



**Lakeshore**  
SENIOR COMMUNITIES



## THE LAKESHORE DIFFERENCE

Lakeshore Senior Communities have been serving seniors in the Nashville area since 1952. As a locally owned non-profit organization, Lakeshore continues to operate on the principles on which it was founded and provides loving, respectful care in a warm Christian environment.

Our two facilities, The Meadows, located in the Bellevue community and Heartland, in the Stones River Valley area of Donelson, offer a wide array of services to seniors including:

- Independent Living
- Residential Home for the Aged (Assisted Level)
- Intermediate Nursing Care
- Memory Care
- Skilled Rehabilitative Services

Passionate and skilled team members provide personalized care with dignity and respect to our residents, filling our communities with all of the special touches of family and home. Just ask a member of our Lakeshore Senior Community and they will tell you that there is something special about Lakeshore.



## AMENITIES

The services offered at The Meadows and Heartland provide our residents with the resources they need to ensure a healthy fulfilling lifestyle.

- 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 Dietitian
- 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



## THE MEADOWS SENIOR COMMUNITY

The Meadows Senior Community offers a variety of living arrangements and services for seniors. The Meadows is a private pay and Medicare-certified facility, providing several levels of care.

### RESIDENTIAL HOUSING FOR THE AGED (RHA)

Residential Housing for the Aged is appropriate for those seniors who value their independence but need some help with daily activities. Residents can enjoy the privacy of their own spacious room knowing that a staff member is there to help them with their unique individual needs.

### INTERMEDIATE NURSING CARE

The Meadows 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.

- Laundry and housekeeping services
- Three meals per day
- Health status monitoring
- Medication administration
- 24-hour emergency call service



### **MEMORY CARE**

Residents with Alzheimer's disease, Dementia or other forms of memory loss experience a safe, comfortable and stimulating environment in our Memory Care unit. We provide personalized care that aligns with an individual's abilities and needs. The memory care wing is secured by the WanderGuard® system.

### **SKILLED REHABILITATIVE CARE**

For individuals needing post-hospital, skilled nursing and rehabilitative care, comfortable private and semi-private rooms are available. Physical, occupational, and speech therapy help patients meet their recovery goals. The Meadows accepts Medicare and select private insurance for skilled nursing care.

### **RESPIRE CARE**

There are times when caregivers need to take vacation or need a brief respite from caring for the senior in their life. Short-term stays are based on space availability.

# HARPETH MEADOWS SENIOR INDEPENDENT LIVING

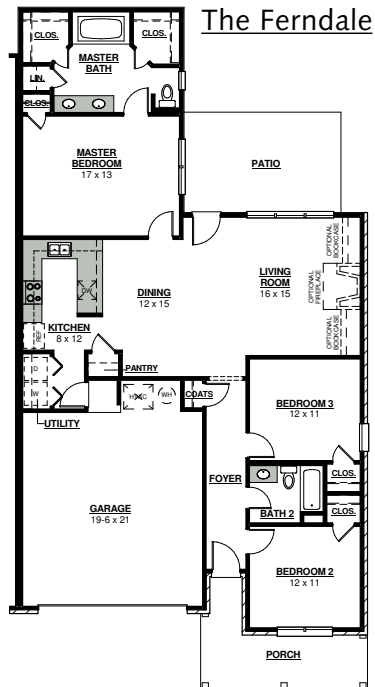
Tucked away in the rolling hills of Bellevue, Harpeth Meadows is the perfect option for those seniors who wish to maintain an active, independent lifestyle without the everyday demands of maintaining their homes.

This quiet neighborhood with its tree-lined streets offers four unique senior-friendly floor plans. Homes are available in two- and three-bedroom models and feature high-quality interior finishes, private patios and full landscaping and lawn care. For your safety and peace of mind, we offer a 24-hour emergency call system.

