 570-888-5805 | FAX: 570-888-4673
www.aslci.com

