



# SOUTH HIGH

SENIOR LIVING



## **WHAT MAKES SOUTH HIGH SENIOR LIVING DIFFERENT?**

### **Location**

South High Senior Living is a senior living community offering an active and engaged lifestyle to seniors with supportive care. Residents enjoy beautifully appointed apartments located minutes from downtown, a calendar full of activities and outings, an award-winning dining program, and much more. Located minutes from downtown Knoxville, convenience is a short drive away.

### **Our Community**

Our warm and active senior living community offers outstanding accommodations and services for assisted living and memory care. Our apartments are equipped with emergency call systems, so you are never far from helping hands. Our care associates are available 24 hours a day in case you need any assistance.

### **Philosophy of Care**

South High Senior Living was founded on a care philosophy that fosters dignity and respect for residents and promotes their independence, interests and individuality. We recognize that seniors never stop growing and learning. By promoting a life of vigor through activities and events focused on personal health and growth, our residents lead balanced and fulfilling lives.

### **Staff**

We are proud to be represented by the best care team members in the area, who adhere to the highest quality standards through continued monthly training. Our Resident Care director creates individualized care and medication management plans and follows through with our residents' health providers. We truly want to partner with our residents and their family members in order to provide the very best care.

# FEATURES & BENEFITS

South High Senior Living offers incredibly appointed apartments, where residents enjoy an abundance of thoughtful amenities. From an on-site salon and spa, where you can get the pampering you deserve, to multiple living spaces available for socializing and entertaining, the entire community is your home!

- Spacious living apartments
  - » 32 assisted living studios
  - » 28 memory care apartments
- Scheduled local transportation — get around town safely and conveniently
- Weekly housekeeping and laundry service — we take care of the cleaning, so you can enjoy life
- Resident-centered care tailored to your specific needs — your individual experience is our No. 1 priority
- Caring, passionate staff available around the clock — peace of mind knowing that someone is always close by
- Emergency response system — we take your safety very seriously
- Lavish, resident-inspired social calendar featuring leisure, educational and social activities
- Casual, restaurant-style dining for residents, staff and guests — delicious and nutritious cuisine
- Salon and spa — no need to venture far for beauty and personal care
- Piano lounge — relaxing and inviting space to enjoy your days with your favorite music
- Daylight garden — never miss a moment of sunshine!
- Billiards room — for the competitive souls looking for another challenge!
- Walking trails, gardens and dog park — stay active and enjoy life!
- Inviting community social spaces — plenty of opportunities to make new friends or visit with family
- Pet-friendly — furry friends are welcome



# MEMORY CARE

## UNPARALLELED CARE

Memory Care follows the philosophy of a person-centric culture where one is a whole person first, the person they were and still are, and not identified by their disease or behaviors. We celebrate and highlight the abilities of those we serve.

## SOUTH HIGH SENIOR LIVING CARE ASSOCIATES

As a community with Memory Care, we require our associates to complete extensive certified training to better support residents living with memory loss. We emphasize meaningful engagement techniques that lead to our associates' making connections with each individual. Our associates undergo extensive training in this process when hired, and are required to attend additional education sessions throughout the year.

## NEIGHBORHOOD AMENITIES

Our Memory Care residents enjoy an abundance of amenities available to them.

