

Backgrounder

Harbourway Assisted Living Facility at Atlantic Shores

Harbourway is an upscale assisted living facility, located within Atlantic Shores -- Virginia's premier, comprehensive retirement community. Set on a beautiful 100-acre campus in Virginia Beach, Virginia, Atlantic Shores features a 50-bed skilled nursing facility, 54 apartment home assisted living facility (Harbourway), a 14-bed Memory Care unit, and over 400 independent living units, ranging from apartment homes to freestanding villa homes.

Harbourway originally opened in September, 2001 as a 14-bed assisted living unit attached to *Seaside Health Center* at Atlantic Shores. This original 14-bed facility is currently being converted into Harbourway's new, dedicated *Memory Care Unit* -- featuring highly specialized care for Alzheimer's and dementia patients.

In October 2007, Harbourway expanded with a new 54-unit, apartment-style assisted living building. Directly connected to both the Atlantic Shores Clubhouse, and Seaside Health Center, this stunning two-story brick building features a library, card/game rooms, meditation area, landscaped garden courtyard and sunny, vaulted dining room. Two communal Great Rooms with fireplaces (one with a kitchen), are available for social gatherings, lectures, presentations, musical performances and other types of entertainment.

Meals and dining options are overseen by an award-winning culinary staff. Menu selections are offered for a variety of dietary needs, and are served in a white linen, fine-dining environment.

Four different floor plans are offered. All have large walk-in clothes closets, a coat closet, a large bathroom and a small kitchen area. The kitchens feature a sink, small refrigerator, cabinets, and space for a microwave.

Harbourway apartment units are available on a rental basis, and priced at: 1) the level of assistance required, and 2) apartment size.

Three levels of care are offered:

- Assisted Living
- Intensive Assisted Living
- Memory Care

Designated "level of assistance" for each resident is determined by the Uniform Assessment Instrument (UAI) form issued by the state, which is designed to provide an objective assessment of daily need for assistance in various activities such as eating, bathing, dressing and other matters.

Apartment sizes offered include:

- Alcove (studio)
- One bedroom
- One bedroom deluxe
- Two bedroom/two bath

Units are unfurnished and residents supply their own linens. Harbourway is a non-smoking facility, and allows small pets.

Services and Amenities for Assisted Living Level of Service:

- Apartment style living
- Scheduled local transportation
- 24-hour availability of trained staff
- Emergency call system in every apartment
- Three meals per day plus snacks
- Housekeeping twice weekly
- Individually controlled heating and air conditioning in each apartment
- Kitchenette with refrigerator, sink, and counter space
- Routine and emergency apartment maintenance
- Free laundry machines on each floor
- Several lounges and common areas along with gardens and outdoor areas
- Medication administration and assistance
- Blood sugar monitoring and testing services
- Planned social, recreational, and educational experiences
- Supervision or minimal physical assistance with showers, up to twice weekly
- Supervision or minimal physical assistance with personal hygiene, dressing/undressing, as needed
- Mobility assistance (hands-on support) to and from dining room or activities
- Assistance with personal management of occasional incontinence
- Laundering of bed and bath linen, up to twice weekly
- Daily trash collection
- Basic cable television

Intensive Assisted Living

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Memory Care Level of Service

includes the Assisted Living Level plus the following:

- Supervision and physical assistance with showers, up to 3 times weekly
- Physical assistance with personal hygiene, dressing/undressing daily
- Management of chronic incontinence
- Assistance at meals as needed (e.g., cutting meats and using condiments)
- Close monitoring of resident whereabouts and condition, including daytime, evening and nighttime checks
- Support with transfers that usually require one staff person
- Housekeeping 3 times weekly

- Laundering of bed and bath linen as needed

Optional Services which are available, but not included in the rent are:

- Beauty Parlor/Barber Shop services
- Rehabilitation services (physical, occupational, and speech therapy)
- Physicians' services
- Podiatry, dental and ophthalmology consultation
- Radiology services
- Laboratory services
- Call bell pendent set up fee *if needed*
- Medical and incontinence supplies
- Medications
- Special activity excursions
- Personal laundry service
- Personal hygiene items
- Valet service to appointments
- Catering for special occasions
- Guest Meals
- Local & long distance phone service