



Senior Living Explained



Table of Contents

The Ideal Environment for Senior Living	1
Where to Begin Searching	2
Having “The Talk”	3
What to Expect in a Senior Living Community	4
What if My Needs Change Over Time?	5
What Type of Care Do I Need?	6
Independent Living	7
Assisted Living/Personal Care	9
Assisted Living with Memory Care	12
Skilled Nursing	13
Rehabilitation	14
We Have Eight Campuses in South Georgia	16
Magnolia Manor of Americus	17
Magnolia Manor of Marion County at Buena Vista	18
Magnolia Manor of Columbus	19
Magnolia Manor of Macon	20
Magnolia Manor South in Moultrie	21
Magnolia Manor on the Coast	22
Magnolia Manor of St. Marys	23
Magnolia Manor of St. Simons Island	24
Which Campus is Right for You?	25





The Ideal Environment for Senior Living

Many seniors prefer to stay in their homes, surrounded by a lifetime of memories and prized collections of furniture and trinkets. Others would tell you that they would like their retirement years to be spent in the home of a family member who can spend time with them and care for them. But the folks who are living the good life want you to know that the ideal environment is thriving in a senior living community where those around you have grown up with similar values and life experiences. It's a place where you can eat, pray, and love, all on your own terms, without worrying about upkeep, family meal preparation, and intruding on the lives of your loved ones. In a senior living community, you can relax and enjoy your time while compassionate staff who understand your needs take care of everything else.

Where to Begin Searching

If you have friends and relatives that you'd like to see often, it's a good idea to begin your search in areas where they live. But, if you are open to suggestions, South Georgia certainly has many outstanding qualities. In addition to its rich history, South Georgia features a variety of beautiful landscapes such as picturesque foothills, rivers and lakes. Many people dream of an idyllic coastal setting that's found on Georgia's Atlantic coast.

Much of our country's history has taken place in Georgia. It was one of the original thirteen colonies, and one of the chief battlegrounds during the Civil War. Today, it is known as The Peach State, and for its unmistakable southern hospitality. And, like the residents of its neighboring states, Georgians are well-known for their commitment to their faith.

Had enough of the hustle and bustle of city life? Come sit back and enjoy a cool summer breeze and a tall glass of sweet tea with us in Americus, Macon, Buena Vista, Macon or Moultrie. Or come keep us company as we enjoy the coastal environment at Richmond Hill, St. Marys, or St. Simons Island.

At Magnolia Manor, it's about life! It's about living!



Having “The Talk”

It's one of those things children don't really want to bring up. Where will mom and/or dad live out their Golden Years? Some dread the conversation. The truth is, although it may not be an easy or quick decision, most seniors come to the realization that living out their days in the family home is not the best choice. They prefer someone else figure out what to cook, how to get to appointments, and find someone to climb the ladder to change that burned out lightbulb. At a certain point, they know that it's all just too much for them to manage alone.

Thankfully, due to advances in healthcare, and the fact that we have a better understanding of how to stay healthy, life expectancy is much longer than it used to be. That's why when an older adult moves to a senior living community, they are likely to be there for many, many years to come. A worry-free lifestyle doesn't guarantee longevity, but it sure makes living more enjoyable!

If you have a loved one who isn't eating right, taking care of themselves, or keeping the house and yard maintained, they probably realize it. Know that they, too, want what's best for them. The conversation should be geared toward identifying what type of lifestyle they envision, and then finding an environment that will enable them to make that dream a reality.





What to Expect in a Senior Living Community

People who have tried living with their adult children and their families often say they are a bit overwhelmed by all of the activity around them. They enjoy the company of others, but not every moment of every day. A little bit of separation can make a big difference.

What they do crave is companionship. Having the ability to meet up with other people their age and share a meal, play a game, or paint a picture is pleasant and enjoyable. Some of the key characteristics that people look for when comparing senior living communities include: different types of care available, access to medical care, freedom to come and go, options for transportation, selection and quality of meals, initial and ongoing costs, religious activities, wellness programs, and lots of activities to choose from.

What if My Needs Change Over Time?

