



# Assisted Living

Residents carry on their vital and engaging lifestyle—yet they enjoy a safe and secure environment with richer support for daily activities such as bathing, dressing, medication management, mobility and more. Experienced and professional associates help, while retaining your dignity and independence. Plus, our communities excel at providing an excellent active and social environment where seniors can meet and mingle with others in the same stage of life.

You'll live comfortably and enjoy your daily routine, all while benefitting from housekeeping and nutritious meals, attention to hygiene and healthcare—an escape from the daily burdens of life, without the stress of regular chores or household tasks.

When you might consider Assisted Living:

- Daily tasks of living are a challenge. Mobility issues may be common. Access to medical care may be a chore. Are you isolated and lacking social engagement? Missing a connection with individuals at a similar life stage? Our professionals make the transition easier.
- Ready to give up the stress. The daily to-do list can be a thing of the past. Remove the burden, retain the freedom to focus on the enjoyment of life—activities with friends, entertainment, nutritious food and common experiences with fellow residents.

- Transportation is a challenge. We have scheduled transportation to nearby shopping and dining options—plus trips to medical appointments as needed. Still driving? Not a problem at most of our communities. Keep your car.
- You're ready for help—but you're still active. Our residents bring personal belongings and furnish their new space like their home. You'll feel comfortable and at ease in one, two or three bedroom accommodations with your partner.



## Have questions?

Contact us—we're happy to help, provide a tour, and give you a glimpse into the Assisted Living experience. You may not know what level of care you need—and that's why we're here. Let us help with an assessment.

A PEGASUS SENIOR LIVING™ COMMUNITY

Services vary by location. Consult the community for details.  
Pegasus Senior Living™ is a trademark of Pegasus Senior Living, LLC. Dallas, TX, USA 75205





# Memory Care

Our Memory Care communities are carefully designed to meet your needs and those of our residents. Each resident is defined by their individuality and entitled to a life of meaning, wellness and vitality—regardless of their diagnosis. We provide a safe environment for activities such as gardening, kitchen work, and other projects that use meaningful life skills and individual talents.

Maybe the journey began with increasingly common memory lapses or a series of more serious “senior moments.” But Alzheimer’s and dementia are serious conditions with far-reaching effects on the resident and all their loved ones. The next steps are fraught with questions and emotions.

You are not alone. We are here to support you through the emotional whirlwind—and provide you the space and the comfort to take care of yourself without guilt. A diagnosis involving brain disease can be a blow, but Pegasus professionals know that the dignity and support for the patient and their family are paramount.

The Dining Experience—Our expert culinary team members and registered dietitians provide a unique dining experience that sustains the resident’s enjoyment and mastery of dining. Memory-friendly menus provide diverse food offerings that are both nutritious and help to prevent weight-loss. Selections are easy to manage, familiar and appealing to the senses. Personalized dining assistance evaluates each resident’s need for prompting of utensil assistance, with a focus on preserving a resident’s utensil use for as long as possible. Supportive dining environments incorporate small dining rooms with consistent seating to support the challenges of those with memory loss. This

encourages familiarity and socialization, and assigns resident care assistants to support the individual needs of the residents. The dining experience is enhanced with music, colorful centerpieces and fresh table linens.

You may have been caring for a loved one’s decline into dementia for some time. As a caregiver, you may be drained and exhausted. Don’t drive yourself to the point where you have nothing left to give. Look for support, guidance and an opportunity to recharge and gain perspective.

Providing exceptional Memory Care is a complex task that requires ongoing guidance and instruction for our associates. We focus on proper techniques and interactive care of persons with memory loss. Established protocols enable associates to intervene when challenging behaviors resulting from memory loss arise. This holistic-community philosophy is the key that empowers all associates to identify the resident’s unmet needs and provide an appropriate solution.



## Have questions?

Contact us for a tour, and an individualized assessment of your needs. See how we can guide your loved one through this most challenging time of their life—and yours.

