



Stonebridge

ASSISTED LIVING
of Cherokee Suites



Assisted Living Community

Phone: (712) 225-5724 | 921 Riverview Dr, Cherokee, IA 51012

Living made easy.

An assisted living community of care for loved ones to live life empowered with the support they need, such as 24/7 care and assistance with their daily activities. Our community provides you or your loved one with a safe place to thrive along side peers and healthcare professionals while enjoying a laid-back and stress free catered lifestyle. You'll find our community has a number of amenities on site, such as a dining room, living room, kitchen, laundry room, and beauty salon.



"...partners in care, family for life."

About Us

Stonebridge Suites is owned and operated by Accura HealthCare. Collectively, Accura HealthCare is a skilled nursing, assisted living, and independent living care provider across 4 states in the Midwestern United States. Our facility supported by our resource center located in Des Moines Iowa.

Accura HealthCare acquired Stonebridge Suites to provide a continuum of care of the residents who rehabilitate in our skilled nursing facilities, but still are not ready to care for themselves at home.

With our assisted living facilities being attached to our skilled nursing facilities, Stonebridge Suites tenants are uniquely afforded the ability to continue receiving therapy from the professionals they had previously worked with and came to know in our skilled nursing facility. Additionally, they are able to continue receiving therapy from the therapy professionals who cared for them during rehabilitation. Therapy is also available to tenants coming from a hospital or from home.

Stonebridge Suites of Cherokee was awarded the Bronze Quality Award in 2019 by the American Healthcare Association for our outstanding quality of care we provide to our tenants.



Our Mission

Our mission at Accura HealthCare is to be partners in care and family for life.

Accura HealthCare's nursing and rehabilitation centers provide individualized care for residents and patients to return to higher levels of function. Our intensive medical and rehabilitative services include orthopedic, pulmonary, cardiac, dementia, respite, diabetes, and hospice services for short and long-term care needs.

Our assisted living communities help our tenants remain independent in private settings while providing housekeeping, dining services, activities, companionship, and a 24-hour emergency response. To learn more and schedule a tour of our facilities, call your nearest location today.

Our Philosophy

Accura HealthCare is an Midwest-based healthcare company that manages and operates skilled nursing, rehabilitation, and assisted living centers. Accura embraces an upside-down organization philosophy that places the residents, patients, and direct care employees at the very top of the organizational chart. Also, Accura chooses not to be referenced as a corporate office but rather a Resource Center. The lower an employee is on the chart (thus having more leadership responsibilities), the more responsibility they have to be a resource for those above them.

As members of the Accura team, we all embrace our mission statement "...to be partners in care and family for life." As we strive to deliver on our mission, we will do this by adhering to our values of trust, integrity, accountability, commitment, and kindness.



Why move to an assisted living community?

An assisted living community is a community of care, designed for loved ones to live life encouraged so that they can focus on what matters most without the stress of caring for themselves or the worry of injury and isolation. Enjoy the luxury of living in a stress-free assisted living environment where care professionals are there 24/7 to ensure you or your loved ones are looked after every moment of the day.

Signs that may indicate it's time to move to an assisted living community:

- You are no longer able to live independently and have difficulty with activities of daily living due to physical limitations that are making it difficult for you to do some of the things that were once easy, such as cooking meals, taking care of pets, or cleaning up after yourself, and activities, such as dressing and bathing.
- You are feeling lonely or isolated in your current living situation and would like to have more social interaction with other people of a similar age than your family members can provide for you.
- You feel you have a poor quality of life due to illness, disease, or disability.
- You would benefit from and need 24-hour monitoring.
- You sense an increasing cognitive decline and memory impairment and are experiencing worry or stress about something happening.
- Financial hardship is preventing you from remaining at home any longer with the level of care you need.
- Your family is not available to provide the care you need.



Why move to an assisted living community?

Why moving to an assisted living community is better for senior health:

- The care staff at assisted living our community monitor our tenants for any signs of illness, such as weight loss or changes in mental state.
- Tenants of our assisted living facilities enjoy the convenience that comes with having all meals provided by the facility.
- The social environment in our assisted living community can provide a sense of belonging for seniors who might otherwise feel alone.
- Our assisted living communities has on-site security, so tenants are safe from intruders and other dangers.
- Staff members at our assisted living community will do housekeeping chores like laundry, dishes, and sweeping.
- Assisted Living is less expensive than continuing to live independently while providing caregiving support when necessary - it's cheaper than hiring home health aides or visiting nurses regularly.
- You can feel like you're in your own home while still receiving care and support from others when needed. Our assisted living community offers a variety of services to help seniors stay healthy and independent.
- There are many activities and amenities for tenants at most assisted living facilities that help them stay active and engaged in life - such as art classes or pet therapy sessions with animals from local shelters.
- Our assisted living community provides a safe, clean environment for seniors.
- Tenants have access to medical care and nursing services on-site.
- Tenants are encouraged to be as independent as they can while still having help when needed.
- Seniors who live in an assisted living facility are less likely to fall or get sick due to infection from being around others with illnesses that may affect them more easily than if they were at home alone.