We never know until it happens. Will we suffer a stroke, be challenged by Alzheimer's Disease, or be lucky enough to remain healthy? Only time will tell. Retirement communities have nearly every possibility covered. For example, independent living would be a great fit for our friend Martha who decided to move to a senior living community while she is in good health, still driving, maintaining an active lifestyle, and even working part-time. Years from now, assisted living might be a better fit for her because she needs some help getting dressed in the morning, can't quite keep her medications straight and prefers to have her meals served instead of cooking.

Perhaps somewhere down the line skilled nursing will become necessary as Martha encounters a medical condition and her health slowly declines. Many retirement communities have housing and staff that can accommodate changes in Martha's health and needs. She can continue living in the community that she loves and continue to get the level of care that she needs.



What Type of Care Do I Need?

It can be difficult to decide what type of care you or a loved one needs when there are so many options available to meet the diverse needs of seniors. Each has its own characteristics, with the appropriate level being determined by how much assistance is needed with the normal activities of daily living. Let's take a look at independent living, assisted living/personal care, memory care, skilled nursing, and rehabilitation.



Independent Living

Loosely defined, an independent living community could be as simple as a housing complex that is exclusively for residents over the age of 62, or it could be a high-rise building with individual apartments and emergency call systems that summon help when needed. It also might be a cohesive community with dining halls, social hours, and group activities. There are endless possibilities.

Living in an independent living community near family is a great advantage. Having the ability to freely come and go, have a nice visit with the children and then return back home, or invite people over for dinner every now and again provides just the right balance. You can maintain, and even improve, good relations with your family members while maintaining your independence and avoid the need to ask for their assistance constantly. In an independent living community, you have everything you need. If anything comes up, you have staff readily available to help. That's why they are there. It makes a world of difference.

Generally speaking, independent living is appropriate for seniors who are in good health overall, and are able to live without regular assistance. Independent living communities typically provide services such as on-site maintenance, limited access to transportation, a sense of security, occasional meal preparation, housekeeping services, laundry, and a fitness center.



Independent Living

When comparing independent living options for yourself or a loved one, you are likely to find the greatest differences between the size and type of housing. Options range from small efficiency apartments in a larger building, to a detached home with a garage inside a larger retirement community. If our friend Martha was living in an independent living community, her day might look something like this:

- 8:00 am **Wake up**
- 9:00 am **Eat breakfast at home**
- 10:00 am **Drive to the store for a little shopping**
- 12:00 pm **Meet an old friend in the dining room for lunch**
- 2:00 pm **Come home and relax, and maybe a little nap**
- 4:00 pm **Go to visit her neighbor Betty, who has not been feeling well the last few days**
- 5:00 pm **Drive to a nearby restaurant for dinner with friends**
- 7:00 pm **Watch *Gone with the Wind* with those friends**
- 10:00 pm **Get ready for bed**

The independent living residents of Magnolia Manor in Americus, Macon, Moultrie, Richmond Hill, St. Marys, and St. Simons Island will tell you that their only regret is that they did not move there sooner. They enjoy the fellowship with other residents (and staff) and consider them to be extended family members. With a wide range of entertainment, physical, educational, and religious activities, they have plenty of opportunities to stay busy.



Assisted Living/ Personal Care

It's okay to ask for help! It is easy to say, but not as easy to do. When a person gets to the point that some basic everyday tasks take a concerted effort, that's when Assisted Living is a blessing. Assisted living is much like Independent Living but with that extra bit of help that makes life much easier.

Like Independent Living, seniors who live in an Assisted Living community may still be able to come and go with family, but they keep staff apprised of their whereabouts, just to be safe. They can determine what they'd like to do with their days, but they may have a regularly-scheduled time that a helper comes in to assist them with taking a shower and getting dressed. No need to worry about forgetting to take medications on time because the staff is there to be sure they follow the doctor's orders.

Being part of a senior living community, help is available for the asking. It is a great advantage for a person who may sometimes feel helpless. We all need a little help from time to time, but there's no reason we cannot still enjoy life. Assisted living is appropriate for someone who is having enough trouble that they need regular assistance, but not so much trouble that they require having someone on-hand at all times due to advanced medical issues.



