

Glenmeadow Residential Options Overview

Frequently Asked Questions



What types of residential living options does Glenmeadow offer? What is a CCRC?

There are many options for retirement living. One popular option is the continuing care retirement community, or CCRC. This type of community is different from other housing options because it offers housing, services, and nursing in a coordinated continuum of care. You can access services and amenities as you need them, now and in the future.

Glenmeadow is a not-for-profit provider and offers independent and assisted living for those 62 and older at our campus at Tabor Crossing in Longmeadow. While the majority of our residents live out their life at Glenmeadow, we also maintain priority admission agreements with area nursing homes and will coordinate the transition to a skilled nursing or rehabilitation facility for residents if needed. The fee structure is based on the apartment style and the level of care required.

Glenmeadow is one of only five communities in Massachusetts accredited by the Continuing Care Accreditation Commission. We are also certified by the Massachusetts Executive Office of Elder Affairs to operate an assisted living residence.

How do I know which level of support is appropriate?

Glenmeadow has become known for our ability to personalize services to the individual. While we do have criteria for both Independent Living and Assisted Living, we pride ourselves on working with individuals and families to support residents as they age while enjoying the highest possible quality of life and maintaining maximum independence and dignity. Independent Living offers residents access to all of

our services and amenities, with limited nursing and support services included in the monthly fee. Residents receive a meal allowance for use in the dining room and café, and apartments include full kitchens. A monthly activity calendar is provided listing all of the available social, educational, and wellness offerings. If appropriate, additional assisted living services may be provided to Independent Living residents in their existing apartment and can be arranged through our Director of Resident Services.

Traditional Assisted Living is offered in the Chestnut Knoll wing. A care plan is developed for each individual and support services are included in the monthly fee. Assistance with personal care, nursing supervision, medication management, all meals, and activities are included and are tailored to fulfill the individual's care plan. Licensed nursing and support staff are assigned to each individual each day and are available to provide reminders, escorts to meals, and companionship.

Skilled nursing care may be appropriate for those individuals in the advanced stages of cognitive impairment, those needing assistance with feeding, transfers that require two people, or those with acute medical conditions.

Why doesn't Glenmeadow have an on-site nursing home?

We have chosen to use the contemporary and financially prudent approach to health services of focusing on healthy independent living, combined with "assistance-in-living" and assisted living services. The decision was based on these factors: demographically, relatively few people ever need skilled nursing

Continued on the back side

care (about 5% of the population over 65); most people prefer to remain in their residences and utilize home care; and assisted living is now covered by insurance carriers as a form of long term care.

What if I do need skilled nursing care?

If you ever need skilled nursing care, Glenmeadow has written agreements with several area skilled nursing centers for priority admission. In this way you are guaranteed skilled nursing care at a facility of your choice without the financial burden of supporting an on-site nursing home when you don't need one.

Are there wellness programs at Glenmeadow?

There is an emphasis on wellness at Glenmeadow. The community offers a variety of group fitness classes, an exercise room with strength training and cardiovascular equipment for personal training, and an indoor pool and Jacuzzi. In addition to teaching group fitness classes, our trainer also schedules personal training in our exercise room. Dining room menus always include heart healthy options, and our dietician is available to help with meal planning for special diets. Educational seminars are held periodically that will inform you of new and emerging health issues. There is no additional charge for any of these programs and services.

What is the Glenmeadow "Assistance-in-Living" program for Independent Living?

Independent Living residents are entitled to 40 visits with our nursing staff each year. Our licensed nursing staff works from their base of operations in the Country Kitchen, located in the Assisted Living wing. If you wake up with the "flu", a call to the Health Coordinator will bring a health care professional to assess the situation and provide assistance as needed. You can also stop by the Country Kitchen if you would like your blood pressure checked, need assistance with eye drops, or just have a question. This service is provided at no additional charge. Additional visits are available and are billed in 15-minute increments of time. Flu shots are offered on site once a year at no charge.

If I'm living in Independent Living, what happens if I need some additional support on a regular basis?

We will review with you the available options, including transferring to the Chestnut Knoll Assisted Living wing, or utilizing Glenmeadow at Home caregiver services in your Independent Living apartment.

