



Independent Living | Rehabilitation | Nursing Care



**adams**  
WOODCREST





Welcome to Adams Woodcrest...To Serve with Compassion and Excellence

## Welcome Home

A new chapter doesn't mean you have to rewrite your entire life story. It only means you are ready for a change. Ready to move forward into a lifestyle that is tailored to your needs and ambitions. Making decisions is never easy, especially ones that concern you or a family member's future. At Adams Woodcrest, we go to great lengths to make your transition to a new and exciting lifestyle easy and carefree.

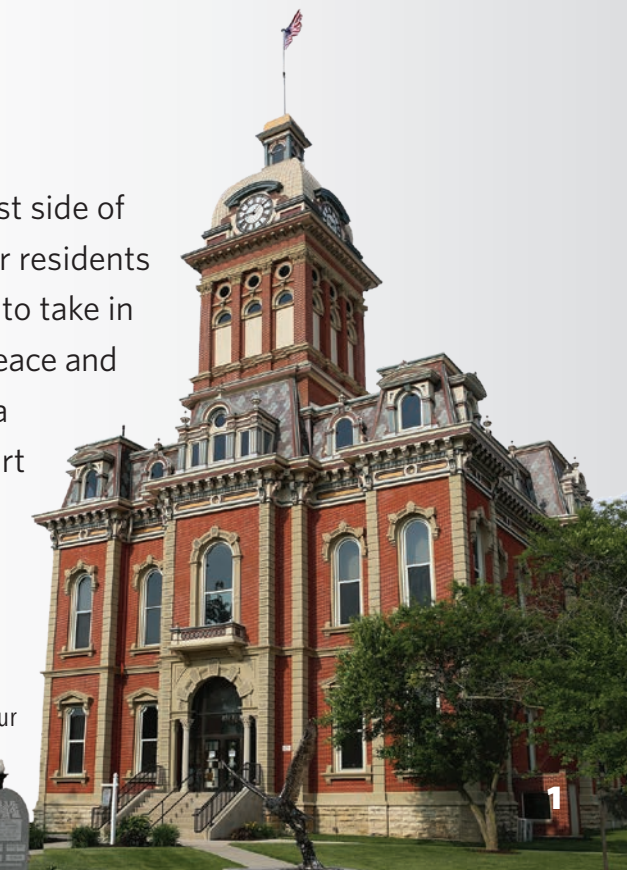
## What is Adams Woodcrest?

Our mission is to serve with compassion and excellence. Adams Woodcrest is a Continuing Care Retirement Community (CCRC) to ensure peace-of-mind for today and tomorrow. We are many entities crafted into one friendly environment. We are a Retirement Community featuring Villas and Apartments that offer a carefree and independent lifestyle. We are a beautiful, nature filled campus that offers a steady stream of activities for our residents, or the solitude of spending time by yourself. We provide Nursing Care when those needs arise. We pride ourselves in being many things to many people. Our residents are people who have come from all walks of life and from every geographical location in the United States.

## Why Decatur, Indiana?

Adams Woodcrest is nestled into a wooded setting on the southeast side of Decatur, Indiana. Decatur is a peaceful community that many of our residents have called home most of their lives. Close enough to the big cities to take in their fun and culture, but far enough away to come home to some peace and quiet. Woodcrest is part of the Adams Health Network and within a quarter mile of Adams Memorial Hospital. AMH is a state-of-the-art healthcare facility that offers essential services to residents of Woodcrest when needs arise. This additional benefit has been one of the many reasons why people have been calling Adams Woodcrest their home for over 20 years.