Assisted Living/ Personal Care

Personal Care is very similar to Assisted Living. In both cases, a person can live somewhat independently and get regular assistance with daily living tasks. The state of Georgia makes a distinction between the two in regard to the administration of medication. In Personal Care the staff member can only take the medication to the resident, who self-administers it. In Assisted Living, the staff member administers the medication to ensure it's taken properly.

Although there are some senior living organizations that provide Personal Care as an option, most, including Magnolia Manor, are gradually making changes so that every Personal Care community becomes an Assisted Living community.

If one day our friend Martha were to transition to Assisted Living, her typical day might look something like this:

- 7:30 am** Wake up
- 8:30 am** Cynthia comes in to help Martha get washed up and dressed, then accompanies her to breakfast in the dining room
- 10:00 am** Go to the chapel for worship
- 12:00 pm** Go to the dining room for lunch
- 2:00 pm** Lie down for a bit
- 4:00 pm** Play bingo with the ladies
- 5:00 pm** Dinner in the dining room with friends
- 7:00 pm** Relax and watch TV or read
- 9:00 pm** Doris comes in to help Martha get ready for bed and administer her nightly medication



Assisted Living/ Personal Care

If you were to compare assisted living communities for yourself or a loved one, again you will find a difference in the size and configuration of the housing. But you will also see a difference in the services offered and the availability of the staff. To provide easy access to personal assistance, resident rooms are likely to be one or more room apartments, with more focus on holding meals and activities in common areas to make it easier for mobility-limited residents. The staff will observe changes in individual residents and make note of any concerns. Because this level of care requires more time and attention from staff, it is usually more expensive than independent living options.

It is especially important that the family of an Assisted Living resident keep in close contact with the staff caring for their loved one. As a person feels less capable due to their declining physical abilities, a visit from grandchildren or their own adult children can go a long way to lift their spirits. These are good times for a grandparent to tell the grandchildren about what life was like for them as a child, how major events that have occurred during their lifetime have affected them, and remarkable stories of their own experiences.

At Magnolia Manor, we often hear new residents in Assisted Living comment on the warmth and compassion they feel from the staff. It isn't just one person, or one instance, it is our culture. Because our entire organization is made up of servant leaders, we all understand that it is our purpose in life to assist others. If you have ever volunteered, or helped people who were at a disadvantage, you can understand how we feel when we say that when you help someone, you are the actual beneficiary. This isn't a job for us, it is who we are. Magnolia Manor provides Assisted Living or Personal Care at our Americus, Columbus, Macon, Moultrie, Richmond Hill, St. Marys, and St. Simons Island campuses.





Assisted Living with Memory Care

One minute a loved one might be lucid and totally in control, and the next minute they're in their own little world. Many families witness this when a loved one is experiencing Alzheimer's Disease or another form of dementia. A doctor can provide you with a specific diagnosis and advice about how best to care for your loved one.

Thankfully, there are many Assisted Living communities that also offer memory care services. While the family remains an important part of the person's life, they can rest assured knowing that the people who are caring for their loved one understand their condition and will take good care of them.

Comparisons between Memory Care services will revolve around staff credentials, experience, activities, and housing. Because it is a highly specialized level of care, there are usually very limited number of spots available, and increased costs. Magnolia Manor provides Assisted Living with Memory Care at the Americus campus.

Skilled Nursing

When serious health issues require regular monitoring, a Skilled Nursing center may be the best place for your loved one. Keeping them under the watchful eye of an experienced staff could save their life. The greatest challenges related to Skilled Nursing are availability and cost.

Just like us, people with chronic illnesses have good days and bad days. Ladies may still want to see a hairdresser, men may want to play cards, everyone needs to have their laundry done. Many Skilled Nursing centers offer a variety of activities for residents and guests. They may include simple crafts, live performances, and of course, bingo! The staff become very familiar with the residents and often form a close bond with them. Lifting resident's mood and spirits is what staff often sees as part of their job.

Family, too, can do a lot to help their loved ones feel better. A young visitor is always a welcome guest. Reading a book, singing a song, or even just spending time with them can help. It lets them know that you care, and that you are making their presence a priority in your life.

