

As the complications of aging become more demanding; safety, security and companionship become essential. The personal care approach at Senior Living Systems Assisted Living Program is centered on dignity, respect and enhancing the independence of seniors and disabled. Located 30 miles south of Albuquerque, NM in the rural town of Los Lunas, our country setting allows us to have a unique blend of personal care and services that enhance the lives of those who live there and an environment in which we can be committed to sustainability.

Evaluations and admissions are available on weekends. Initial evaluations are free of charge. Referrals to other programs and resources are provided if our program does not meet the needs of the client.

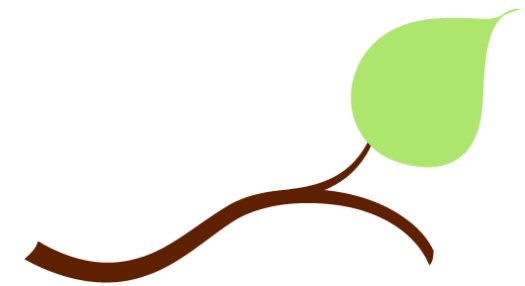
Daily rates apply for care and services and room and board.

Payment Sources: Private pay, long term care insurance, specific Medicaid programs & VA Benefit Programs

Call for more information or to schedule an assessment

**Center for Ageless Living**

P.O. Box 7207  
Albuquerque, NM 87194  
Your Address Line 3



senior living  
systems

**Assisted Living  
& Respite Care**

***A place where aging is embraced by a variety of programs and services that encourage family and community involvement and help to reduce the isolation of aging.***



***Providing programs, therapies & treatments that support aging gracefully***

505.865.8813

grow ageless

nmagelessliving.com

## **ASSISTED LIVING AMENITIES**

In a beautiful, clean, safe environment, our residents are provided care and services on a 24-hours basis. Families can relax knowing that their mother, father or relative is in a supportive and caring home. The Center includes:

Three residential homes located on five acres with total capacity of 45 beds

Private and semi-private bedrooms

Telephone hook up available - additional charges apply

Cable TV / High-Speed Internet

Community spaces including sitting rooms, library areas, laundry access, recreation areas

Secured facilities

Enclosed courtyard

On-site community park with performance stage

Lovely pond and garden areas

Walking trail

24-hour perimeter surveillance

Fresh seasonal fruit and produce from local farmers and the Center's community garden

On-site yoga/exercise studio

Full service day spa and salon

Education/training bldg for meetings and groups

Recycling programs for environmental sustainability

## **SERVICES**

Nutritious meals - three times daily, menu options available

Healthy snacks - twice daily

Daily/Weekly Laundry/housekeeping

Transportation & escort services - advance notice required and hourly charges apply

Individual emergency response systems

### **Quality of Life Programs**

Exercise Classes

Community Outings

Education and Learning classes

Individual interest groups

Social groups

Consumer Satisfaction groups

Salon Services

Basic manicure & pedicures

Hair cuts

Additional Spa & Salon Services available by appointment only charges apply

### **Community Spa Program**

A designated family member and the resident have use of the spa facility for free during normal operating hours

## **CARE MANAGEMENT**

Continuous care coordination with physicians and families is critical. Personal hands on-care is provided by our qualified staff to make each day manageable. Additional charges apply for level of care exceeding supervision to moderate assistance.

- Medication management including; assistance with daily medication regime and oxygen. Reordering of medication & supplies
- Assistance with toileting & incontinence
- Bathing / grooming
- Dressing
- Mobility and transfers
- Six month assessment and care plan review by a licensed nurse

End of Life Care - in coordination with Hospice Agencies, we provide the additional care and support needed to residents and families for end of life care. *Additional charges apply*

### **STAFF QUALIFICATIONS**

Criminal background checks/clearance

Abuse Registry checks/clearance

CPR and First Aid Certified

Medication Assistance Training

Transportation Training

Mandatory training in all aspects of elder care