Courthouse, Downtown Decatur







Adams Woodcrest is Independent Living at Its Finest

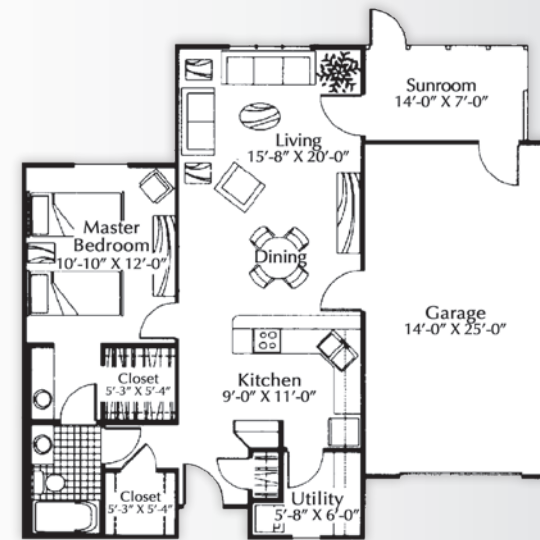
## Adams Woodcrest Campus Center

The campus center is the activity hub for all Adams Woodcrest residents. Craft, exercise and recreational programs are held in the lower level activity rooms. Easily accessible by elevator, these regularly scheduled happenings are an important part of each residents day. Educational, entertaining and inspirational activities and events are provided frequently in the beautiful Porter Auditorium. Down the hall is the "Mini-Mall" containing a beauty/barber shop, bistro, and library. Daily meals are served in the attractively decorated dining room, which seats more than 100 people. A small dining room is available for private occasions. The administrative offices, conference rooms and additional resident storage space is also part of the campus center complex.

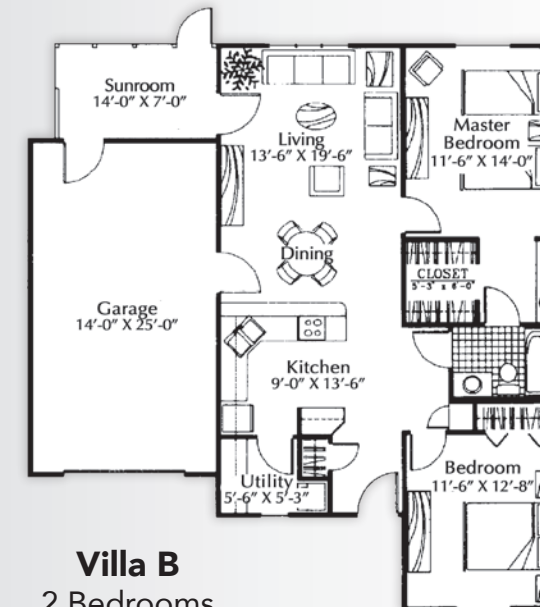
Heating and cooling of the campus center is provided by a high efficiency geothermal system which is connected to a pond on the property. It's the most efficient heating and cooling system available and helps us control energy costs. An enclosed walkway leads from the campus center to the independent living apartments.

## Adams Woodcrest Villas

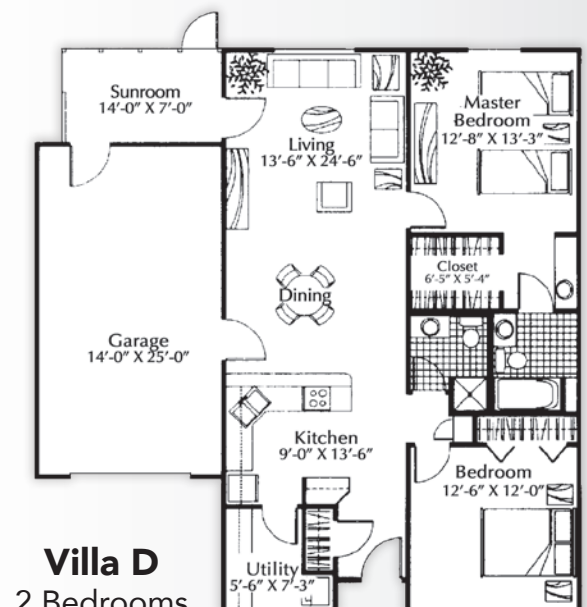
Villas are the answer for people who want the advantages of having their own home, but also want the long-term security of a full-service community, without the burden of upkeep and maintenance of their residence. Villa residents enjoy carefree, independent living without the worry of mowing, painting, snow removal and home repair. Instead our villa residents can spend time doing the things they want to do, such as gardening, crafts, sports and traveling. The convenience of attached garages make coming and going that much easier. All villas include wall-to-wall carpeting, sheers, individual heating and air conditioning controls, sun porches and spacious closets.