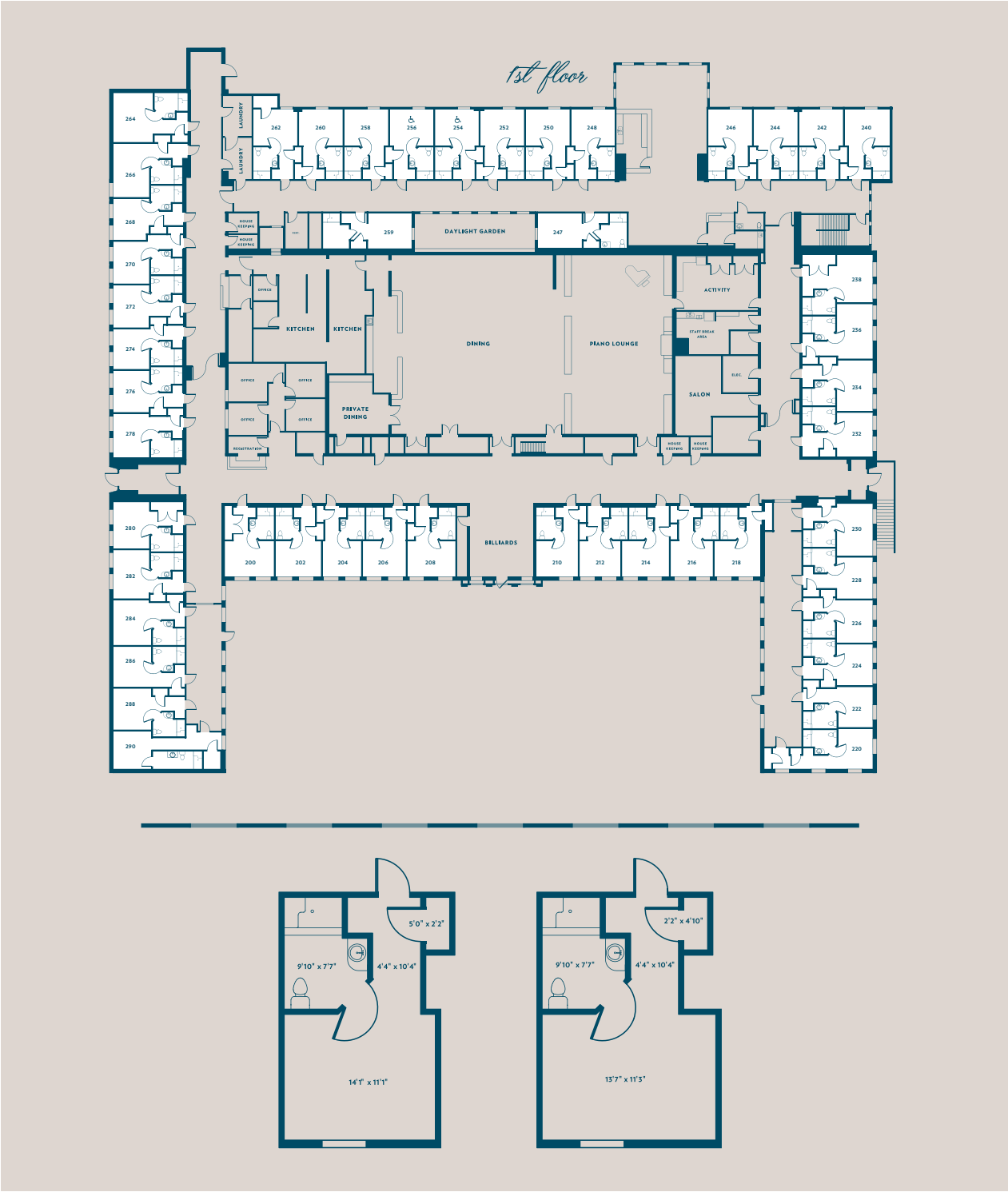
- Spacious and private living spaces
- Weekly housekeeping and daily room-tidying
- Laundry services
- Music, art and pet therapy, which may assist with decreasing agitation
- Access to secured outdoor courtyard and patio
- Access to a game room with a variety of activities to keep minds sharp



# FLOOR PLANS

South High Senior Living is pleased to offer a variety of floor plan options to suit your needs. Please call us to find out more about our pricing and other options we offer to further assist you in your choice to make South High Senior Living your home.

