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Becoming Comfortable with Assisted-Living

Seniors in rural areas challenged with lack of local options, but Brazoria County residents find relief at The Fountains.

SWEENY, Texas (Jan. 18, 2016) – Senior citizens move into an assisted-living facility for a variety of reasons. A decision was made either by themselves or in conjunction with a loved one; an individual might decide that a residential care facility is right for them out of concerns for their home safety, personal and healthcare needs, or due to loneliness and/or depression.

No matter the reason one chooses to make the move into an assisted-living community, knowing where to go and who can be trusted is a challenge. For those in rural areas, this decision is often complicated with shortages in available services or a facility that is managed by a third-party with no ties to the local area.

“An assisted-living community is meant to be a bridge that balances the individual needs of each of our residents,” explains Tobi Meyers, Director of The Fountains Assisted Living Community in Sweeny. “We take some of the common household responsibilities and chores to make life easier for seniors, plus provide the individual care that some of our residents might require.”

The Fountains, a service of Sweeny Community Hospital, is a locally-managed, 27-unit assisted-living community that offers accommodations for individuals age 55 and older. With spacious one-bedroom and studio apartments, residents of The Fountains appreciate the comfort of living in their own space, with the security of knowing that help is just down the hall if needed.

“We always stress the fact that The Fountains is not a nursing home. We are an assisted-living community that offers individuals the freedom and independence they want with the help they might need,” Tobi Meyers explains. “In addition to just providing residents with a place to live, our community also features many exciting accommodations that make our facility a fun and engaging experience.”

According to Terri Edwards, Activities Director, The Fountains offers a variety of social activities each month that fosters interaction between residents, creating a sense of friendship and family. From lectures and movies, to parties and special trips, each event is always different.

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Although social events are never required, residents are encouraged to attend ones that fit with their interests.

“Social experiences are very important for seniors,” Terri Edwards explains. “When elders stay amongst themselves and don’t interact with others often, social skills can decline. After a while of isolation, depression can easily set in, causing a domino effect of emotional pain. That’s something we certainly wouldn’t want our residents to experience.”

For convenience, The Fountains also has a library with computer and Internet access, individual U.S. mail boxes, 24/7 access to nursing aides as needed, and transportation assistance to grocery stores, shopping destinations, banks, community events, and medical office locations.

For more information about local assisted-living services, or to schedule a free tour, please call The Fountains at 979-548-1524.

About Sweeny Community Hospital

Sweeny Community Hospital provides healthcare for communities in Brazoria County, Texas. Founded in 1965, the facility offers a wealth of medical services, including 24-hour Level IV trauma center; advanced radiology services, including CT scanning and MRIs; surgical services, physical therapy, patient education, hospice care and assisted living, primary care and specialty care clinics, and more. For additional information, please visit www.sweenyhospital.org.

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