



## Embrace Life Your Way

St. John's offers innovation in senior living with beautiful, vibrant communities.



Imagine taking in a beautiful view of Highland Park and the Rochester skyline with neighbors as you discuss plans for the day: taking a dip in a warm pool, checking on your garden's growth, and attending a dinner party followed by a lecture from a visiting professor.

This is life at St. John's, where excellent cuisine, fun, and friends are all just steps away.

"From active, partially retired individuals to those who require more intensive skilled nursing care, there is a place for every senior at St. John's," says Jennifer Lesinski, vice president of marketing. "The people we serve evolve, and St. John's innovates right along with them by providing everything they need to live life to the fullest."

At every level of care, St. John's creates opportunity for engagement, enjoyment, and community integration.

### Three Communities, One Family

As one of Rochester's most innovative senior living options, St. John's provides peace of mind for residents and their families at three vibrant communities.

Designed for seniors who desire independent living without the hassles of home maintenance, Brickstone by St. John's features a first-of-its-kind Village Square with retail and community space designed to evoke a true neighborhood feeling. "Brickstone was one of Upstate New York's first examples of new urbanism senior living," says Lesinski.

St. John's Meadows offers a range of cottage and apartment-style maintenance-free living with optional increased care through their enhanced assistant living service on a scenic 35-acre campus with wetlands, gardens, and trails.

St. John's Home provides long-term care solutions. "We have what's called a 'joy plan' for our dementia care residents," explains Lesinski. "It includes all the ways staff can help our seniors to make every day meaningful."

At every campus, innovation is key. "We're proud that St. John's is on the forefront of innovation as one of the first communities to implement 'small homes,' where residents have a front door and private space like they are used to," says Lesinski. "We were also the first in the nation to integrate Green House Model homes into an existing residential neighborhood—where residents live as part of a family out in the community while still benefiting from a full range of clinical services."

"St. John's marries the needs of older adults for care with the best in modern lifestyle amenities," Lesinski says. "Once you're here, you are family; we will take care of you!"

### A Full Spectrum of Services

#### Senior Independent Living

Older adults enjoy worry-free living in private cottages, bungalows, townhouses, and apartments in vibrant communities with a wide range of amenities and activities.

#### Rehabilitation

A warm, inviting place to achieve recovery goals after surgery or a hospital stay, St. John's staff delivers individualized rehabilitation plans to get seniors back home safely and efficiently.

#### Enhanced Assisted Living

Bridging the gap between assisted living and skilled care, on-site nursing staff and support aides are available 24/7 to assist with everyday activities.

#### Adult Day Services

Seniors who still live at home enjoy a full day of companionship and activities in a safe, nurturing environment.

#### Skilled Nursing

For those dealing with chronic health conditions, skilled nursing care assistance is available around-the-clock.

