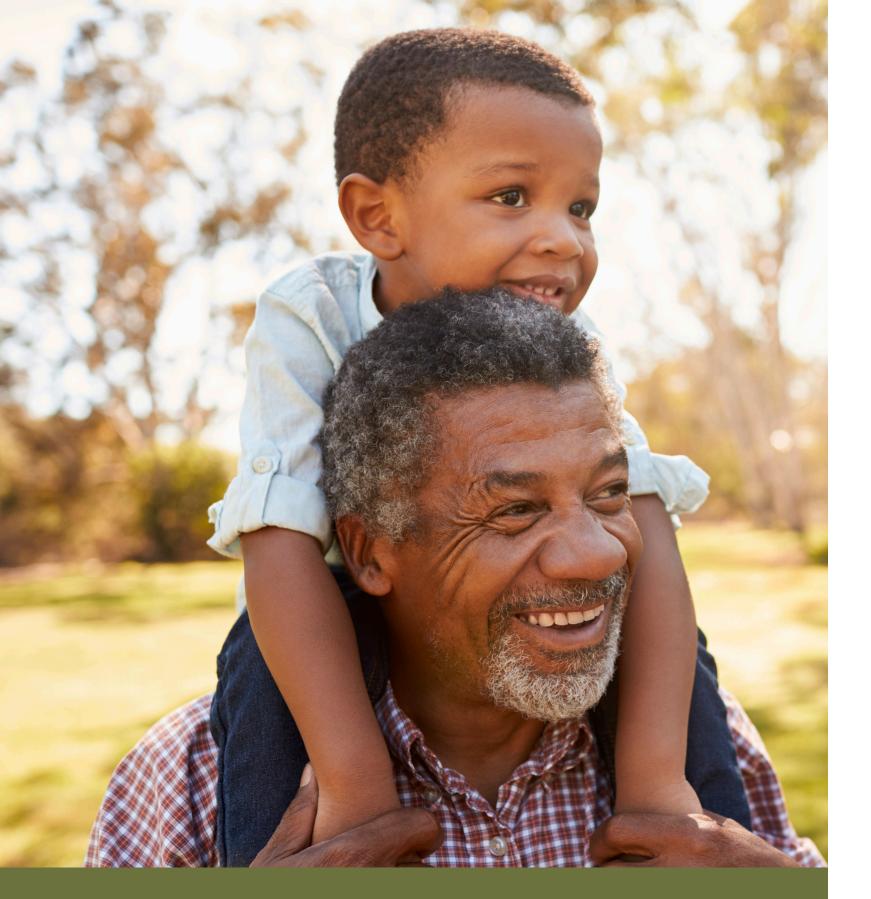


PEACE OF MIND WHEN YOU NEED IT MOST.

HEALTH CARE SERVICES

EXPLORE. EVOLVE. THRIVE. *Unlock New Possibilities*



The Village at Rockville has a long history of delivering the best in health care services to older adults. We consistently receive the highest ratings from the Centers for Medicare and Medicaid Services (CMS) and are highly valued throughout the region for our commitment to care.



CARE YOU CAN TRUST with the flexibility you need

Welcome to The Village at Rockville—A National Lutheran Community! You need a trusted partner for every stage of retirement and our Life Plan Community gives you peace of mind with the full continuum of health care services — skilled rehabilitation, assisted living, memory care and long-term care — plus an on-site care center.

Combining the most recent developments in health care with our long legacy of skilled services for older adults, our forward-thinking wellness philosophy is centered around each individual and their unique set of needs. Residents and their families love the hospitality and warmth for which our community is known.

At The Village at Rockville, the 24/7 support of our health care team is the perfect complement to our vibrant campus activities and amenities that let you explore, evolve and thrive!

PRIVATE SUITES IN EVERY NEIGHBORHOOD!

Whether it is a studio or one-bedroom apartment in assisted living or private suites for skilled rehabilitation and long-term care, our residents have their own space to live life on their own terms.

