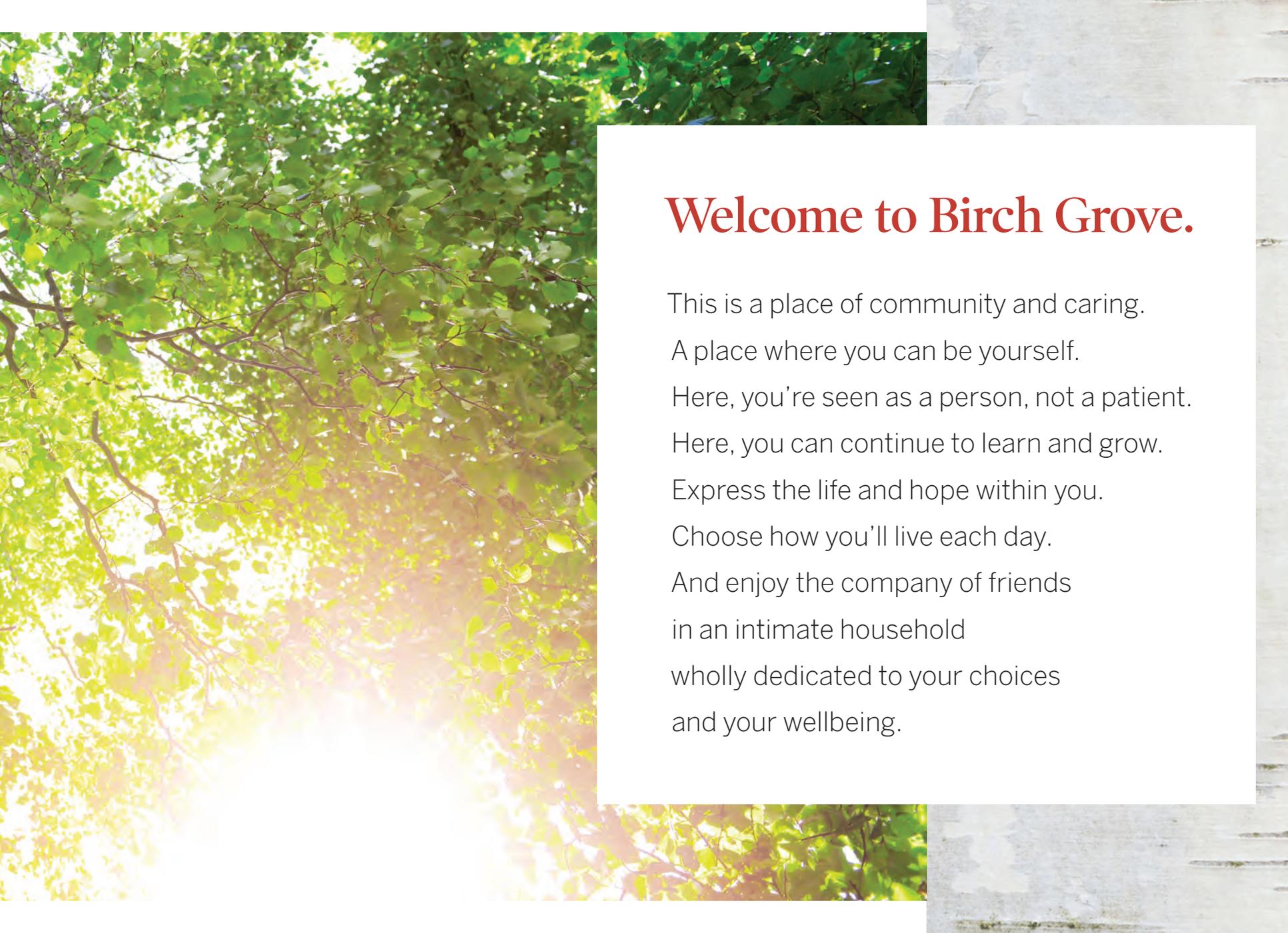


A close-up photograph of birch bark, showing its characteristic white, papery texture with horizontal lenticels and some peeling areas. The background is a soft, out-of-focus natural setting.

