



ASSISTED LIVING | MEMORY CARE | ENHANCED CARE

**T**he mission of Spring Hills is to demonstrate **“Caring with a Commitment to Quality”** by aspiring to the highest professional standards, while providing care and services in a compassionate environment that supports the health and well-being of our Residents. Our ongoing concern for the needs of our Communities, along with a dedication to the highest personal and professional standards, will inspire us to exceed the expectations of our Residents and fellow Associates. We will be the premier healthcare provider in the communities that we service.

# *Welcome to Spring Hills*

Spring Hills Senior Communities owns and manages innovative, distinctive Assisted Living Communities where Residents can live each day to its fullest in a supportive environment that promotes health, well-being, and fulfillment. With our Signature Touches, a set of programs and services unique to Spring Hills, our professional staff is dedicated to enhancing the lives of our Residents with a personal touch.



## *Our President/CEO*

Alexander C. Markowits

At Spring Hills, we begin each day with a promise to give the best of ourselves to the remarkable people we serve. This dedication to “Caring with a Commitment to Quality” defines who we are and provides a strong foundation for building relationships of trust with our valued Residents and their families.

Our dedication to providing distinctive, innovative services that meet the needs of our Residents began in 1999 with the transformation of a Skilled Nursing Facility in Morristown, New Jersey, into an Assisted Living Community that better met the needs of the local population. Today, by providing the best collection of personalized care and services, imaginative programs, and spacious living accommodations, Spring Hills leads the way in meeting the changing needs of senior adults. We are committed to providing premier services with a distinctive, holistic personal touch; these are our Spring Hills Signature Touches. We invite you to see how our fresh approach to Assisted Living can make a difference in your life.

*Alexander C. Markowits*



## *Happy Lifestyle*

Live Life on Your Terms



The unique programs and comprehensive services offered at Spring Hills Communities provide an abundance of recreational, cultural, entertainment, and fitness choices, helping Residents lead healthier, more fulfilling lives. Our services are designed to make life easier and more enjoyable. They include helpful conveniences such as individual laundry and flat linen service, weekly housekeeping, transportation for shopping and excursions, personal concierge services, and more.



*W*ith you in mind, we go beyond conventional care to embrace a comprehensive approach that caters to every facet of well-being. Our multidisciplinary team integrates expert care services with cutting-edge technology to customize our care to your needs.

Enjoy personalized fitness, therapy, and wellness classes led by experts trained in the latest health practices. Immerse yourself in enriching social and cultural experiences. Indulge in gourmet, nutritionally balanced meals crafted by our culinary team. Every aspect is dedicated to offering a vibrant and fulfilling life, setting a new standard of care for an unparalleled experience that nurtures mind, body, and soul.



## *Holistic Wellness*

Mind, Body, and Soul



*C*hef-inspired cuisine delights and satisfies at Spring Hills. We serve delicious, fresh fare featuring whole grains, vitamin-rich fruits and vegetables, and heart-smart entrées, plus favorite delectable desserts. We are committed to giving our Residents a rich and pleasurable dining experience every day. In addition to providing delicious meals and personalized service, our thoughtful dining staff also works individually with residents to accommodate special dietary needs and requests.

Our dining rooms are elegantly appointed and comfortable, offering the perfect setting for enjoying the camaraderie of friends, neighbors, and staff. And we're always happy to work with Residents for any occasion, from small, private celebrations to holiday dinners for the entire family.



## *Signature Dining*

Where every bite tells a story

*I*n everything we do, we encourage health, wellness, and peace of mind for total well-being. Signature Living, an expansive project resulting from several years of thoughtful research and planning, represents our commitment to making healthy living the foundation of every aspect of life at Spring Hills. Signature Living also exemplifies our promise to take the time necessary to understand each Resident's unique qualities, including their likes and dislikes, daily routines, family relations, and medical concerns. Our staff meets with Residents to discuss their preferences and needs, and we develop a customized plan to accommodate their lifestyle with a goal of ***"Caring With A Commitment To Quality"***.



## *Signature Living*

A Life Full of Joy



*Why choose if you can have it all.  
Let your imagination run free.*

- Fine Dining Experiences
- Cultural experiences
- Educational programs
- Exciting Trips
- Transportation Services
- Beauty & Spa Services
- Religious Services
- Exclusive Events
- Wellness Lectures





## *Care Services*

A Holistic Approach to Wellness

*C*ur 24/7 multidisciplinary team will create a personalized healthcare plan with a holistic approach focused on each Resident's physical, mental, emotional, and social needs. This involves a comprehensive assessment to customize care and address physical, mental, and emotional health and well-being, lifestyle changes, social support, and preventive measures. We incorporate alternative therapies and emphasize education, regular follow-ups, and person-centered decision making.





## *Levels of Care*

Tailored to Your Needs

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rest assured, at every step of your journey, we are committed to customizing our care to meet your unique needs. No matter where you are in your path, we're here to provide personalized support that aligns perfectly with your individual requirements and aspirations.

- Independent Living
- Assisted Living
- Memory Care
- Enhanced Care
- Physical Therapy
- Physician House Calls
- Exercise Physiology
- Speech Therapy
- Occupational Therapy
- Chronic Disease Management
- Clinical Pharmacy





Every Spring Hills Associate receives continuing training grounded in the hospitality practices of one of the world's premier 5-star hotels. Our team members cultivate a warm and welcoming atmosphere, delivering a seamless blend of comfort, safety, and elegance in every interaction, to exceed our Residents' expectations.



 *Signature Team*  
Personalized Care





t Spring Hills, our Associates are our most important resource in our service commitment to our Residents. In sharing our Commitment to

Quality, we commit to our Associates that we will dedicate ourselves to the principles of trust, honesty, respect and integrity while ensuring a supportive, creative and professional work environment. Spring Hills Communities will strengthen our Commitment to Quality through supporting a work environment where diversity is valued, quality of life is enhanced, and personal and professional ethics are recognized.



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