**Villa A**  
1 Bedroom | 1 Bathroom  
820 Sq. Ft



**Villa B**  
2 Bedrooms  
1 Bathroom  
1000 Sq. Ft.

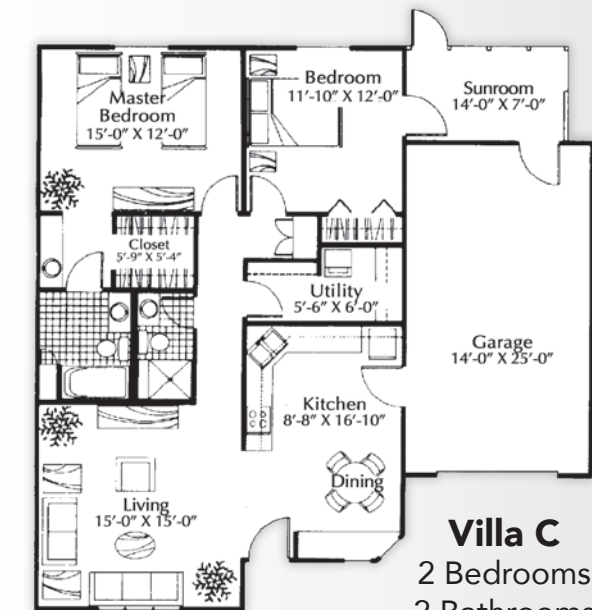


**Villa D**  
2 Bedrooms  
2 Bathrooms  
1120 Sq. Ft.

## SPACIOUS VILLAS

### Services & Amenities

- Beautiful dining room (one meal daily)
- Bistro for visitors and residents
- Utilities (except phone)
- Library and lounges
- Craft & recreational areas
- Beauty and barber shop
- Cable TV and WIFI network
- Smoke detector
- Maintenance (indoor and outdoor)
- Attached garages and lighted parking
- Scheduled activities
- State-of-the-art emergency call system
- Snow removal & yard care
- Appliances: oven, refrigerator, dishwasher, range, garbage disposal, washer & dryer
- Located minutes from the local golf course
- Biking and walking trail
- Includes membership to fitness center
- On-site guest suite for family visiting
- Transportation available