SKILLED REHABILITATION

WORK HARD, get stronger

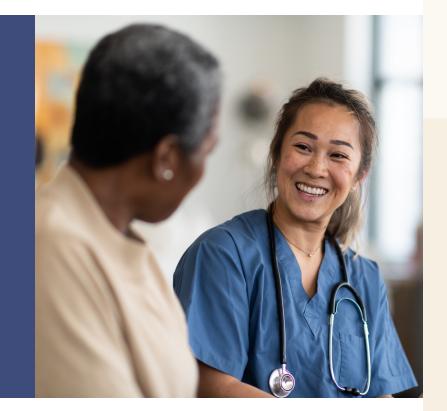
If you are on the road to recovery following surgery, illness or injury, we are here so you can get back on your feet on your own terms. Our skilled rehabilitation program serves both residents already living at The Village at Rockville and older adults in the greater community.

For on-campus rehabilitation, you will enjoy a private suite, a dedicated therapy gym and campus amenities such as delicious dining options, areas for activities such as mahjong or chess, and a hair salon. Meanwhile, outpatient rehabilitation is available to continue healing after a short-term stay.

Our caring team is your partner for a range of services, including knee, hip and joint recovery; occupational, speech and physical therapy; and stroke rehabilitation. We actively encourage families to participate in the care plan, and all are welcome to relax with their loved ones in our campus gathering places, including a worship service in our Chapel or a quick bite at our popular café The Village Bean.

THE ROAD TO RECOVERY

- Post-surgical rehabilitation
 - Orthopedic
 - Cardiac
 - Neurological
- Prosthesis or orthosis management
- Wound management
- Vestibular rehab
- Post-surgical recovery
- Dysphagia



MANAGE YOUR RECOVERY

Our skilled rehabilitation services are about recovery, which means getting you back home and back to the life you love. Our team partners you with a personalized care plan designed to help you transition through our rehab program and get back home.

PHYSICAL THERAPY

Improve your range of motion and quality of life and prevent further injury or disability.

Physical therapy services include support for:

- Joint replacement or repairs
- Heart problems
- Pulmonary recovery

OCCUPATIONAL THERAPY

Develop, maintain or recover the skills you need for meaningful and necessary daily activities.

Occupational therapy may be needed if you have trouble:

- Taking a shower or bath
- Cooking and cleaning

SPEECH AND LANGUAGE

Strengthen and retrain the muscle groups involved in speech and swallowing so you can rebuild confidence and communication.

Speech and language therapy may be needed if you:

- Speak slowly
- Have trouble swallowing food

- Stroke recovery
- Sepsis

- Getting on and off the toilet
- Dressing and undressing

• Experience difficulty finding the words you want to say

ASSISTED LIVING

EVERYTHING YOU LOVE, with added support

Autonomy matters as we age, so assisted living services provide the day-to-day care you need while preserving the freedom to live your life, your way. Our assisted living apartment homes offer privacy and independence with support from our trusted team.

In addition to our team available around the clock, our events calendar offers plenty of opportunities to explore wellness in all its dimensions — from specialized exercise classes and lifelong learning opportunities to worship groups and live concerts.

SERVICES AND AMENITIES

- Private, maintenance-free studios and one-bedroom apartments
- Kitchenette in every room with a sink, small refrigerator and microwave
- Delicious meals, with dietitian oversight on nutritional needs
- Weekly housekeeping
- Local transportation
- Laundry services included

- Utilities included
- Wellness and exercise programs
- Access to physical and occupational therapy
- Medication management
- Assistance with daily tasks, including dressing and bathing
- Visitors always welcome





HOLISTIC SUPPORT in a loving environment

Supporting adults with Alzheimer's or dementia requires the right combination of experience and care. Our skilled medical teams and caregivers have experience working with nearly every form of dementia. We are here for you and your family with the latest programming to enhance cognitive health.