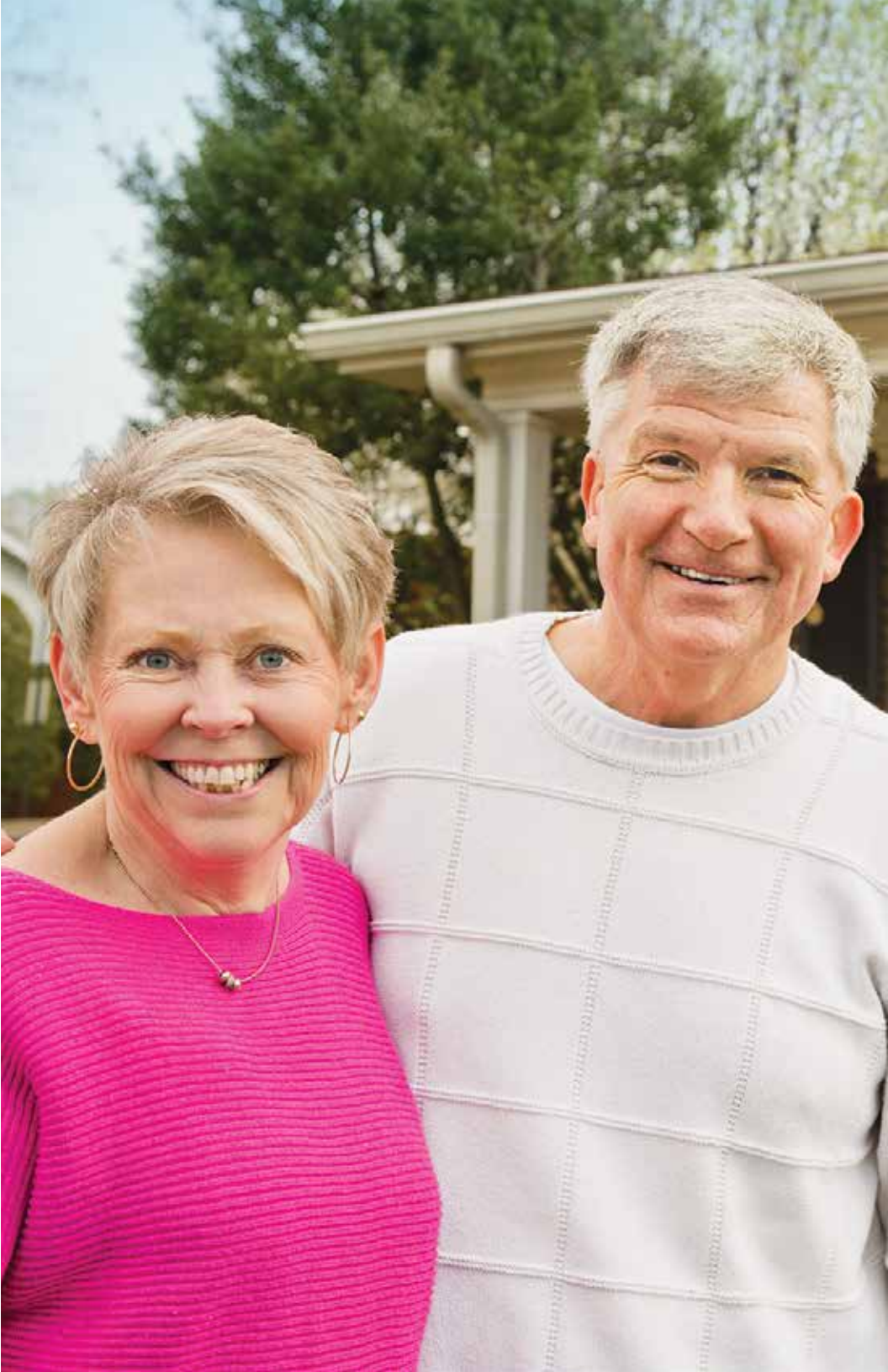
Surrounded by warm, friendly neighbors, residents of Harpeth Meadows enjoy a lively schedule of social, recreational, and spiritual programs.

## SERVICES PROVIDED AT HARPETH MEADOWS

- 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 The Meadows Dining Room



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





## HEARTLAND SENIOR COMMUNITY

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.

### 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





## 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 knowing that a staff member is there to help them with their unique individual needs. 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.*



# HEARTLAND POINTE 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.

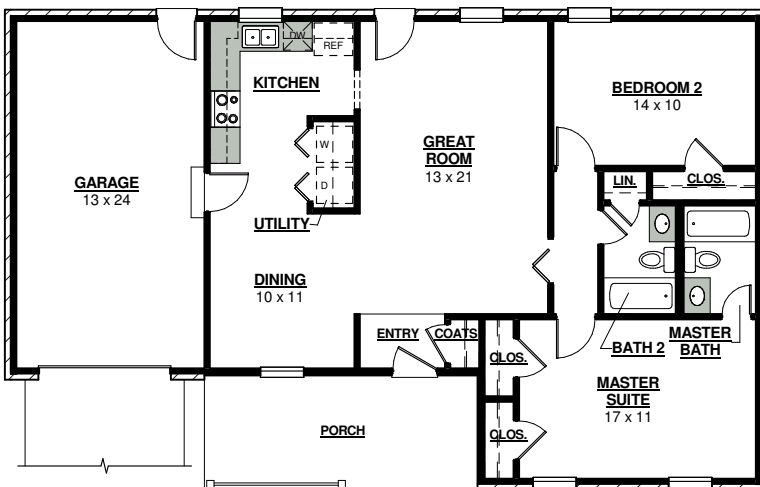
This quiet, safe neighborhood with its scenic view offers five unique senior-friendly floor plans. Homes are available in two- and three-bedroom models and feature high-quality interior finishes, private patios and full landscaping and lawn care.

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)

## FOR MORE INFORMATION

Lakeshore Senior Communities have been serving seniors in the Nashville area since 1952. As a locally owned non-profit organization, we are devoted to providing personalized senior living care to suit the varying needs of all of our residents. We offer a variety of living arrangements and services that allow our residents to enjoy a fulfilling life as we strive to meet their every need.

To learn more about our facilities and our services, we invite you to schedule a personal tour. We'll even treat you to a complimentary lunch!

THE MEADOWS  
8044 Coley Davis Road  
Nashville, TN 37221  
(615) 646-4466

HEARTLAND  
3025 Fernbrook Lane  
Nashville, TN 37214  
(615) 885-2320

*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.*