Magnolia Manor provides Skilled Nursing at the Americus, Buena Vista, Columbus, and St. Simons Island campuses. In addition to our regular dementia care at these locations, we also offer specialized memory care as part of our Buena Vista and Columbus Skilled Nursing programs.



Rehabilitation

Your mother fell, and now you are concerned about how well she will be able to recover. What will happen next? Unfortunately, this situation is all too common as we age. There is often shock and embarrassment, in addition to physical injury when we fall. Some become depressed as the reality of aging can no longer be avoided.

Magnolia Manor has established rehabilitation centers at some of our senior living communities to provide therapy assistance for seniors, and peace of mind for their families during recovery. Regardless of age, we all like to think that we can do more than we really should. Our bodies have a way of letting us know when we've gone too far. Sometimes, this can result in long-lasting consequences, but it doesn't have to be 'the beginning of the end.' Instead, seniors and their family can use it as an opportunity to witness the many benefits of senior living.

Many of our happiest senior living residents have come to Magnolia Manor after such an incident. They were so overwhelmed by the encouragement they received and the compassion they felt from the staff during their recovery, that they couldn't imagine going back to the way things were before.



Rehabilitation

Coming to the realization that we can't just keep doing what we've been doing is never easy. But, with the first-hand experience of the exceptional care provided at the rehab center within a Magnolia Manor senior living community, seniors (and their families) can't help but consider how beneficial it would be to become a resident.

Magnolia Manor provides Rehabilitation at the Americus, Buena Vista, Columbus, and St. Simons Island campuses, as well as limited rehabilitation services at other campuses.



We Have Eight Campuses in South Georgia

With eight campuses, Magnolia Manor provides many options for seniors to feel right at home. With its own character and benefits, each of the communities offers a unique selection of independent living, personal care, assisted living, memory care, skilled nursing, and rehabilitation.

We cater to the spiritual needs of residents and their families with on-site pastoral care at every Magnolia Manor campus. Although our roots are in Methodism, all faiths are welcome. To meet the spiritual needs of all denominations, the services are ecumenical.

While Magnolia Manor is well known for delicious, nutritious meals, it is our compassionate staff members that create a caring, home-like atmosphere ideal for seniors as they enjoy the many activities and fellowship of the community.

Come visit the Magnolia Manor campus nearest your family home. We have locations in Americus, Buena Vista, Columbus, Macon, Moultrie, and on the Coast at Richmond Hill, St. Marys, and St. Simons Island.



Magnolia Manor of Americus

2001 South Lee St., Americus, GA 31709
Phone 855-540-LIFE (5433)

The headquarters of Magnolia Manor remains at its very first location – in the city of Americus, Sumter County, near the hometown of President Jimmy Carter.

Currently, the Magnolia Manor Americus campus offers a continuum of care with a wide selection of housing for independent living, followed by personal care in the Retirement Center, a memory care center, outpatient and residential rehabilitation services, and a skilled nursing center. All of the residents also have the benefit of an on-site chapel with a variety of services offered by staff chaplains.

Major renovations are designed to accommodate the changing needs of our residents. Our Retirement Center renovations are already complete. We have also built a new memory care unit to replace an aging building. Our existing memory care facility will then be renovated to house a state-of-the-art rehab center for both outpatient and residential clients. The Nursing Center will also be renovated, creating all private rooms.

These and other benefits are meant to serve the surrounding community as well as our residents. For instance, anyone 45-years-old or older can get a membership to the Americus campus fitness center and join Magnolia Manor residents in the benefits of its cardio, strength-training, aerobic, and lifeguard-supervised aquatic opportunities. Campus residents can also see who's fishing at the lake, or join the fun. And if theatre is your cup of tea, check out the latest performance at the historic Rylander Theatre, a favorite destination for group excursions.





Magnolia Manor of Marion County at Buena Vista

349 Geneva Rd., Buena Vista, GA 31803
Phone 855-540-LIFE (5433)

As a faith-based ministry, Magnolia Manor provides spiritual support and social activities. In addition to these services, we also provide medical care and personal assistance for residents who require assistance around-the-clock at the skilled nursing center. Magnolia Manor has been recognized as a recipient of the Silver National Quality Award for its outstanding care by the American Health Care Association and the National Center for Assisted Living.