**Villa C**  
2 Bedrooms  
2 Bathrooms  
1110 Sq. Ft.





Adams Woodcrest Apartments are Perfect for Independent Living

## Adams Woodcrest Apartments

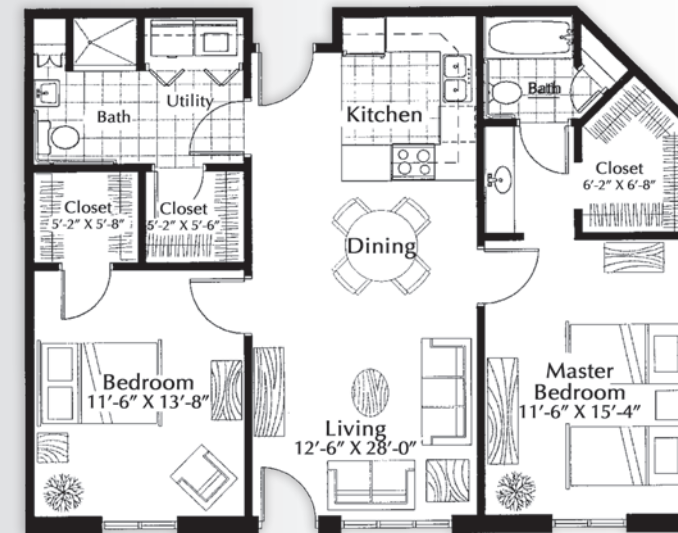
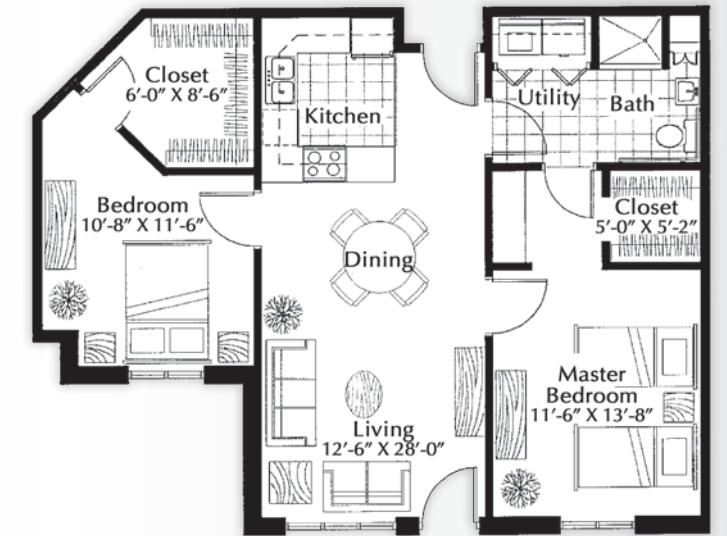
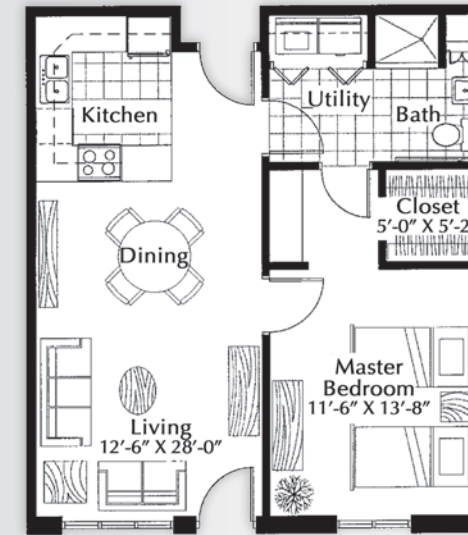
Our apartments offer carefree, independent living with separately controlled heating and air conditioning, providing you with geothermal heating and cooling systems. Each unit is equipped with appliances and feature large walk-in closets in the bedrooms. Along with all these conveniences you have easy access to the campus center. Residents of Woodcrest enjoy the advantages of living in a well-planned community. A place with planned activities but with the freedom to do what they choose.

## Services & Amenities

- Beautiful dining room (one meal daily)
- Library and lounges
- In-House Bistro for Visitors and Residents
- Utilities (except phone)
- Craft & recreational areas
- Beauty and barber shop
- Cable TV and WIFI network
- Smoke detector
- Maintenance (indoor and outdoor)
- Attached garages and lighted parking
- Bi-weekly housekeeping services
- Person-centered activities
- State-of-the-art emergency call system
- Snow removal & yard care
- Appliances: oven, refrigerator, dishwasher, range, garbage disposal, washer & dryer
- Flat Laundry Service
- Located minutes from the local golf course
- Biking and walking trail
- Includes membership to fitness center
- On-site guest suite for family visiting
- Transportation available

## You're Invited to Visit Us!

We look forward to the time when you can stop by our wonderful campus and enjoy firsthand the wildlife, beautiful flora, and our wonderful residents and staff. We want to take the opportunity to talk with you about your future at Woodcrest. A future that is filled with new friends and many years of happiness.







Complete Recovery...From Rehab to Home

## Skilled Nursing Care & Rehabilitation

Adams Woodcrest offers a skilled short-term rehabilitation program focusing on complete recovery from rehab to home. We provide quality short-term convalescent care from post surgery orthopedic care to stroke recovery and many other serious health issues in between. We focus on a team approach consisting of rehabilitation nurses and physical, occupational and speech therapists. Our goal is to get individuals back to independence as quickly and safely as possible. Our caring staff will see to your complete comfort while our skilled rehabilitation team designs a treatment plan that's perfectly customized for you with your goals in mind.

## What to Expect

- Dedicated nurse practitioners on-site
- State-of-the-art therapy equipment
- Individual heating and cooling in rooms
- Transitional apartment for safe transition to home
- Kitchen/Dining area
- Comfortable home environment (private & semi-private suites)

## Physical and Occupational Therapy

Our certified therapy staff are experts in the way the human body moves. Both our physical and occupational therapy staff use a variety of ways to promote movement, reduce pain, restore functions and prevent disability.

