

Live well

*Atria* SENIOR LIVING



## Live in good company

Atria is more than a new place to call home. It's a thoughtfully designed community filled with neighbors and friends to connect with, and helpful people dedicated to making each day easier and more fulfilling.

You can count on meaningful opportunities, consistently satisfying experiences and personalized support for your comfort and wellness. It's a modern, multifaceted approach designed to positively impact your life each day. You'll be inspired and empowered to pursue new goals and engage with the world, build new relationships and strengthen familiar ones – all while benefiting from services that enhance your quality of life.



## **Live** with a helping hand close by

With an attentive staff to manage the cooking, cleaning, driving and maintenance, you'll have more time and energy to welcome the possibilities of the day.

Enjoy a lifestyle free from must-dos, and filled with opportunities to connect, exercise, dine well and engage in what brings you purpose and joy.



### **ASSISTED LIVING**

An assessment of your physical, emotional and functional needs before you move in, and periodically thereafter, helps your care team create a personalized plan that offers you the right care at the right moments.

Dedicated, highly trained staff are available 24 hours a day, seven days a week, to provide discreet support.

Personal care services include:

- Personal grooming assistance
- Medication administration, management, reminders and supervision
- Safety and wellness check-ins
- Assistance getting in and out of a bed or chair
- Escorts to and from meals and events
- Incontinence management (includes toileting assistance)

### **ENHANCED SUPPORTIVE SERVICES**

For more specialized care needs, the following services are available:

- Diabetes management
- Nebulizer and oxygen management
- Injections
- Monitoring or assistance during meals (includes accommodations for special diets)
- Catheter and ostomy care
- Vital signs monitoring

### **SHORT-TERM STAYS**

If you'd like to test the waters of senior living – or need a safe and supportive environment while recovering from illness or surgery – try a short-term stay with the same services and amenities Atria residents enjoy each day.



## Live with opportunities every day

What will the day bring? A new experience you've always wanted to try or a chance to teach others something that brings you delight? At Atria, opportunities to engage and discover new goals to achieve are plentiful.

Atria's Engage Life® program is a thoughtful combination of intentional planning paired with your interests. Using a Resident Discovery Survey to learn what you like to do and what you'd like to try, your Engage Life Director plans events centered around six dimensions of engagement. Each day, you'll find opportunities to focus on health and physical fitness, lifelong learning, civic involvement, creative expression, spiritual fellowship and – of course – social connection.

Continue to learn and grow in the ways best suited to you while enriching your life with meaning, purpose and enjoyment.







## Live steps away from delicious dining

Gathering around the table to share a meal is a deeply meaningful part of life. Each day at Atria, you can look forward to dining well in the company of neighbors, family and friends.

Every dining experience is designed to delight you from beginning to end. In the Atria kitchen, chefs create unique and flavorful menus with a variety of daily options, using locally sourced ingredients whenever possible for the freshest flavor and quality. Many meal options accommodate no-salt-added and reduced-concentrated-sweets diets.

You'll also enjoy special tasting events, including opportunities to sample cuisines from around the world.





## Live where you can count on quality

Choosing Atria means choosing quality in every facet of your daily experience. Atria's internal Quality Enhancement (QE) program helps ensure things are done the right way, every time. With standards that often exceed state requirements, the QE program uses a comprehensive review tool that measures approximately 300 metrics of community life. In addition to state-led reviews, all Atria communities undergo unannounced QE reviews each year.

Regular customer satisfaction surveys offer constructive feedback from residents and families about what's working well and what needs improvement. Continually looking for ways to enhance service is an important way to put quality above all else.



## Live without worry

Take comfort in Atria's nationally recognized track record of effective response in times of emergency. With industry-leading response plans and disease protocols, residents and their families can know the best course of action is being implemented by specially trained staff and supported by national-level resources and experience-tested procedures.

Atria's National Emergency Response Team is on standby 24/7 and ready to be dispatched to communities threatened by hurricanes, floods, wildfires and other natural and man-made disasters. Headed by 50 company leaders with extensive

training and experience dealing with weather-related threats, the team communicates with local authorities and oversees shelter-in-place or evacuation procedures.

Throughout the COVID-19 pandemic, Atria developed and constantly adapted effective, forward-thinking protocols to maintain residents' health and well-being, including digital contact tracing, spot quarantining and regular testing, as well as required vaccination and training for all staff. These innovations will inform and improve flu prevention systems moving forward.

**See how people are living well together.**  
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