Magnolia Manor of Marion County has just completed a major renovation project. At the recent open house, members of the community were invited to view firsthand the welcoming entrance and comfortable reception and consultation areas. In response to the increasing prevalence of Alzheimer's Disease and other forms of dementia, Magnolia Manor has added a new 14-bed memory care unit that features an enclosed garden area for residents to enjoy the beauty of nature. And, a new rehab center is now open to outpatients from the community as well as Magnolia Manor residents.

Magnolia Manor of Columbus

2010 Warm Springs Rd., Columbus, GA 31908

Phone 855-540-LIFE (5433)

Columbus, Georgia has something for everyone. Come enjoy a relaxing walk along the Chattahoochee River, learn something new at the Coca-Cola Space Science Center, or brush up on 19th Century warships at the National Civil War Naval Museum.

Magnolia Manor of Columbus is perfectly located at the junction of the Piedmont and the Plain. A dedicated staff of servant leaders is ready to meet the needs of residents with personalized assisted living services for residents in individual apartments, and two skilled nursing centers (East and West). Residents affected by Alzheimer's Disease and other forms of dementia benefit from specialized services in the memory care wing of the West building. And specialized rehabilitation services are available in the East building.





Magnolia Manor of Macon

200 Pierce Ave., Macon, GA 31204
Phone 855-540-LIFE (5433)

Macon has become the fourth largest metropolitan area in Georgia, situated an hour and a half drive south of Atlanta. The area is rich with stories of valor dating back to the 18th Century. In addition, it has been the home of many accomplished musicians such as Emmett Miller, The Allman Brothers Band, Otis Redding, and Little Richard. Today, local residents appreciate the outstanding performances offered by the Macon Symphony Orchestra and many outdoor activities and festivals.

Magnolia Manor of Macon offers several housing options for older adults. For those who prefer the carefree lifestyle afforded by independent living, they can choose from a selection of apartments and villas. We offer housing that was established through a grant from the U.S. Department of Housing and Urban Development (HUD), where subsidies may be available for qualifying applicants.

If and when residents require assistance with managing their medications, maintaining proper nutrition, and performing daily living tasks, the expert staff is available for personal care services. In addition, the Linda H. Lane Resident Life Center is a center of activity with a fitness center, dining spaces, meeting rooms, and a hair salon.

Magnolia Manor South in Moultrie

3011 Veterans Pkwy., Moultrie, GA 31788

Phone 855-540-LIFE (5433)

As an agricultural community in Southwest Georgia, Moultrie is home to North America's Premier Farm Show®, the Sunbelt Agricultural Exposition, which showcases more than 1,200 vendors, drawing thousands of visitors to Moultrie.

Not a farmer? Moultrie also has an amazing golf course, the world-renown Ellen Payne Odom Genealogy Library, and a fine selection of specialty shops, nicknaming it the Antique Capital of Georgia.

Magnolia Manor is proud to be part of the Moultrie community, providing one and two-bedroom apartments for independent living, and assisted living services for seniors who need a little help managing medications and daily living tasks. To serve our residents better, Magnolia Manor recently completed renovations to increase space for expanded social and dining options.





Magnolia Manor on the Coast

141 Timber Trail, Richmond Hill, GA 31324
Phone 855-540-LIFE (5433)

The area now known as Richmond Hill was the winter home of industrialist Henry Ford in the 1930's. It's no wonder, considering the beauty of the Ogeechee River as it meanders across the coastal plain to the Atlantic Ocean. Visitors enjoy recounting the steps of the area's rich history at the Richmond Hill Historical Society and the Fort McAllister Civil War Park.

The residents of Magnolia Manor feel right at home at the 40-acre wooded property in Georgia's low country just south of Savannah. The senior living choices at the Richmond Hill campus include apartments for independent living, including those offering personalized service for residents needing a little extra assistance, and assisted living for residents who need more assistance managing medications and daily living tasks.

In addition to enjoying delicious meals and comfortable living space, Magnolia Manor residents can fish in the lakes on property, walk on the paved campus trails, attend services at the chapel, meet friends in the café, and get in a workout at the fully-equipped fitness center. In addition, there are numerous group activities to choose from each week, including transportation to favorite destinations in the surrounding community.