- Excellent therapy outcomes
- Self-care training and education
- Shorter length of stays
- Training in the use of adaptive equipment
- One-on-one therapy sessions
- Relearn daily living skills
- Balance and coordination
- Maximize independent function in the home

## Speech-Language Pathology

Our speech therapists focus on communication and swallowing disorders. We concentrate on speech production, voice auditory comprehension, word finding and verbal expression. Memory, vision, reading, writing, thinking and problem solving are also addressed.

# REHAB SERVICES

## Transitional Apartment

The transitional apartment is available for patients so therapists can monitor patient abilities in a real environment and find solutions prior to discharge to home.

## Home Assessment

If needed, therapists will perform a home assessment prior to discharge to assure a safe transition.

## Additional Services

We provide 24-hour care, a daily activity schedule and social services to assist in discharge planning. We also provide X-ray and Laboratory services, a registered dietitian to manage special dietary needs, an on-site nurse practitioner, and consulting physicians. Patients also have access to our beauty/barber shop.

## Transportation

Woodcrest shuttle is available for transportation to our residents when attending special events



## Adams Memorial Hospital...Care when needed

Located approximately one quarter mile away and connected via the walking trails, Adams Memorial Hospital serves Decatur and outlying communities with a variety of healthcare services. This state-of-the-art facility operates a 24-hour Emergency Room and many other services, including the Worthman Fitness Center.







We Care for Residents Like We Would a Member of Our Own Family

## Adams Woodcrest Nursing Care/Therapy

Our employees are a dedicated team of professionals who strive to meet the needs of residents from spiritual, social, physical and medical perspectives. Our team cares for residents as they would their own loved family members.

We provide professional nursing care 24 hours a day, with physical, occupational, and speech therapy available 6-7 days-a-week, as needed.

Residents are screened by on-site therapists to determine if they may benefit from therapy or a restorative program. Our staff works together to provide regular physical exercise for our residents. Our goal is to keep our residents active.

### HOMELIKE

Residents and families are pleasantly surprised with warm colors, and the recreational areas that provide the resident a more "homelike" atmosphere. We are especially pleased with the bathing areas that have been structured not only for complete individual privacy, but feature whirlpool baths as well as special grooming areas.

### ACTIVITIES

The residents enjoy a full schedule of activities held 7 days-a-week. Activities include bingo, musical entertainment and monthly parties. There are scheduled or requested one-to-one activities for those who are not able or choose not to participate in group activities. Woodcrest has a chaplain on staff, offering bible studies and pastoral counseling. Church services are provided by various local churches several times a week.

### VISITATION

While we have open visitation, we ask that most visiting start at 10A and be concluded by 8P. We also provide a unique dining program, special recreational programs, beautician/barber services, dedicated nurse practitioners on-site, and physician directed nursing care. Woodcrest is Medicare/Medicaid certified.

### TIME WITH FAMILY

Adams Woodcrest Nursing Center offers exceptional care for those who cannot be safely cared for in their home environment. Residents can come and go with appropriate supervision. Many residents remain involved in the community and in their family activities.

# OUR "CULTURE CHANGE" JOURNEY

## Changing Our Care Model Household Model

- The **Household** model of care
- Person-centered care
- Residents and staff have meaningful, ongoing input on care
- Cross trained staff

- Residents live in smaller groups with consistent staffing
- Residents choose how they want to live
- Rise and eat breakfast when they want
- Participate in individualized and often spontaneous activities

## Results

- Happier and more satisfied residents and families
- More engagement with residents and staff
- Can help reduce cognitive decline
- Retain staff

## What Are We Doing

- All Nursing Facility Rooms (In three Neighborhoods) in process of being renovated
- Goal is person centered care - residents closer to their rooms, rehab, and activities

## Neighborhoods With Person Centered Care

- Each **Neighborhood** will have its own kitchen and dining
- More person centered activities
- New and larger Rehabilitation Area
- Newly remodeled Rehab Suites (coming soon)
- Memory care household





*Member of Adams Health Network*

1300 Mercer Avenue • Decatur, Indiana 46733

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

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