



Your Next Chapter

The Seasons

an Assisted
Living Community





Living with dignity, privacy and freedom of choice...

Welcome to The Seasons. Here in this comfortable environment you can depend on our professional and caring staff to promote your independence — while providing the assistance you deserve to enhance your lifestyle.

Located in the heart of one of Lincoln's premier shopping and entertainment districts, The Seasons is Eastmont Towers' primary assisted living community. Our mission is simply this: to provide care which enables people to maintain their dignity, privacy and freedom of choice, while receiving assistance when needed.

We invite you to experience all the fellowship, security and peace of mind that The Seasons has to offer. We sincerely hope Eastmont is the ideal choice for you or your loved one.

The Seasons is open to all qualified individuals. Eastmont Towers participates in the Medicaid Waiver program for Assisted Living.

Our Caring Professionals

The Seasons residents — and their families — enjoy the peace of mind and security that comes with having a licensed professional nurse on campus 24 hours a day. Every apartment has a nurse call system. And with a staff-to-resident ratio of 1:14, you can depend on responsive and individualized attention from our caring professionals.

Your Unique Lifestyle

The Seasons features comfortable and private one-bedroom apartments designed to meet the specific needs of our residents. That means individually controlled heating and air conditioning, kitchenettes with wood cabinets, soundproof rooms, wireless emergency and nurse response system, sprinklers in case of fire, automatic door openers, and private bathing. All residences offer class A-1 construction, which means your new home is constructed of concrete and steel — for ultimate safety and tranquility. All utilities, including extended basic cable and local phone service, are included in your monthly fee.

Your New Home

To make your life more comfortable, we invite you to bring your own furnishings to your new home at The Seasons. We provide each apartment with a full range of amenities, such as an apartment-sized refrigerator, microwave, and window blinds. Residents may choose to add other window drapes or valances. Individuals are also welcome to use their own appliances (toaster, coffeemaker) and special equipment, as long as The Seasons' safety standards are met.

First-Class Housekeeping and Maintenance

Our high-quality weekly housekeeping service includes dusting your personal items, mopping and vacuuming floors, and disinfecting your kitchenette. In addition, each resident's bathroom will be cleaned several times per week.

Personal Laundry Service

The Seasons staff is pleased to launder one basket of washable personal laundry for each resident on a weekly basis. You may use your own bed linens and hand towels, or take advantage of our flat linen service which is available for no additional charge.

Bathing Assistance

Each resident can depend on receiving assistance with a weekly whirlpool bath in our bathing center or, if you prefer, shower assistance in your own apartment.

Transportation Services

It is important to us that you continue your personal relationship with your physician and other health care providers. At The Seasons your daily fee includes free transportation to medical and dental appointments.

Wheelchair-accessible transportation is available as needed. Our staff may request that a family member or friend accompany you to medical appointments if needed, or Eastmont will be happy to provide an escort for a nominal fee.

Dietary Services

At The Seasons, our dietary staff is proud to prepare and serve you delicious and nutritionally balanced meals. You will enjoy the intimacy of our well-appointed dining rooms, each conveniently located just down the hall from your apartment. Every evening a member of your personal care team will deliver a snack right to your door. A consulting dietitian is available to advise our residents at no additional charge. And, if you're ever feeling a bit under the weather, tray service is available.



Programs and Events

To enhance the social life of all our residents, our Assisted Living program is based on a highly successful activity-driven model. Here you can maintain your individuality yet take advantage of a variety of stimulating activities, creative fellowship opportunities and educational programs. The Seasons staff offers a variety of programs and events to enrich daily life. You will appreciate our coffee, cappuccino and conversation groups, the thought-provoking current events programs, educational forums, playing cards and games, scheduled shopping trips, van rides and many other planned activities. There is no additional charge for most of these programs and events. This month's calendar can be found on the website at www.EastmontTowers.com.



“Eastmont has fulfilled the needs of my father very nicely. When it comes time that a loved one can no longer live alone, Eastmont was an excellent choice. A plan was made with interdisciplinary staff and adjusted as necessary to meet all of my father’s needs. From the rooms, to the staff, to the food... my father is in good hands.”

Jonella Eisentrager, daughter of Joe Mach

Comfortable Common Areas

The Seasons features numerous common areas, all fashioned for Eastmont Towers residents, their families, and friends to enjoy. They include a private dining room for meetings or special gatherings; lounge areas on each floor; a library and computer lab; the Activity Center; our two-story sunlit Atrium; Doc Buswell’s Ice Cream Shoppe; and The Gallery, our large multi-purpose room. All common areas at The Seasons can be reserved for private functions at no cost to residents or their families.

On-Site Salon

Pamper yourself at the Salon at The Seasons. Easily accessible to all residents, the Salon offers a full range of personal services. You can also schedule a massage with our Massage Therapist in the clinic conveniently located on our campus.

Skilled & Rehabilitation Services

If your needs increase, we’ll be here for you. The Seasons residents have priority access to Eastmont’s Care Center, a licensed skilled nursing facility. When skilled services are required following a hospitalization it’s comforting to know that Eastmont’s professional and rehabilitation staff are right here on our campus. Outpatient

rehabilitation services are also available in our Physical Therapy Clinic under the direction of our Rehabilitation staff. The department also includes an Occupational Therapist. Other services, such as a Speech Language Pathologist, are available contractually.