Assisted Living: How to choose the **right** community

People move to assisted living communities for different reasons including loss energy to cook or clean, feeling isolated, unable to complete daily cares such as putting on shoes or taking a shower, and more. We understand that choosing an assisted living community can be stressful; it is a life-altering decision impacting not only the tenant, but the entire family.

Stonebridge Suites offers the tenants a haven from the demands every day life can have on aging individuals who may be looking to outsource the demand of care they need to maintain the quality of life they want and a higher level of independence. Our team of care professionals are on-site 24/7 to provide care to loved ones.

Key Points to Consider When Choosing an Assisted Living Community:

1. What type of community or service will work best for me? What do you want from retirement and how do you see a community such as ours fitting into that plan? A lot of people don't always know what they need in a community to best meet the needs of themselves or a loved one. What is your sense about what it will take to care for you or your loved one? Talk to your prospective community about you or your loved one so they can get to know you and determine whether or not it will be the right fit.
2. Does the community fit financially or budgetarily? It is not always clear what resources will be required to meet your long-term goals. Sit down with the community business office manager and or administrator to discuss what resources you have available and what planning you have made.
3. How will your choice be made and who all wants or needs to be involved in the decision?
4. It is often very difficult for families or individuals to know what the right timing is for such a move. Is there a timeframe you are looking at? What has made you decide on this timeframe, if any?

Stonebridge Suites Community Life

A Place to Thrive

We make an effort to get to know our tenants, future and current, so that we can make sure to make accommodations for what is important to them. Are religious services important to you? Let us organize visits from your pastor. Is it sewing? Let us find you a table and a sewing machine. Your life here is important to us and we will do everything we can to make sure you feel at home.

Enjoy:

- *Group activities*
- *Coffee with peers or staff*
- *Have family or friends come for a visit*
- *Watch your favorite show in our living area with friends or in the privacy of your room*
- *Take part in a worship group*
- *Arts and crafts*
- *Games*
- *Go out with family and friends for events, meals or other events*

Community Activities

Stonebridge Suites offers our tenants community life events and activities such as

- Holiday and birthday celebrations
- Weekly Church services

In-Patient Physical Therapy

Stonebridge Suites also offers therapy to our tenants through our skilled nursing facility so individuals can work to maintain their physical abilities and independence while improving or building on other abilities that may need some attention.



Stonebridge Suites Community

A place to call home

Our community amenities include a courtyard for walks, common areas for activities, groups and socializing, a hair salon and a kitchen. Our family provides group activities, therapy, one-on-one activities, and hosts community events.

Stonebridge Suites of Cherokee maintains private well-lit rooms which come with beds, a table and a chair. We can provide you with a TV if you cannot bring your own and work with your family to bring in other personal items you would like to have with you to make your new room feel like home.

Our community strives to foster an environment for our tenants to thrive. Our grounds house a beautiful courtyard, shaded patios, bird houses, and benches to rest or read a book. The restorative therapy gym provides a space to strengthen and maintain the abilities you already have during your stay. The large therapy room provides our residents with the space, tools and professionals to work towards regaining or maintaining strength and independence.

Enjoy:

- *A walk in the courtyard*
- *Get your hair done at the salon*
- *Enjoy community activities with other tenants*
- *A private room*



Stonebridge Suites Community

Some facility amenities include but are not limited to:

- High-speed wifi
- Hair salon
- Community day room
- Community dining room
- Laundry room
- Patio with benches
- Courtyard
- Microwave
- Dorm-sized fridge
- Select furnishings such as bed, nightstand and chair.



Stonebridge Suites Community



Assisted Living: How you can **fund** your stay

Stonebridge Suites offers the following information as a resource to help you in your effort to make the best possible decision for you and your family. We recognize this might lead to your choosing another facility, but the care and best fit for the resident/patient is of the utmost importance to us as well.

PAYOR SOURCES – Assisted Living care can be expensive. There are many ways you can pay for assisted living care:

- **Personal Funds** – You can use your personal money and savings to pay for assisted living care. We charge a monthly rate that will include room and board. There may be additional charges for specialized medical supplies and pharmacy. You should request a listing of these charges if paying privately.
- **Insurance** – Long term Care insurance can help pay for many types of care needs at our assisted living community. These policies can cover a wide range of services or none at all. We encourage families to contact their long term care insurance provider to learn of their coverage options.