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# Services & Amenities

## Services

Assistance with personal needs including dressing, bathing and dining

Licensed nurse on-site, 24 hours a day

Registered nurse on-call, 24 hours a day

Negotiated Service Plan

Medication assistance

Medication administration

Medication management

Personal care assistance available 24/7

Ongoing monitoring of resident's health status

Behavior tracking and management

Weekly housekeeping services

Personal laundry services

Linen services

Three freshly prepared, nutritious and appetizing meals served daily

Anytime dining between 7 a.m. and 7 p.m.

Snacks/beverages available throughout the day

Room service available

Daily events or outings

Scheduled transportation services available

Transportation services available

Incontinence care/management

Diabetic care

Respite care available

Hospice care available

Coordination of hospice care available

Specially-designed environment for individuals with limited mobility

Ancillary services including pet care, in-room food service and errand running

Personal check-ins throughout the day

Ambulation and escort services

Ongoing dementia training and support for staff

## Accommodation Styles

Studio

One bedroom

Two bedroom

## Accommodation Features

Wall-to-wall carpeting

Window coverings

Individually controlled heating/air conditioning

Kitchenette with:

- Refrigerator
- Microwave
- Sink

Telephone hookup

Cable hookup

Basic cable included

Walk-in closets

Private bath with step-in shower and safety bars

Walk-in shower

Tub/shower combination

Small pets welcome

## Bridgewood Gardens

A PEGASUS SENIOR LIVING™ COMMUNITY

151 Woodham Drive, Albertville, AL 35951

P: 256.482.6597 F: 256.878.0693

[pegasus seniorliving.com](http://pegasus seniorliving.com)

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# Services & Amenities

## Amenities

- Specially designed environment for individuals with memory loss
- All exterior doors alarmed for resident safety
- Handicap accessibility
- Emergency response system
- Fully equipped fire safety and sprinkler systems
- Outdoor, enclosed courtyard
- Outdoor walking paths
- Outdoor gardening areas with raised beds
- Recreation and activity room
- Library with computers and Internet access
- Spacious family room for social gatherings
- Fully enclosed sun room
- Full-service dining room
- Beauty/barber shop
- Washers and dryers available for personal use
- Located near shopping and fine dining
- Convenient to public transportation

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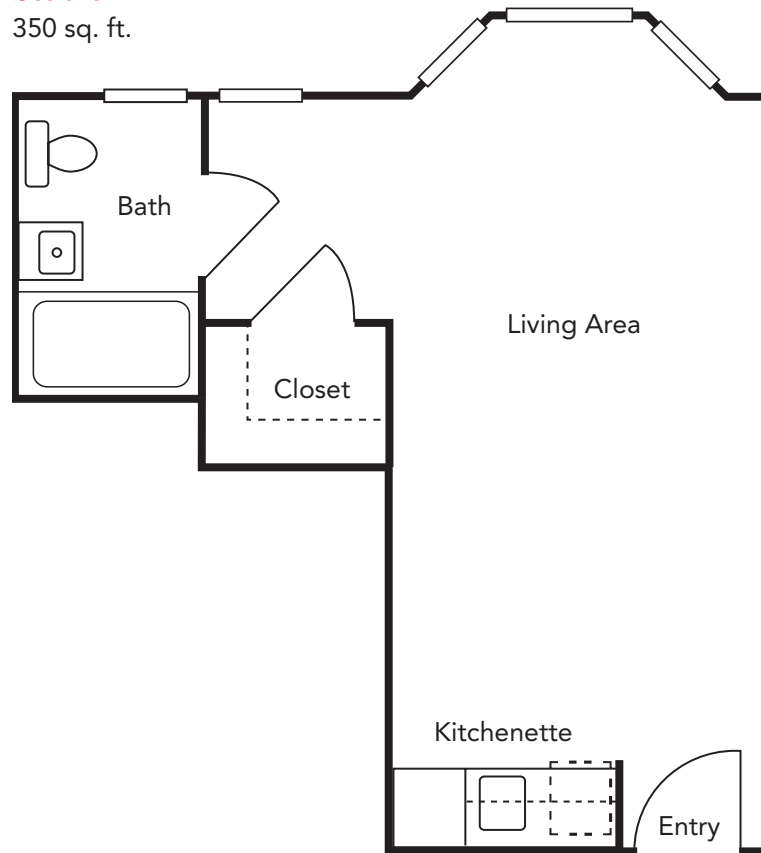


# Floor Plans

Assisted Living

## Studio

350 sq. ft.