Our Medical Director

Eastmont Towers’ Medical Director administers The Seasons from a medical standpoint. The director serves on the Quality Assurance Committee, consults on regulatory issues and is available whenever our community has medical concerns.

Fitness & Wellness

We recognize the importance of fitness and wellness, and provide you with the facilities and staff to support your goals. We encourage you to join us for group exercise class three days a week. The well-equipped Fitness Center features a variety of cardio and strength equipment, and our Rehabilitation staff will be happy to design a personal fitness program just for you.

Security

Our Security staff is on duty seven days a week and makes regularly scheduled rounds of our campus.



The Resource Center

If you love to read, you will appreciate the variety of books and magazines available in our library. The local newspaper is delivered daily so you can stay informed and engaged. If your eyesight is not what it used to be, you can take advantage of our magnifying equipment. Residents who enjoy staying in touch with family and friends by email are welcome to have an email account on our network for a nominal fee. You may access your emails in the Resource Center, or our staff will be happy to print and deliver a paper copy to your apartment. Computers are also available to residents for internet research, games or online shopping. In addition, residents and their guests can utilize Eastmont's wifi.

Spiritual Care

At Eastmont, every resident's spiritual life is honored and respected. Non-denominational Chapel and Vesper services, as well as Catholic Mass are offered weekly. Community volunteers join our residents for Bible Study, and Eastmont's Chaplain is available to individuals on request.

Medication Management

When medication management is appropriate for your care plan, you can count on our staff. Eastmont Towers

contracts with a local pharmacy that participates in all Medicare D plans to provide medications for our residents.

Personal Financial Services

For your convenience, Union Bank and Trust banking services are available on-site. Residents may also open a personal account at the Business Office and access these funds during normal business hours for any of your personal financial needs. A quarterly statement will detail all transactions and provide your current balance.

Pets

Pet fellowship is offered by the Program and Events staff. Though pets are encouraged to visit, they are not allowed in our public dining rooms. We ask that pets be on a leash or in a pet carrier during their visit.

Overnight Guests

Your out-of-town family and friends are welcome to use one of Eastmont's comfortable and affordable guest rooms. Reservations can be made with the receptionist at The Springfield. You may also entertain your overnight guests in your apartment. Rollaway beds are available for a minimal fee through the Housekeeping department.

Assisted Living at The Seasons

includes a pricing structure that is inclusive and easily understood. Eastmont does not deliver care and personal services based on a “point” system — so there are no hidden fees to surprise you or your loved one.

Basic Services:

- Verbal reminders or minimal assistance with activities of daily living
- Health maintenance activities including vital signs and weight check
- The comfort of a weekly whirlpool bath with staff assistance
- Stand-by assistance with transfers or ambulation
- Monitoring and administration of oxygen (Please note: no liquid oxygen is allowed.)
- Periodic review of medications
- Administration of all physician ordered treatments

Essential Services include all of the Basic Services plus medication management.

Supplemental Services include, but are not limited to, circumstances when an individual consistently requires:

- one-person assistance with transfers and ambulation
- daily injections such as insulin
- respiratory treatments
- frequent intervention due to dementia

Enhanced Services are provided to individuals who require a two-person assist with transfers and are only implemented when the duration of these services is expected to be six months or less.

Regular Assessments for Continuity of Care Every resident's care plan will be assessed on a monthly basis — and more often if necessary — for personal care needs.



“After 13 years of living in an independent apartment at Eastmont, my mother moved to The Seasons two years ago. Right away Mom told us that she really appreciated the way the staff checked on her several times each day because it made her feel safer. She also appreciated the laundry service, getting three meals a day, and not having to keep track of her own medications.

Probably the biggest plus has been the daily activities at The Seasons. Mom often comments on how the activities are planned to accommodate the limitations of the residents so that everyone can participate fully. She looks forward to the socializing and extra stimulation of the programs, games, competitions, and local van trips that occur on a regular basis. Our entire family is so grateful for The Seasons!”

Carol Hodges is the daughter of Anne Johnson



The Seasons is a vibrant and active community. We are confident that the services and amenities provided will complement and enhance your lifestyle or the life of your loved one. For this season in life, we are pleased to offer assistance and enrichment.

Once your decision is made, our staff will be happy to arrange a time to perform a needs assessment and help facilitate the process for residency. We look forward to welcoming you home to The Seasons.

“When Dad passed, after almost 68 years of marriage, it was a huge adjustment for my Mom to live alone for the first time. We have Eastmont Towers, and especially The Seasons, to thank for making this new life transition as peaceful and pleasant as could be expected. Mom is able to live on her own and still feel independent, and we are able to relax, knowing that she is being surrounded by love and taken care of at all times. There are many activities to participate in, and especially there are friends to interact with. The Seasons is a beautiful, spacious facility with a welcoming atrium in the middle which brings the sunlight beaming in, even when the occupants can't go outside. My Mom tells us that the staff and the other residents in her building are like “family”... and we agree!**”**

Karen White, daughter of Nola Jean Newsham