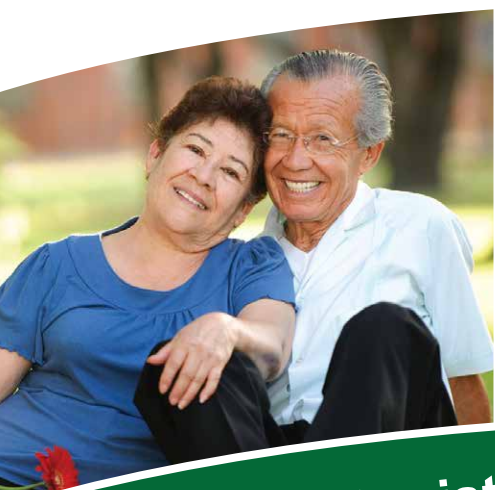




# PRAIRIE HILLS AT OTTUMWA

ASSISTED LIVING & MEMORY CARE



Premier Assisted Living and Memory Care Community



## *Living in style and comfort*



At Prairie Hills Assisted Living and Memory Care in Ottumwa, residents enjoy an active, engaging lifestyle that promotes wellness and independence. It is our goal to keep our residents linked to resources and opportunities in the community that will fulfill their needs, interests, and goals. Residents have many opportunities to participate in a variety of life enriching activities and events designed to stimulate the mind, body and soul. From cocktail-hour gatherings where you can learn about the nuances of a good Pinot Noir, to a discussion of the latest best seller in our Life-Long Learning series, to exploring new ways to stay healthy in a fitness class...expect the unexpected. When what you desire most is exactly where you want it to be, celebrate!



**PRAIRIE HILLS**  
AT OTTUMWA

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## Excellent Services Tailored to Different Needs...

Prairie Hills at Ottumwa Assisted Living and Memory Care offers comprehensive and caring Alzheimer's and dementia care. The mission of our supportive community is to serve the special needs of individuals with Alzheimer's disease, dementia and other forms of memory loss. The residence is a comforting environment, deftly incorporating safety and supportive cues throughout... even in the secured courtyard and inside walking path.

Prairie Hills at Ottumwa offers programs to help those individuals with memory loss maintain function. Our individually tailored life program, based on Montessori principles, provides the stability of a routine while maximizing independence and autonomy of the individual. We develop close bonds between residents, their families, and our caregivers. Memory care can be different...let Prairie Hills at Ottumwa show you how.

### Apartment Choice:

This is a very private setting where residents are comforted by having their own décor, furnishings and more. We offer private apartments with private restrooms. All apartments come with 24-Hour emergency call systems, closets, individualized heating/cooling and access to community amenities.

### Some of our Personalized Services include:

- Medication management
- Showering/bathing
- Dressing and laundry
- Personal hygiene and grooming
- Mobility and transferring
- Continence management
- Level appropriate activities
- Assistance with eating

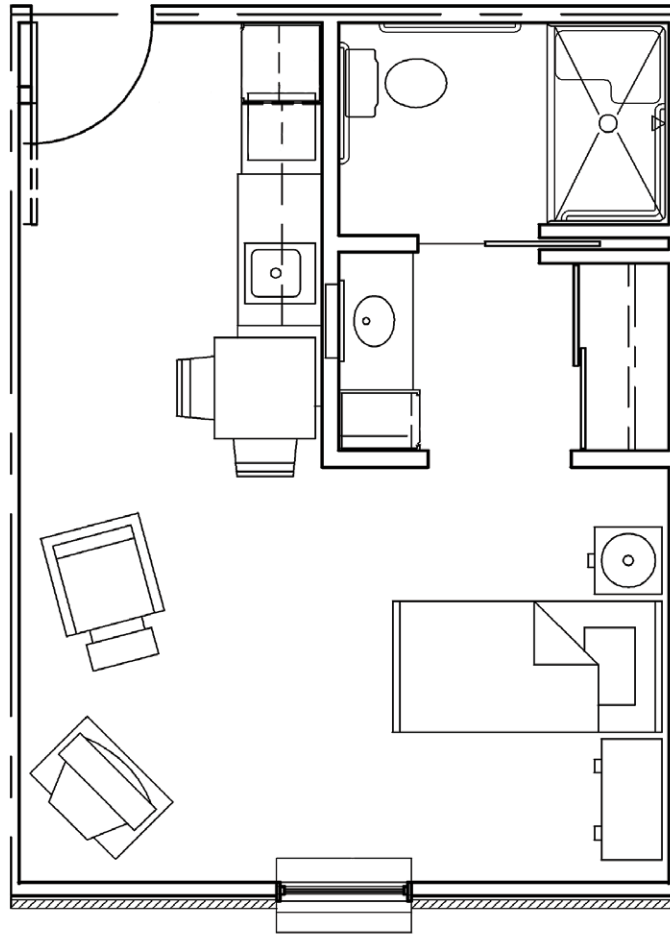
### Respite Care:

We offer a respite care program designed to give family caregivers a necessary break. This is your chance to have our caring staff enrich the life of your loved one, while you take a well-deserved rest.