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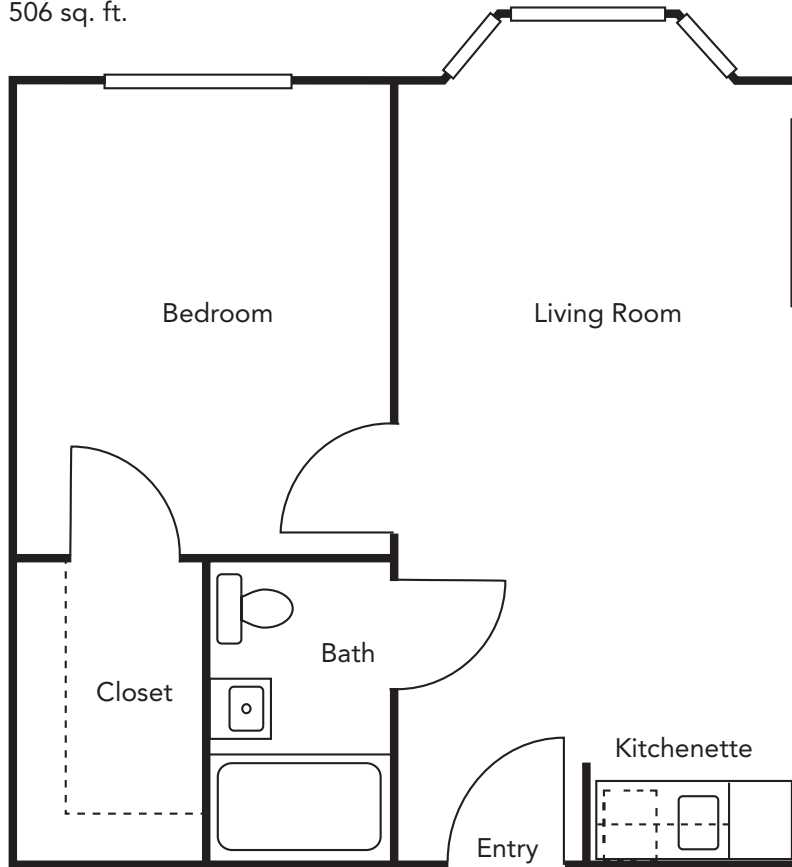


# Floor Plans

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## One Bedroom

506 sq. ft.