Assisted Living Floor Plan – 14'1" x 11'1" | Memory Care Floor Plan – 13'7" x 11'3"



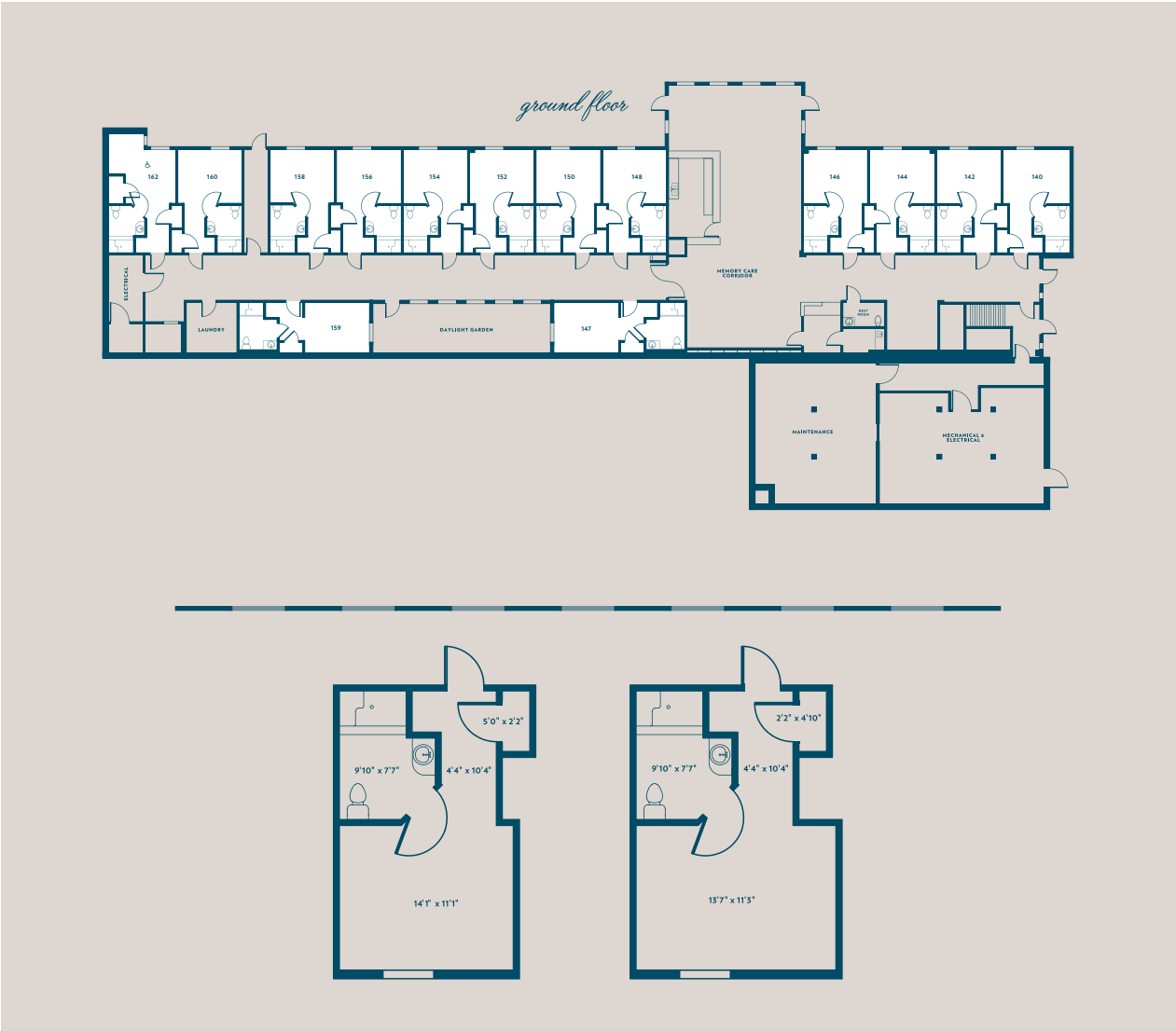
# FLOOR PLANS

## Personal Care Program

All residents are provided a personal care program based on their actual needs, which are then calculated into a point system to determine these needs along with the monthly rate. The community will continue to monitor residents’ needs and periodically re-assess the services being provided.

## Daily Respite Care

South High Senior Living offers apartments as a temporary home while family members and caregivers are away on vacation, for family emergencies, for short-term stays during a period of rehabilitation, or just to “try us out.”