Are you ready to learn more about our unique specialized care services? To learn more about Prairie Hills at Ottumwa Assisted Living and Memory Care, please call 641-684-1871 and schedule a tour.



Studio • 340 sq ft







## Escape to the Ideal Lifestyle...

Prairie Hills at Ottumwa Assisted Living and Memory Care offers a wide array of apartment options within our community – whether you are looking for the convenience of a studio, the privacy of a one bedroom, or the spaciousness of a two bedroom apartment, we can accommodate your needs. Keep life comfortable and stress free with our thoughtfully designed apartments providing all the features and space you need for living life to the fullest. Depending on the apartment you select, your residence at Prairie Hills at Ottumwa may include the features below.

Assisted living apartment amenities include:

- Monthly rental with no buy-in or long-term lease
- Choice of studio, one and two bedroom apartments
- Linen and housekeeping services
- Maintenance of interior and exterior spaces
- 24-Hour emergency call system in each apartment
- Utilities (telephone and basic cable not included)
- Well-appointed finishes, spacious closets, and kitchenettes
- Wireless internet access in common areas

Assisted living services include:

- Assistance with personal needs such as bathing, dressing and grooming
- Medication management
- Select specialty diets offered
- Continence management
- Individually developed care plan with our residents preferences in mind
- Mobility and transferring assistance
- Respite services available

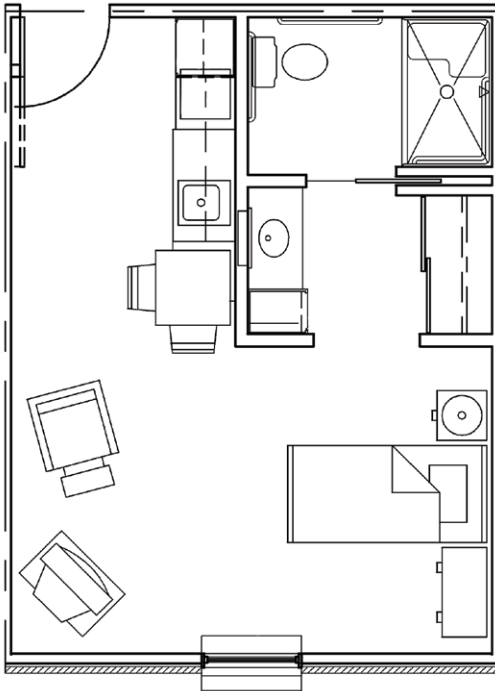
Are you ready to take advantage of a community that caters to your upscale tastes? To learn more about Prairie Hills at Ottumwa Assisted Living and Memory Care, please call 641-684-1871.



