

Birch Grove

The Continuing Care Neighborhood at Fox Hill Village



Welcome to Birch Grove.

This is a place of community and caring.
A place where you can be yourself.
Here, you're seen as a person, not a patient.
Here, you can continue to learn and grow.
Express the life and hope within you.
Choose how you'll live each day.
And enjoy the company of friends
in an intimate household
wholly dedicated to your choices
and your wellbeing.

Care is personal here.

(Because you're the expert on you.)

For today's adults, the experience of aging is vastly different than it was for previous generations. Many of us are living longer, healthier lives and far fewer of us will ever develop an acute condition that requires the long-term, 24-hour skilled nursing care of an institutional nursing home. That's why we've created Birch Grove.

Like the entire Fox Hill Village community, Birch Grove is an alternative to "the way things have always been done." And we believe it's a far better option for residents who find they can no longer live independently due to an advancing chronic condition.

As an adopter of the Green House® small-house model, Birch Grove will give you the personalized care and assistance you need while you enjoy the benefits of living in a community. You'll have the freedom to maintain the personal rhythms and daily routines that are important to you. And, most importantly, you'll remain in control of how you want to live each day.

Each Birch Grove home is led by a small, dedicated team of cross-trained staff — including a nurse and certified nursing assistants — who will get to know you as an individual and oversee the day-to-day life of the home. Everything they do — from learning about your life history and providing personal care to preparing meals and planning events — is designed to accommodate your choices and preferences.

*Most importantly,
you'll remain
in control of how
you want to live
each day.*





A place to connect, learn and grow.

You're part of the family here.

Mountains of research have proven the benefits of being part of a community and the importance of connecting with others. That's why Birch Grove has been designed to combine the best of community living with personal space and privacy. Located in the Baker West wing, the Birch Grove household consists of two fully functioning, state-of-the-art homes, each with 12 private resident suites arranged around community living spaces. There's also a large outdoor balcony overlooking our surrounding woodlands.

Friendships and camaraderie develop here as residents engage in conversation around the fireplace or watch a movie or sporting event together in the living room. As in any home, the open kitchen and dining area become popular gathering spots where you can watch your meals

being prepared, help with the cooking or grab a light snack. There's a den for small gatherings, impromptu games, reading or just visiting with friends, as well as an activity room for organized programs such as art classes. And since there are no long hallways or stairs to navigate, you'll be able to easily move throughout the neighborhood as you wish.

Birch Grove residents can also participate in the fullness of Village life taking place on the first floor of the Baker West wing. There you'll find amenities such as the Bistro, an indoor heated pool and spa, classrooms for lifelong learning, and rehab services such as physical and occupational therapy. And best of all, when you're ready for a little privacy or down-time, your home and your own private suite are just a short elevator ride away.

The living areas in each home are designed to promote friendship, camaraderie and engagement.



As in any home, the open kitchen and dining area become popular gathering spots.

A space that's all your own.

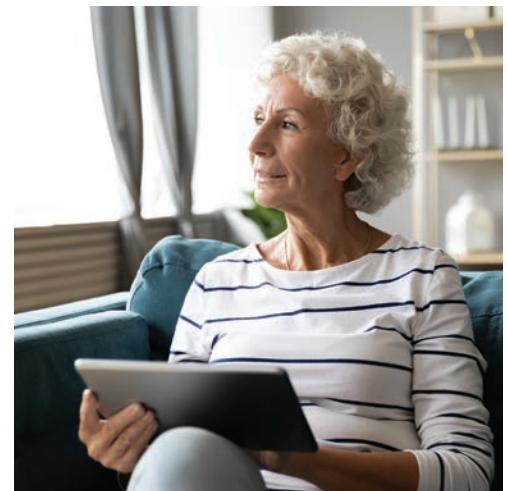
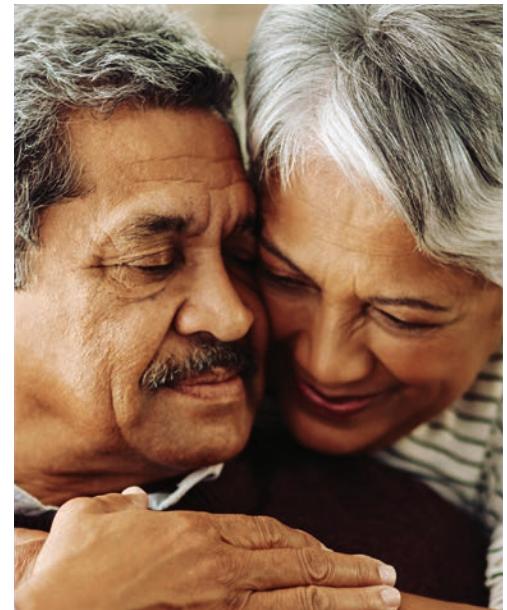
The privacy you deserve whenever you choose.