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## LIVE YOUR BEST LIFE!

We understand the search for senior living can be confusing and a bit overwhelming. We are here to make your journey as easy as possible and want to help guide you every step of the way. No matter where you are in life's journey, home is meant to be a place of comfort and enjoyment. South High Senior Living offers you or your loved one a beautiful blend of privacy, safety, security and community to create a warm and familiar environment.

Originally a public high school, South High has since been restored and redesigned. The building was already laid out for residential use, with a cafeteria ready for transformation to dining hall, and classrooms ideally situated to become apartments. We welcome you to visit the old high school for a trip down memory lane.

Our Assisted Living program is designed to encourage residents to live a vibrant life by connecting with the people and the community around them. We provide our residents with peace of mind knowing that we are available to help with tasks such as cooking, cleaning and transportation. We give our residents the best care possible in an enjoyable, welcoming atmosphere.

We believe deeply in providing personalized and tailored care for each of our residents. This is especially true for our residents who are living with dementia and Alzheimer's. This is why we created Memory Care. Our community requires our associates to complete certified extensive initial and ongoing training to better support our resident individuals living with dementia. We emphasize techniques, teachable moments and meaningful engagement by honoring the past, connecting with the present and inspiring the future of your loved one.





## COMMUNITY LIVING

Senior living communities are expected to have incredible nurses to care for residents and an impeccable dining experience, but some communities miss the ability to keep residents active and engaged. Our program is designed to fuel the souls of our residents to help them live the best lives possible.

Thoughtfully designed to connect you with family, friends and the community, our. With a host of optional outings, you create your own schedule based on your interests, preferences, routines and abilities. Whether it is a morning walk, a yoga class, a trip to local attractions or a dance with entertainment provided by local musicians, we make it easy to live a vibrant life.



## **SOUTH HIGH SENIOR LIVING IS PLEASED TO OFFER DIVERSE DINING EXPERIENCE**

South High Senior Living is pleased to offer diverse dining experience. Our goal is to create meaningful connections through the dining experience. A meal is deeply personal, and sharing meals connects cultures, ethnicities and people of all ages.

Our approach to transforming the dining experience is to celebrate and engage resident meals to be much more than simply a placeholder three times a day.

**By providing these opportunities, we strive to utilize the passion and creativity of our culinary team to craft food that not only feeds the body but also nourishes the soul.**

- A restaurant-inspired dining experience
- A chef-created menu that focuses on resident and regional favorites
- Meetings that promote open communication between the residents and the culinary team to enhance the community's dining experience

# COST COMPARISON WORKSHEET

If you thought the cost of moving into a senior living community was out of reach, you might be surprised at how reasonable it is compared to your current expenses of just staying at home. See how reasonable South High Senior Living can be by comparing your expenses below.



EXPENSE	STAYING AT HOME	SOUTH HIGH
Mortgage / Rent / Homeowners' Association Fees	\$	\$ INCLUDED
Real Estate / Property Taxes	\$	\$ INCLUDED
Insurance	\$	\$ INCLUDED
Water / Sewer	\$	\$ INCLUDED
Gas / Heating	\$	\$ INCLUDED
Trash / Waste Removal Service	\$	\$ INCLUDED
Lawn Care / Landscaping / Yard Maintenance	\$	\$ INCLUDED
Interior Home Maintenance	\$	\$ INCLUDED
Exterior Home Maintenance	\$	\$ INCLUDED
Housekeeping / Laundry Service	\$	\$ INCLUDED
Pest Control	\$	\$ INCLUDED
Automobile / Fuel / Insurance / Maintenance	\$	\$ INCLUDED
Groceries / Dining Out / Gratuities	\$	\$ INCLUDED
Social / Cultural Events / Entertainment	\$	\$ INCLUDED
Security System / Fire Protection	\$	\$ INCLUDED
In-Home Caregivers / Assistance Support	\$	\$
Personal Emergency Response System	\$	\$ INCLUDED
Transportation	\$	\$ INCLUDED
<b>TOTAL</b>	<b>\$</b>	<b>\$</b>



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