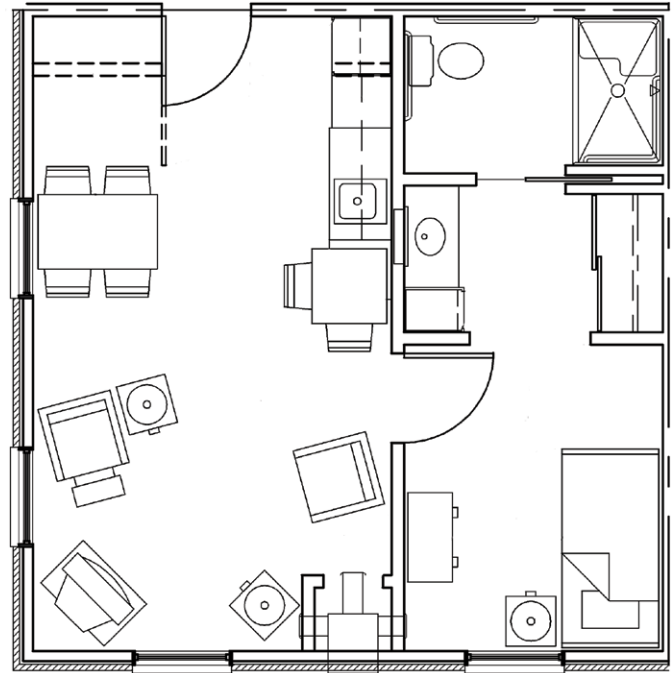
# Assisted Living Floor Plans



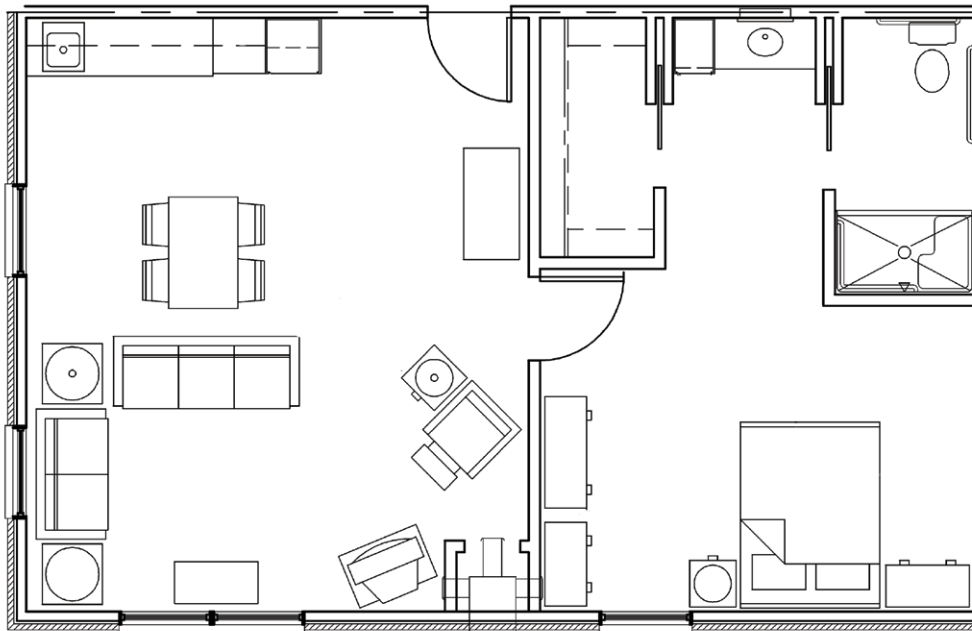
Studio • 340 sq ft



One Bedroom • 445 sq ft

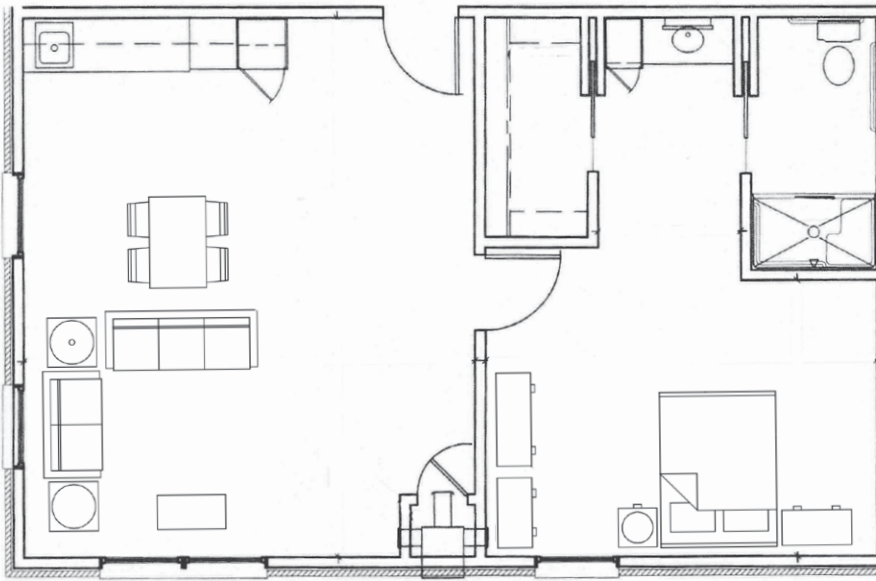


One Bedroom Deluxe  
551 sq ft

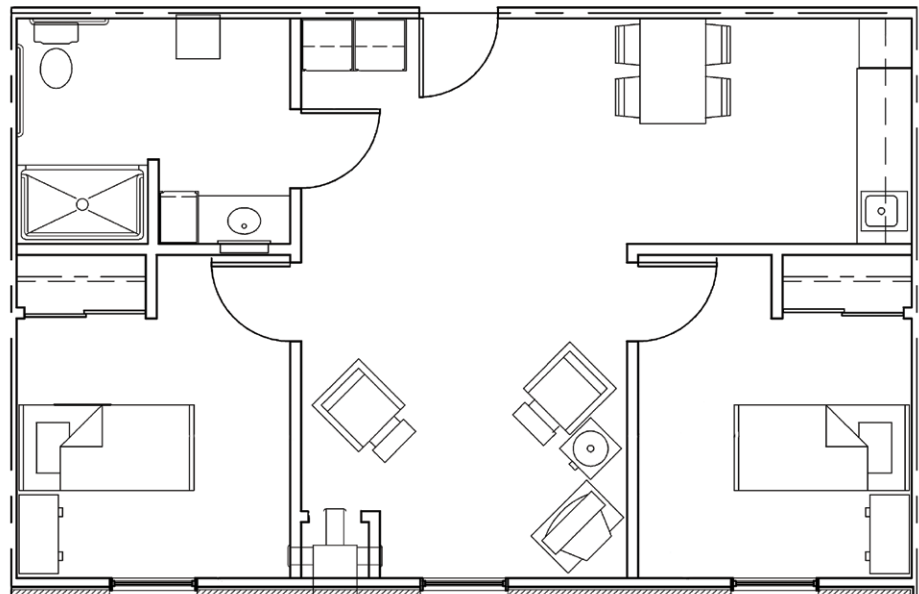




One Bedroom Premium • 717 sq ft



Two Bedroom • 717 sq ft





## Indulge in All We Have to Offer...

Living at Prairie Hills at Ottumwa Assisted Living and Memory Care will allow you to be free from the daily rigors of cooking and cleaning so you can maintain the liberties and freedoms of your retirement lifestyle in one of our spacious apartments. Our dedicated staff will take care of the grounds, the housekeeping and other chores; leaving you time to enjoy life's simple pleasures.

Our monthly hospitality package includes three delicious home-cooked meals each day, weekly housekeeping with linen service, planned events and activities, scheduled transportation, and paid utilities (include telephone, cable, and internet services). Your retirement can be as active or as relaxed as you prefer in our community – just like home, surrounded by your favorite collectables and furnishings.

Our amenities include:

- Unique programming like our Life-Long Learning Series
- Library, computer, and business center
- Crafts, bingo, and innovative Life Enrichment program
- Spacious and comfortable living areas for social gatherings, events, and special occasions
