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Keeping You and Your Family Healthy

Discover Gloucester's Hidden Gem

Mama Lovebird chirps happily from her perch. Daddy Lovebird relaxes near her, making the pair a perfect audience (and possible referees) for the game of chess taking place in the center of the sunny sitting room. It's one of many scenes that elicit the same warm, inviting atmosphere in the common area of Sanders Retirement Village's assisted living residence. Tomorrow the birds will be front row for Tai Chi class.

Tucked just behind historic Main Street in Gloucester, Sanders welcomes guests with a colonial charm while maintaining a distinct community atmosphere that is all its own. Celebrating its 50th anniversary this year, Sanders became part of Riverside Health System a few years ago, and reflects the quality of care and resources expected from the area's top health provider. For "Ms. Parker," she's focused on her move toward checkmate, not the electronic health records maintained by the nurses or the integration with

nearby Riverside Walter Reed Hospital.

Sanders offers four distinct levels of support for residents: Independent Living, short-term Rehabilitation, Assisted Living and long-term Health Care.

Independent Living

Independent Living cottages line the main driveway, which runs into 30 acres of woods hugging the back edge of the community. The cottages come in several sizes and floor plans, each with a living room that opens to a spacious deck, some overlooking the peaceful, relaxing woods. And a space to relax is essential for the active, on-the-go Sanders residents, who take part in daily events and programs like the Body Recall exercise class, planting flowers in the private community garden and working out at the nearby Riverside Wellness and Fitness Center, where residents receive free memberships. One thing that won't be tiring out the residents is maintenance; all Sanders cottages include housekeeping and interior and exterior maintenance.

Riverside Rehabilitation Center at Sanders

Sanders prides itself in the individual attention and special relationships found within the Riverside Rehabilitation Center, located on campus. Here, patient-guests can stay on a short-term inpatient basis as they recover from surgery or illness. After performing a few sets of arm exercises in the specialized therapy gym, a guest may then work on practical skills in the simulated therapy kitchen by baking cupcakes or assembling a gingerbread house.

More than a few laughs or freshly baked treats, guests also experience the high quality, national caliber therapy protocols of Riverside Therapy Group. The staff is certainly friendly, but they have the required experience and knowledge that distinguishes Riverside— expertise that few centers would be able to match. Riverside Rehabilitation Centers also feature the added benefit of medical oversight by a board-certified psychiatrist (physical rehab doctor), to ensure guests receive the best treatment available, right here in Gloucester.

Assisted Living

Each of the four Assisted Living apartment styles is roomy, with sun streaming in from oversized windows. The elegant dining room feels more like an exclusive restaurant, with dramatic chandeliers and hardwood floors. A recent art project helped some residents discover hidden talents. "New York Skyline at Dusk" and "Curlique Flowers," two paintings from the project, now hang in frames along the hallway. With appointments at the onsite beauty salon, concerts, crafts and movies, residents may not have time to worry about laundry or housekeeping, so Sanders offers to take care of that, too. Residents in Assisted Living can receive varying degrees of support with everyday tasks from the community's friendly, professional staff.

Health Care

The Sanders Health Care Center provides long-term nursing care to residents who need a higher level of support than Assisted Living residents. Residents personalize their living

space with blankets, furniture and other treasures brought from their previous home. Participating in the Resident Council, playing Sanders-style basketball and joining in on a Sittercise class keeps residents active and engaged. With professional medical staff who all meet Riverside's rigorous standards for quality, residents and their loved ones can be confident in the care they receive each day.

A Revolutionary Future

You don't have to look farther than the upcoming plans at Sanders to see the innovation and genuine resident-centered philosophy of Riverside at its finest. Sanders will soon break ground on the first freestanding "culture-change small house," designed to provide the kind of long-term nursing care you may have never thought possible.

Life at this house will facilitate resident independence and encourage active, healthy, enriched living, which is the basis for the entire "culture change" concept, an idea promoted by the Pioneer Network, a national organization that strives to improve nursing facility quality of life. While traditional nursing homes adhere to structured schedules for residents, Riverside believes in keeping residents in control of their everyday lives. Rather than creating a "home-like environment," Riverside is simply creating home, the way any of us would want it.

At the new Sanders small house, based on the Pioneer Network's specific "Green House" model, residents will wake, eat and participate in programs and events at their own choosing, with professional medical care and companionship provided by their own personal liaison, a professional trained in medical care as well as supportive roles, such as helping with dressing or bathing. Without sacrificing quality medical care or individual attention, Riverside is offering residents not just a place to stay, but a house they'll be excited to live in. Two houses will accommodate 20 residents each and, just like traditional houses, the bedrooms will be spread around the common living areas, including a family-style, resident-friendly kitchen and dining room.

In keeping with tradition, Riverside is offering Gloucester residents unparalleled services steps away from their historic town square. Individuals from across the commonwealth will be interested in moving to the Sanders small house, but current Sanders residents will be given first priority.

"We encourage families to join the Sanders community now, so they are able to make the move to the new small houses when they open," said Tami Nunn, director of marketing. "We expect there will be a significant waiting list for those outside our community trying to move in here."

Amidst an outside world that forgets names and deals in numbers, Sanders is a place that has done the seemingly impossible by clinging to old fashioned manners and Southern hospitality. The hearts of the Sanders staff—from housekeepers to activities coordinators to therapists—beat for their residents and the community to which they are so deeply committed. Residents and staff seem to love Sanders for the exact same reason—the family atmosphere, which is felt both by the housekeeper of 25 years and newcomers alike. The exciting changes at Sanders will only enhance the unique warmth of this community.

Clearly, Mama and Daddy Lovebird aren't the only ones who have found the perfect home here at Sanders. For more information about Sanders Retirement Village, call (804) 693-2000 or visit sandersliving.com.