

# Assisted Living

#### **Life on Your Own Terms**

You've always been independent and want to stay that way. Our communities give you the freedom to live life on your own terms and stay connected to your family and friends. You'll be at home, in your own home, but free of the challenges of maintaining a house. You'll be independent but you won't be alone, pursuing activities you've always enjoyed—and finding new interests you might never have imagined.

## You Deserve Your Independence

Assisted Living at United Methodist Communities at The Shores is apartment style living with personal and health care services tailored to your needs. If you need assistance, the associates at The Shores can help with bathing, dressing, grooming, medication management, safety checks, and more. The Shores' philosophy of assisted living allows residents to enjoy freedom, independence, and privacy.

#### **Amenities**

- Meals prepared by an Executive Chef
- Bistro
- Spacious dining rooms
- · Fitness and wellness center
- Transportation to local shopping and events
- Full calendar of cultural, social and spiritual events
- Therapy services
- Weekly scheduled housekeeping services

### **Apartment Features**

- Private apartments with bath with walk-in shower
- Tea kitchen (includes refrigerator, sink and cabinets)
- Emergency call system

## **Take the Next Step**

To learn more about Assisted Living at The Shores, please call 609-399-8505.



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