Magnolia Manor of St. Marys

4695 Charlie Smith Sr. Hwy., St Marys, GA 31558

Phone 855-540-LIFE (5433)

It's hard to beat the magnificent atmosphere of St. Marys, the gateway to Cumberland Island National Seashore, Georgia's largest and southernmost barrier island. With the charm of a small southern town and the amazing mixture of waterways and marshes, residents have plenty of options for outings, such as festivals, parks, museums, and a naval base.

In the midst of abundant natural beauty sits Magnolia Manor's St. Marys campus. The cozy senior living community provides options for independent living and assisted living.

The staff chaplain draws a crowd with weekly Bible studies and worship services, and regularly visits individuals to provide support, as well as to learn more about the amazing residents and their rich histories. In addition, residents at St. Marys are also regularly served by Eucharistic ministers and Catholic priests, to ensure everyone's spiritual needs are met.

Looking for fun and fellowship? We've got that too. Whether you are in the mood for music, games, art, or learning about history, Magnolia Manor at St. Marys has you covered. Regular exercise classes, a warm salt water spa, and delicious meals are popular benefits as well.





Magnolia Manor of St. Simons Island

100 Heritage Dr. St.
Simons Island, GA 31522
Phone 855-540-LIFE (5433)

2255 Frederica Rd.
Simons Island, GA 31522
Phone 855-540-LIFE (5433)

Although it is best known for its year-round warm weather, pristine beaches, and breathtaking views of the marsh wetlands, the largest barrier island in the Golden Isles has many other interesting attractions such as the lighthouse, Fort Frederica National Monument, the Arthur J. Moore Methodist Museum and Library, and several other historically significant sites.

The relaxing atmosphere of St. Simons Island is a perfect fit for Magnolia Manor residents. Beginning with attractive apartments for independent living, select apartments are also available for residents seeking a little extra help through personalized service. The campus also offers assisted living. Of course, if and when it is needed, Magnolia Manor of St. Simons Island provides rehabilitation services, memory care, and skilled nursing and housing. Because it is a highly specialized level of care, there are usually very limited number of spots available. Magnolia Manor provides Assisted Living with Memory Care at the St. Simons Island and Americus campuses.