# 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.)

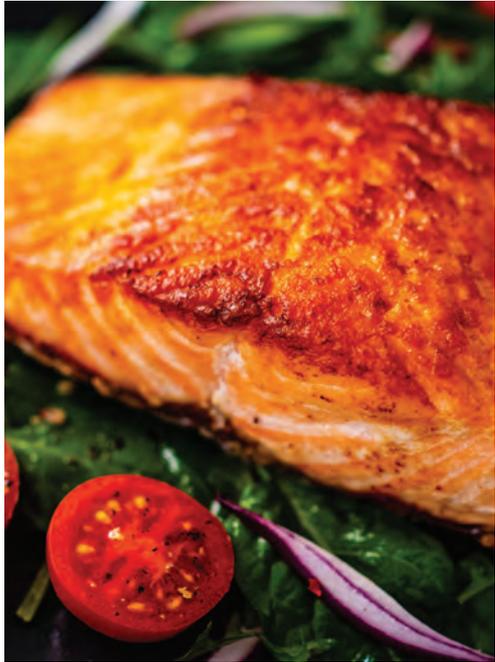
**F**or today's adults, the experience of aging is vastly different than it was for previous generations. Many of us are living longer, healthier lives and far fewer of us will ever develop an acute condition that requires the long-term, 24-hour skilled nursing care of an institutional nursing home.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



**M**ountains 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 are 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, classrooms for lifelong learning, and physical therapy services. 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.*

# A space that's all your own.

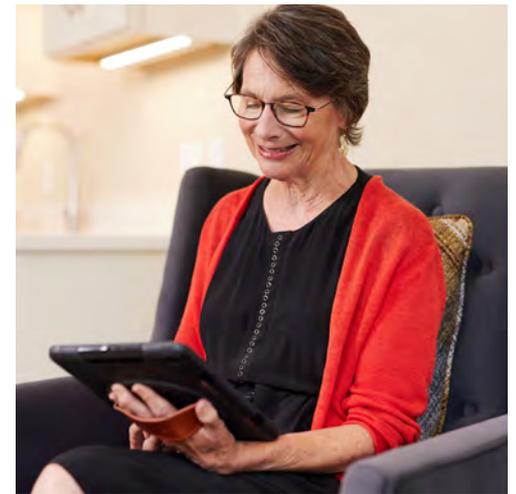
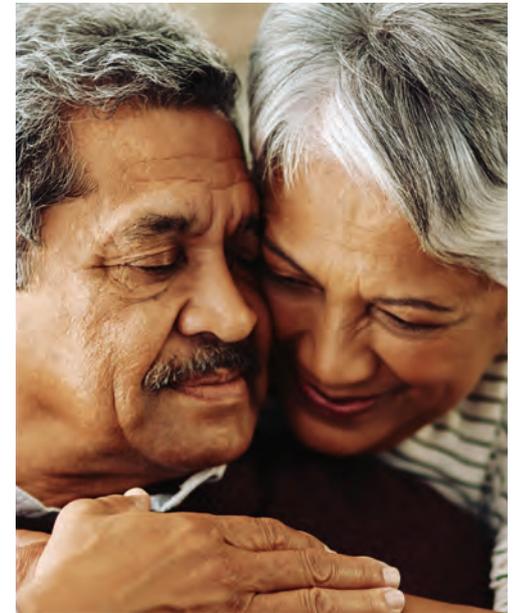
The privacy you deserve  
whenever you choose.



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 a personal 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 curbless 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.

**T**he 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\*\*

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

## 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

## 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

Birch Grove at Fox Hill Village is certified by the Massachusetts Executive 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

SILL=211.17

SILL=221.08

SILL=221.





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.**

“Bill and I feel so fortunate that he can live at Birch Grove! The staff are amazing — such kind and sensitive people. You have thought of everything, and it all adds up to a wonderful place to be during a challenging time of life.

Thank you!”

—ALICE B.

BIRCH GROVE  
AT FOX HILL VILLAGE

8 Longwood Drive

Westwood, Massachusetts 02090

Phone: 781.300.2399

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