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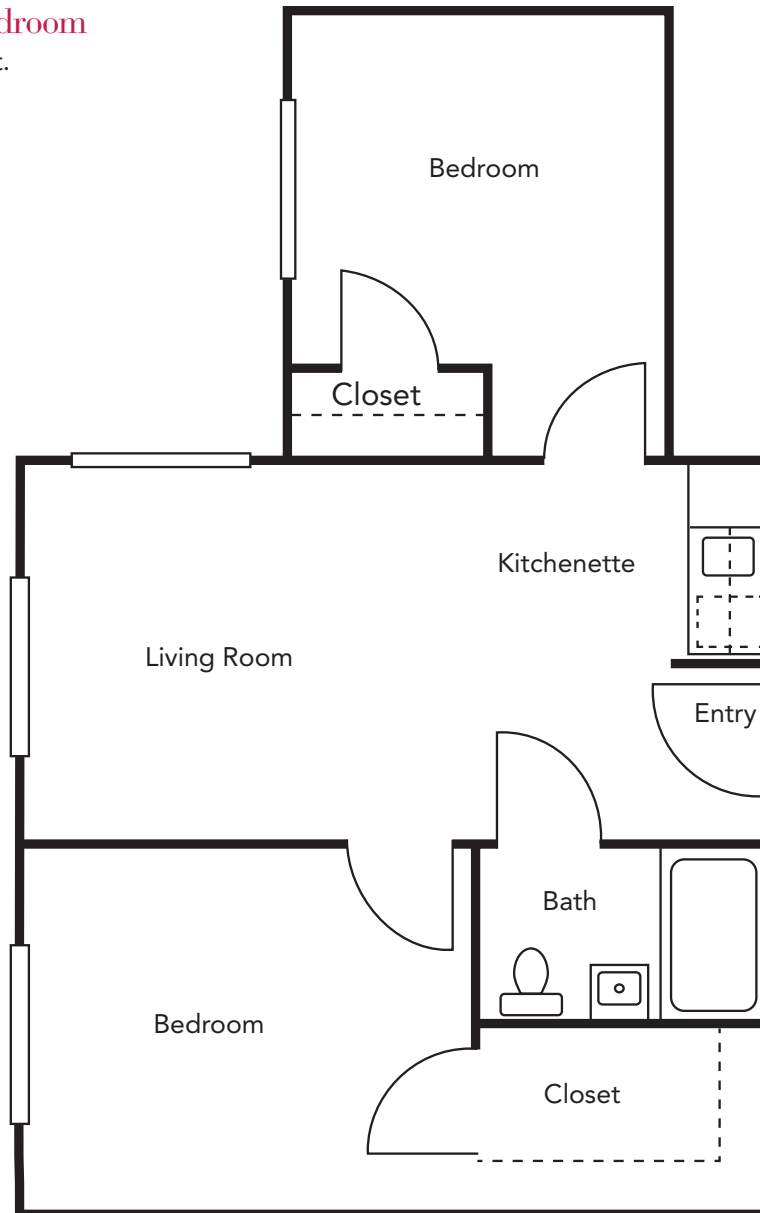


# Floor Plans

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## Two Bedroom

750 sq. ft.



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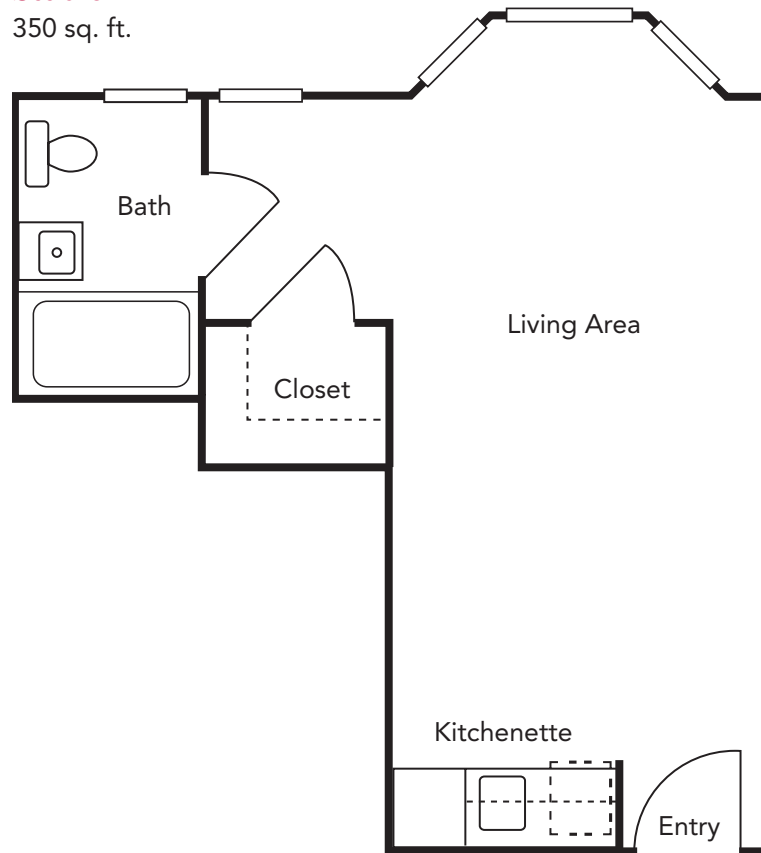


# Floor Plans

Memory Care

## Studio

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