- Special trips, outings, and celebrations
- Exercise classes
- Complimentary housekeeping
- Full-service beauty salon and barber
- Complimentary resident laundry rooms
- Resident and guest parking
- Free scheduled transportation
- Beautifully landscaped courtyards and patio areas
- Family pets welcome\*

While we have complimentary transportation and a wide array of social events planned, with amenities like these, you may never feel the need to leave the doors of Prairie Hills at Ottumwa. Are you ready to take advantage of all we have to offer? To learn more about Prairie Hills at Ottumwa Assisted Living and Memory Care, please call 641-684-1871 to schedule a tour and a complimentary meal.

\*Per our guidelines





# PRAIRIE HILLS AT OTTUMWA

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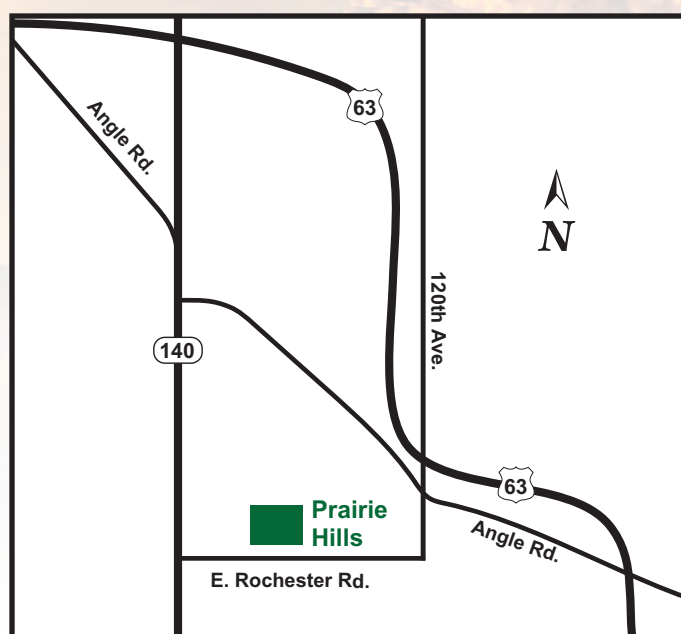
173 E. Rochester Road  
Ottumwa, IA 52501  
641-684-1871  
prairiehillsottumwa.com

## ***Here's how to find us...***

*Follow these easy driving directions.*

### **Heading East on US-63:**

- Take exit 40 for IA-149/US-63 BUS toward Ottumwa
- Turn right onto IA-149 S/US-63 BUS S
- Turn left onto E Rochester Rd., community will be on your left



### **Heading North on US-63:**

- Take the exit toward Dahlonega Rd.
- Turn left onto Dahlonega Rd.
- Turn right onto Angle Rd.
- Turn left onto 120th Ave.
- Continue onto E Rochester Rd., community will be on your right