

## HEARTLAND POINTE SENIOR INDEPENDENT LIVING

Heartland Pointe is the perfect option for those seniors who wish to maintain an active, independent lifestyle without the everyday demands of maintaining their homes.

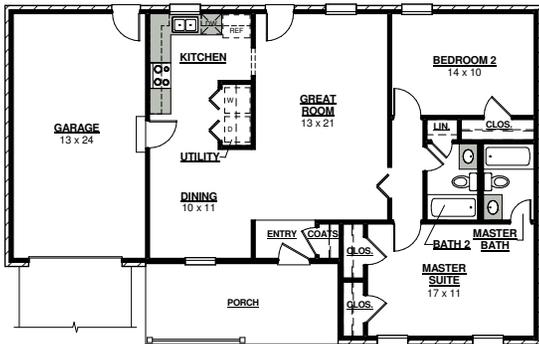
This quiet, safe neighborhood with its scenic view offers five unique senior-friendly floor plans. Homes are available in two- and three-bedroom models and feature high-quality interior finishes including solid oak cabinetry and crown molding, attached garages with electric door openers, private patios and full landscaping and lawn care. For your safety and peace of mind, we offer a 24-hour emergency call system.

Surrounded by warm, friendly neighbors, residents of Heartland Pointe enjoy a lively schedule of social, recreational, and spiritual programs.

### SERVICES INCLUDED AT HEARTLAND POINTE

- Exterior home maintenance
- Lawn care
- Pest control
- Fire, flood and tornado insurance
- Social and recreational activities, including use of our club house
- 24-hour emergency call system
- Discounted meals at Heartland Dining Room

### The Donelson



Additional floorplans available at [www.HeartlandSeniorLiving.org](http://www.HeartlandSeniorLiving.org)

To learn more about our independent senior living community, contact Larry Stinson, Heartland Pointe Property Manager, to schedule a personal tour: (615) 662-3281 or [lstinson@lakeshoreseniorliving.org](mailto:lstinson@lakeshoreseniorliving.org)

[www.LakeshoreSeniorLiving.org](http://www.LakeshoreSeniorLiving.org)



**Heartland**  
A LAKESHORE SENIOR COMMUNITY

## HEARTLAND SENIOR COMMUNITY

Nestled in the Stones River Valley area of Donelson, Heartland Senior Community enjoys one of the most scenic views in all of Nashville. This quiet senior living community offers several care options for seniors including independent living, residential housing for the aged (RHA) and intermediate nursing care. Heartland accepts both private pay and Medicaid.

As part of the Lakeshore Senior Living Community, our staff is dedicated to providing personalized quality care to all of our residents. By creating rich meaningful relationships, we become like family and are able to anticipate the needs of each resident and ensure they receive the care they need that makes their life rich and fulfilling.

## HEARTLAND SERVICES & AMENITIES

Heartland is proud to offer the following services and amenities for the comfort and convenience of our residents:

- On-site management and 24-hour licensed nursing staff
- Physical, Occupational, and Speech Therapy
- Medical Director and On-Call Specialists
- Podiatrist, Optometrist, Dentist, and Psychiatric services
- Pharmacy services including delivery and medication reviews
- Delicious, specialized nutrition programs overseen by a Registered Dietician
- Hair salon and barber shop
- Library
- A robust activities calendar
- Seasonal events for residents and families
- Free scheduled transportation for appointments
- Quarterly family care-plan meetings and monthly family council meetings
- On-site chapel with Sunday worship and weekly devotional services

## HEARTLAND CARE OPTIONS

### RESIDENTIAL HOME FOR THE AGED (RHA)

Residential Housing for the Aged is appropriate for those seniors who value their independence but need some help with Activities of Daily Living (ADLs). Residents can enjoy the privacy of their own spacious room with private bath knowing that a staff member is there to help them with their unique individual needs. Residents in RHA must be ambulatory and continent (or manage their own continence care). They must be independent with transfers, bed mobility and able to ambulate with assistive devices. There are three levels of RHA:

	Level I	Level II*	Level III*
Personal Assistance	N/A	Daily	Daily
Laundry	Weekly	Weekly	Weekly
Housekeeping	Daily	Daily	Daily
Meals	3/Day	3/Day	3/Day
Emergency Call Service	24 Hour	24 Hour	24 Hour
Medication Administration	N/A	As Needed	As Needed

*\*Level II and III services vary based on the number of ADLs provided.*

### INTERMEDIATE NURSING CARE

Heartland offers this residential option for patients who cannot live alone and need more supervision than in-home services provide, but who do not need the level of care provided in a skilled nursing room. A variety of services are offered with intermediate care.

- Daily laundry and housekeeping services
- Three meals per day
- Total personal assistance
- Health status monitoring
- Medication administration
- 24-hour emergency call service

*Lakeshore Senior Communities comply with Title VI of the Civil Rights Act of 1964, Section 504 of the Rehabilitation Act of 1973, Title IX of the Education Amendments of 1972, and The Age Discrimination Act of 1975 and do not discriminate against any person on the grounds of sex, age, race, color, or national origin, nor do they discriminate against any person with a disability, solely by reason of their disability.*