Amenities

## •On-site staff •Individual temperature controls for heat and air conditioning •Monitored Emergency **Call Systems & Alarms** •Rehabilitation Services •Daily Activities •Three Meals/Three Snacks per day •Full Service Dining Room •Beauty/Barber Shop •Linen & Housekeeping Services •Walk in Jacuzzi Tub •Free Wi-Fi • Telephone & Cable Services •Laundry Room •Medical Director on staff Phlebotomist •Certified Dietary Manager

## The next BEST thing to being at home

Who we are

The Meadows at Spicewood Cottages provides an active, fulfilling home life without the worry of maintenance, repairs or even cooking.

Call and schedule a tour today! 828-456-8365 Ext. 912 info@haywoodlodge.com www.haywoodlodge.com

Assisted Living Facilities Haywood Lodge & Retirement Center Spicewood Cottages, & Creekside Villas

# MEADOWS Independent Living

59 Loving Way, Clyde, North Carolina 28721 828.456.8365



## **Opportunities to Socialize**

As we grow older, isolation tends to become a bigger and bigger problem. This can, in turn, lead to severe loneliness and even depression. Even the most active seniors can find it difficult to remain social due to their living circumstances. Independent living communities naturally cause scenarios that promote new friendships and regular socialization.

Activities like day-trips and shopping excursions can make it easy to join a network of seniors who you can share your life experiences with.

Just because you can still complete these constant tasks, doesn't mean you really need to do them anymore. Think about all the extra time you will have to focus on the things that matter most to you!

If you can still live on your own and just want to make life more simple, independent living is most likely the best choice for you!

### Difference between Assisted and Independent Living

Independent living facilities is ideal for individuals who can still live independently but enjoy having access to assistance when needed. Independent living communities provide their residents with convenient access to dining, entertainment and more.

Assisted living facilities offer a housing alternative for older adults who may need help with dressing, bathing, eating, and toileting, but *do not* require the intensive medical and nursing care provided in nursing homes.

MEADOWS

## Assisted

#### Also know as...

- Resident Care
- Senior Group Home
- Person care homes

Who's it designed for? Seniors who need help with basic day-to-day tasks.

#### What's included?

- Everything offered in independent living plus
- Medically trained staff
  on site
- Emergency Call systems in each room
- Meals

#### Also know as...

Independent,

Retirement/Active
 Adult Communities

Livina

Senior Apartments
 Who's it designed for?

Active seniors who could continue living by themselves in their own homes, but choose to move for the sake of community and ease of living.

#### What's included?

Private/Semi- Private Rooms

- Activities
  /Entertainment
- Other amenities: beauty salons, laundry, transportation, housekeeping

## **Peace of Mind**

Not only will an independent living facility help you relax, but it will also give your family peace of mind. They won't need to worry about your safety or health—and neither will you. You've spent your



whole life stressing over things and your family has stresses of their own, so why not live



somewhere that makes everyone less worried?

You and your loved ones will f e e l m o r e c o m f o r t a b l e knowing that your

#### health needs are in great hands in a independent living situation. This provides a priceless sense of security for everyone involved and you won't have to give up any of the things you like to do.



Example of one of our rooms at The Meadows