Tips to stay independent

A checklist

- Be proactive about keeping yourself healthy - it will make staying independent easier.
- Get up and move every day and engage in physical activity to stay active and maintain strength. Consider joining an exercise class at the gym or take up yoga.
- Eat healthy foods with plenty of vegetables, fruits, and whole grains and eat healthy, balanced meals. Additionally, stay hydrated by drinking lots of water.
- Take care of your mental health - get enough social interaction, find time for hobbies, don't isolate yourself from others or stop seeing friends just because you're retired. Engage in social activities like going to the movies, visiting friends, playing cards with people you know well or seek out senior-friendly activities like book clubs or bridge games.
- Find ways to reduce stress and avoid depression like avoiding staying home alone all the time - try volunteering at your local animal shelter or another organization that makes you feel good about yourself! Try volunteering at a local nonprofit organization as well as helping other retirees who might need assistance around their house such as mowing lawns, taking out trash cans, etc...
- Create a list of all the medications you take, and keep it handy and talk with a doctor about which medications are best for your needs (natural supplements can also help some people).
- Create a system or get a calendar to keep up with medical appointments so that any problems can be caught early on before they become more serious.
- Keep a current list of doctors' phone numbers in your home.
- Add grab bars to your bathroom walls or shower so that you can easily get up from the toilet or bathtub.
- Install an emergency call system for elderly parents who live alone.
- Make sure there are no stairs in your house, and use railings if there are any steps at all.
- Get rid of clutter around the house, including old clothes, shoes, books etc., as this could be hazardous to seniors with balance problems.
- Get a good night's sleep every night!
- Consider getting pet therapy if you need company or have low energy levels.

Caring for loved ones at home

Caregiver tips to consider

Reduce risks of falling at home:

- Install anti-slip strips on stairs
- Make sure there are railings on both sides of stairs
- Remove loose throw rugs
- Make sure everything in the kitchen is within reach
- Purchase grabber tool for things that are harder to reach
- Make sure all areas traveled during the night are well-lit with night lights
- Have a cushion or seat-raiser for chairs that may be too low to the ground to get up from
- Install grab-bars in the bathroom
- Purchase non-slip mats to go in the shower or bathtub

Keep them safe in the face of an emergency:

- Purchase and routinely inspect fire alarms
- Purchase a medical alert system for emergencies
- Schedule frequent visits from neighbors and family

Keep them healthy and independent:

- Help find a good medication organizer and help fill it weekly or monthly
- Encourage daily light exercise such as a walk or a senior workout video
- Encourage them to go in for regular immunizations and wellness check-ups

Keep them social and active:

- Help them find a hobby
- For seniors with hearing loss, consider purchasing captioned telephone

Stay tuned in on their needs:

- As a caretaker, it is important to be aware of the level of care your loved one needs and consider care-giving services when necessary to ensure they are living the highest quality of life possible.



Accura HealthCare & Stonebridge Suites Communities

Built on trust, surrounded with care..

Depending on you or your family member's need for care, Accura HealthCare can provide different living options to support your loved one's goals on the journey to a higher quality of living.

Skilled Nursing Communities

A care option for those who need around-the-clock medical services and supervision. Our skilled nursing communities provide residents with 24-hour staffed Registered Nurses and CNA's, routine doctor visits, and in-house therapy providers. Whether we are welcoming a new long-term resident or hosting a short-term stay, we strive to maintain quality outcomes that benefit all of our residents and families and develop personalized care plans based off of doctor recommendations and the goals of the residents and their families. If your goal is to return home, our therapy staff and team will provide you and your family with the resources and training necessary to get home and stay home while maintaining a high level of independence and health.

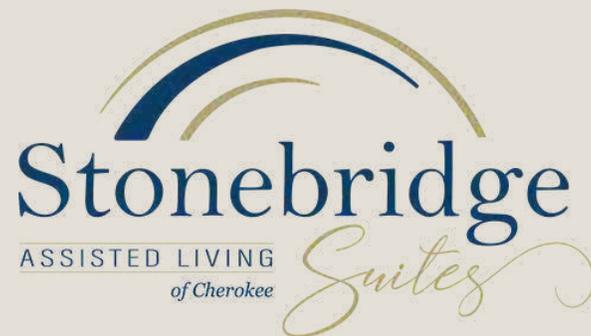
Assisted Living & Independent Living Communities

Choose a partner that cares. Assisted and independent living can often feel intimidating, but it doesn't have to be. Our communities specialize in caring for those ready to transition to a more catered environment and an easier lifestyle. With 24/7 care available, our tenants can focus on life, with leisurely activities such as group outings, games like cards with friends and other tenants, visiting with family or friends, or working on crafts. Live a higher quality life with staff there for you to provide the care and support you need. When tenants move to our community, they become family and their happiness and quality of life is our first priority.



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