



*All*   
*American*  
ASSISTED LIVING

[AllAmericanAL.com](http://AllAmericanAL.com)





## A Community that *Treats You Like Family*<sup>™</sup>

All American Assisted Living is a residential community for seniors who are looking for social interaction, personal care services and leisure pursuits.

All American offers our residents the opportunity to live in a community that *Treats You Like Family*<sup>™</sup>. From the design of the building, to the professionally trained staff, to innovative programming and homestyle meals served restaurant-style, residents enjoy comfortable, social and active living in a supportive community that meets their needs at **Piece of Mind Pricing**.

In fact, All American is a community in the truest sense of the word. Our building is really a neighborhood with friendly people, accessible services, places for entertainment, socialization and recreation, and quiet areas for family visits and personal space. Combining assisted living with a specialized area of the community for residents with Alzheimer's and other forms of memory loss, All American is safe, secure and fun. We are here to assist, but we also place an emphasis on *living*.

### **THE EMPHASIS ON LIVING!**

Part of living at All American Assisted Living means that our residents are engaged in a wide range of interactive and social activities – from entertainment to enrichment. The goal is to help our residents be as active as they can, and want, to be. Aside from organized activities, our community houses a parlor and library, a computer center, an arts and crafts room, and a media room so residents can do what they want, when they want. Whether it's a lifelong passion or a new skill, our residents have diverse and constant opportunities to engage with others, enjoy themselves and continue to grow as a person.

## Peace of Mind Pricing

All American Assisted Living is dedicated to your comfort and **Peace of Mind**. We understand your concerns about costs, and we want you to know that the many benefits of living in our senior community can be *affordable*. **Peace of Mind Pricing** pairs everything good about home with everything practical about care, and comes with pricing that includes every aspect of your well-being and comfort.

### SERVICES AND AMENITIES INCLUDE:

#### Comprehensive Wellness & Support Services

- 24-hour, on-site security, personal care staff and licensed nurse
- Medication management by licensed staff
- Individualized wellness service plans and regular health assessments
- Exercise Physiologists offering over 150 different fitness and wellness classes and diagnosis-specific programs
- All American Optimal Living Program – a proactive approach to wellness
- Scheduled transportation to medical appointments
- Regular visits by third-party healthcare providers including a dermatologist, podiatrist, and physical, occupational and speech therapists

#### Building & Apartment Amenities

- Two-bedroom assisted living apartments, with private or individual bedroom suites, shared living area, kitchenette and bathroom with walk-in shower
- Companion suites with private or individual bedrooms, designated for residents with Alzheimer's and other forms of memory loss.
- Emergency response system
- Individually controlled AC/Heating system
- Public lounges on all floors
- Daily/Weekly housekeeping and linen service
- Utilities included (except telephone)

#### Optional Services

- Guest meals
- Room service
- Personal laundry
- Hair salon services
- Trips and outings





## An Enhanced Quality of Life is Optimal Living

At All America, we believe that being proactive about healthy living is the best medicine. Our Optimal Living program helps keep our seniors healthy through research-based exercise and wellness programs designed specifically for each individual. Increasing flexibility, strength, and balance through Optimal Living promotes stability and prevents falls and hospitalizations.

All American provides a full-time wellness director and exercise physiologist, completes a functional wellness assessment upon move-in, and does periodic progress checks. Ongoing assessments monitor strength, mobility, balance and quality of life. We offer exercise diagnosis interventions for Dementia, Cardiac, Arthritis, Joint Replacement, Diabetes and Parkinsons, and cognitive wellness programs are available for residents with varying levels of dementia.

### **GREAT RESULTS!**

- Over 90% of residents in our communities participate in an average of 2.5 hours per week of exercise and wellness
- 150+ programs offered each month that focus on Optimal Living
- Our program has resulted in a 45% reduction in falls



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Call (254) 577-5547 today to arrange your personal tour of one of our beautiful communities!

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