Our care plan begins with private suites designed to promote as much autonomy and independence as possible, with 24/7 security and caregivers available as needed. Shared living spaces offer the chance for your loved one to make new friends through conversation and enjoy the health benefits of social activity. Art activities, our Music & Memory[®] program and daily structure all support making each day meaningful. Our exceptional team of doctors, nurses, aides and social workers, working in concert with our ConnectedLiving programming, are here to help residents thrive.

OUR NEIGHBORHOOD'S DESIGN FEATURES

Color-designated suites help with daily navigation, and personal memory cues of family keepsakes, personal items and photographs are used to engage residents. Our quiet relaxation room and serene memory garden with a swing and gazebo create a safe and comforting environment for residents to engage with nature and destress.

THERAPY AND CARE

- Personalized care plan
- Specialized programs to stimulate the mind
- Therapies designed to promote wellness and enrich daily life
- Music & Memory[®]
- Wellness and exercise programs
- Physical and occupational therapy
- 24-hour supervision

SERVICES AND AMENITIES

- Exceptional medical team available to you 24/7
- One-on-one interactions with our team members
- Group activities to promote social wellness
- Family dining programs
- Visitors always welcome

LONG-TERM CARE, INCLUDING MEMORY CARE

PERSONALIZED for your unique needs

Evolve your expectations of long-term care at The Village at Rockville. Our neighborhood centers around individualized care plans for each resident. Our highly skilled team of nurses and caregivers are here for around-the-clock care, with specific programs for unique needs, including long-term memory care.

Our ConnectedLiving program is here not just to ensure you or your loved one receives the necessary care — but also thrives every day. Painting and music programs put a smile on your face, while our horticulture program connects you to the earth. We work diligently to make every day as vibrant and meaningful as possible with engagement for the body, mind and spirit.

Every care plan is a collaboration with residents, their families, medical providers and our team. By getting to know you or your loved one on a personal level, we are able to customize a care plan to make each day as enjoyable and invigorating as possible. With highly CMS-rated clinical services available 24/7, The Village at Rockville is here for all your health care needs.

SERVICES

- ConnectedLiving programming
- 24-hour skilled nursing team
- On-site physician services available
 365 days a year
- Physician specialists
- Comprehensive long-term memory care
- Pastoral care
- Infusion/IV services
- Bariatric care

- Wound care
- TPN (total parenteral nutrition)
- Hospice services and palliative care
- Respiratory services (oxygen, nebulizer, CPAP)
- On-site dentist
- Registered dieticians
- Social services
- Visitors always welcome

My mother was here in long-term care in the nursing home from 1990 to about 1992, and she received extraordinarily good care at The Village at Rockville. I have a lot of confidence in the long-term care that I will receive here based on my past experience.

-The Village at Rockville Independent Living Resident



We believe in giving individuals choice in how they receive care, which is really what we're all about. There is no one-size-fits-all mentality with how we deliver care to residents.

CONVENIENT CARE *right here on campus*

Health is invaluable as we age, which is why we equipped our warm and nurturing community with first-rate amenities and around-the-clock professional support. When you need wellness checkups, dental cleanings, vaccinations and eye exams — our Care Center is your convenient neighborhood medical clinic. Enjoy the right care, at the right time, right on campus!

MEDICAL CARE PROVIDERS

- Primary physicians
- Nurse practitioners
- Dentistry
- Podiatry
- Ophthalmology
- Psychology



CARE CENTER

HEALTH AND WELLNESS SERVICES

- Wellness exams
- Vaccinations
- Medical testing and screening
- Nutrition counseling
- Social services
- Advanced care planning



A National Lutheran Community

www.thevillageatrockville.org

The Village at Rockville is affiliated with National Lutheran Communities & Services, a faith-based, not-for-profit ministry of the Evangelical Lutheran Church in America, serving people of all beliefs.

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