As beneficial and engaging as community life is, we all know it's possible to have too much of a good thing. That's why your private suite at Birch Grove is designed like an apartment — with space to personalize, stretch out, spend private time with guests, and do whatever makes you happy.

As you enter your suite, you'll find a tea kitchen with a sink, cabinetry, and refrigerator. Straight ahead, the living area can be configured to suit you. Create a sitting area or a place to pursue a favorite hobby. Watch your favorite show or write a letter. Paint a masterpiece or just relax. As with everything at Birch Grove, the choice is up to you.

Just off your living area you'll find a separate bedroom and a private en suite bathroom with a walk-in shower for safe and easy access. Additional features of your suite include an easily accessible closet and two large windows that fill your suite with natural light.



Caring is just the beginning.

We're here to help you thrive.

The strength of Birch Grove's model lies in the expanded roles of our care teams and the priority we place on each resident's right to autonomy, engagement and choice. In short, we're here to provide the support you need, when you need it.

With a high staff-to-resident ratio, your team will get to know you on a personal level, understand your history and learn about your preferences. Are you an early riser or a night-owl? How do you take your coffee? (Do you even like coffee?) What are your favorite meals? We remain flexible so your day can evolve just the way you choose.

You'll find flexibility in assistance, too. Unlike many assisted living residences, Birch Grove has a nurse on duty 24/7 to address any medical needs you may

have. Your team will also include two certified nursing assistants who work in an expanded role preparing meals, providing personal care and medication management, and handling household duties such as laundry. There is also a staff member who plans and oversees a diverse program of activities and events designed around residents' interests.

Should you need short-term or intermittent skilled care, we'll coordinate with a licensed home health agency to deliver those services in your Birch Grove residence. In the vast majority of cases, this type of additional assistance prevents a permanent move to a skilled nursing facility. Plus, the total cost is significantly less than fees charged for 24-hour skilled home care or fees charged by traditional nursing homes.



*We remain flexible
so your day can evolve
just the way you
choose.*

Birch Grove at a Glance.

Except as noted, all features and services
are included in the monthly fee.

Household Features & Services

- Individual service plan
- Maximum of 12 residents per home
- Private bathroom in each resident suite
- Emergency call system in all suites
- Three meals and snacks each day
- Daily programs and activities
- Social gatherings
- Housekeeping service
- Laundry service
- Personal care items
- Secured household
- All maintenance provided
- Outdoor balcony
- Access to:
 - Walking trails and gardens
 - Bistro with outdoor patio
 - Fitness center and pool*
- Hair salon and spa**
- Transportation to medical and dental appointments**
- One-on-one support**

Health Care Features & Services

Nurse on duty 24/7
Certified nursing assistants on duty 24/7
Support with ambulation
Wheelchair assistance
Support with transferring (sitting, standing, lying down)
Fall risk cueing
Bathing support and assistance
Grooming assistance
Assistance with eating
Preparation of therapeutic meals
Medical appointment coordination
Home health services coordination
Medication reminders (SAMM)
Medication administration (LMA)
Coordination of pharmacy deliveries
Obtaining medical supplies
Observational care:

- Catheter monitoring
- Oxygen use
- Diabetes regimen
- Chronic pain management

Standard Staff Training

Infection control
Universal precautions
First aid
CPR
Fall prevention
Medication management
Dementia
Elder abuse and neglect
Disaster/emergency preparedness
Food safety/Serv-Safe certification

The following services are not provided and require transfer to a higher level of care:

Nasogastric (NG) tube care
Colostomy care
Complex psychiatric care
Wandering/advancing dementia
Complex pain management
Ventilator or tracheotomy use

Services Available From Licensed Home Health Care Providers[†]

Wound care
Injections
Diabetes management
IV administration
Catheter insertion

Services Available From Other Licensed Professionals[†]

Physical and occupational therapy services
Podiatry services
Primary Care services
Hospice care
X-ray and laboratory services

Birch Grove at Fox Hill Village is not yet certified by the Office of Elder Affairs.

* Subject to medical assessment

** Additional fee applies

[†] Medicare reimbursement is possible; otherwise an additional charge applies



Birch Grove

Two Floors

12 Suites Per Floor





The first floor of the Baker West wing at Fox Hill Village includes a variety of new amenity spaces that are available to Birch Grove residents:

- Bistro with an outdoor dining terrace
- Fitness center and indoor pool*
- Golf simulator*
- Physical and occupational therapy room
- Health clinic
- Hair salon and spa**
- Classroom and meeting spaces

* Subject to medical assessment

** Additional fee applies

BIRCH GROVE AT FOX HILL VILLAGE

To learn more about how Birch Grove can help you or someone you love continue to enjoy independence and choice in a supportive environment, call us at 781.300.2399.

BIRCH GROVE
AT FOX HILL VILLAGE

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