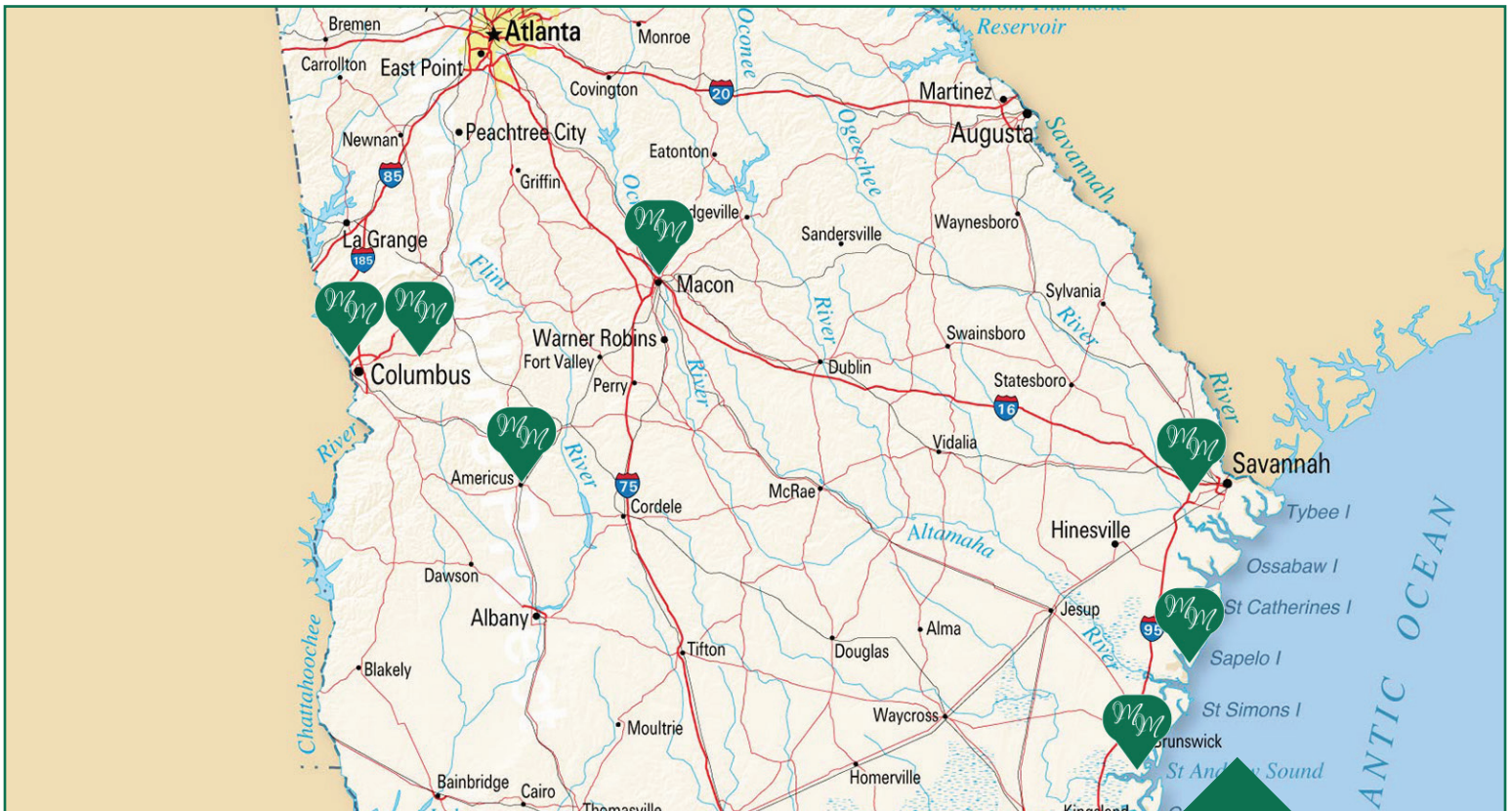
Which Campus is Right for You?

Magnolia Manor was formed after Kate Witte, a longtime resident of Americus, dreamed of a home for older adults. When she passed away in 1947, she left 392 acres of property for the exclusive purpose of building a home for the elderly in her community.

The good intentions and generous donation of Kate Witte merged with a dream by what was at that time the South Georgia Conference of the Methodist Church (now United Methodist). Those dreams soon became growing senior living communities throughout South Georgia called Magnolia Manor.

Kindness and compassion have become hallmarks of Magnolia Manor. As a 501(c)(3) charitable organization, Magnolia Manor depends on generous donations each year. As cost of living expenses continue to rise, our League of the Good Samaritan program is needed more than ever to help residents who, through no fault of their own, can no longer afford to pay for the cost of their care.

With the passing of every year, the leadership of Magnolia Manor seeks to continue improving the quality of care, provide accommodations that meet the evolving needs of residents, and deliver compassionate care in a loving, faith-based environment.



Eight Exceptional Senior Living Campuses throughout South Georgia

Are you considering options for yourself or a loved one? Magnolia Manor is available to discuss your needs and help you plan for a secure future at one of our campuses, where residents thrive - mind, body, and spirit.

Campus in South Georgia	Independent Living	Supportive Housing	Assisted Living /Personal Care	Specialized Memory Care	Skilled Nursing	Rehabilitation
AMERICUS	✓	✓	✓	✓	✓	✓
BUENA VISTA				✓	✓	✓
COLUMBUS			✓	✓	✓	✓
MACON	✓	✓	✓			
MOULTRIE	✓		✓			
RICHMOND HILL	✓		✓			
ST. MARYS	✓		✓			
ST. SIMONS	✓		✓		✓	✓

Contact Magnolia Manor today to schedule a tour of a campus near you.

Call 855.540.LIFE (5433) for more information.



Once you have visited Magnolia Manor, you will understand why our residents love living here. Our caring and compassionate staff of servant leaders have been recognized for Dedication to Care in 2016, 2017 and 2018 by the National Quality Award Program of the American Health Care Association and National Center for Assisted Living.

