



TRADITIONS OF SPRING HILL

Assisted Living • Memory Care

BE YOU. BE VIBRANT. BELONG.

3056 Miles Johnson Parkway
Spring Hill, TN 37174
(931) 451-0009
www.myvitalityliving.com
A Vitality Living Community

REDESIGNING SENIOR LIVING *with you in mind*

2

A BEAUTIFUL LOCATION SPRING HILL, TENNESSEE

We are thrilled to be part of the greater Spring Hill community. We are often out in the community doing outreach, lending a hand to a not-for-profit organization, and building relationships. Our goal is to help make life better for the older adults and their families in the greater Spring Hill area.

Nestled in the heart of Spring Hill, our residents experience and enjoy Middle Tennessee's local culture, as well as Nashville. Be it trips to baseball games, autumn's beauty, local musical entertainment, or a play at the theatre, we create vibrant living for residents to live purposefully and experience a profound sense of belonging.

Traditions of Spring Hill is conveniently located on Miles Johnson Parkway between 31 and Duplex Road.

Traditions
of Spring Hill

WELCOME TO TRADITIONS OF SPRING HILL

Thank you for considering Traditions of Spring Hill. Our mission is to create vibrant communities where residents, families and team members can be themselves, live purposefully, and experience a profound sense of belonging. Our vision is to create vibrant communities where RESIDENTS thrive, FAMILIES engage and TEAM MEMBERS are proud to work.

We recognize that navigating through the myriad of senior housing and care options can be overwhelming. The experienced Traditions team is here to help you with the process. Oftentimes, families find themselves having to make urgent decisions regarding care of a loved one due to illness or emergency. This can be stressful and many people simply don't know what to do or where to start. Others are planners, and begin gathering information well in advance of making a decision. It's our intention to be a resource at every stage of the process.

The experienced Traditions team is prepared to help you identify the best option for you or your loved one based on your unique needs. Our difference is in the relationships we build with customers, residents, team members, families and people in our local community. We want Traditions of Spring Hill to be your resource as you plan your move. We listen and learn about what's important to you.

Please contact us at any time with questions and to schedule an individualized appointment to discuss your senior living needs. Whether you choose Traditions or not, consider us a resource.

We look forward to meeting you!



ABOUT VITALITY LIVING

Traditions of Spring Hill is proud to be managed by Vitality Living, a premier provider of retirement living, assisted living, and memory care.

Vitality Living is a team of seasoned retirement living professionals passionate about creating vibrant communities where residents can be themselves, thrive and belong.

Vitality's leadership firmly believes that the industry must evolve and change to more capably meet the wants, tastes and demands of the older adults of the future. Every team member is inspired to reimagine the experience of older adults living in a community setting. We challenge every perception, advocate for choice, and reject the status quo.

Through engagement, innovation, family collaboration, and a passion to serve, Traditions of Spring Hill embraces a responsibility to strengthen communities, ensuring older adults have access to lifestyles that empower them to lead an inspiring life for years to come.

Our corporate headquarters is in Brentwood, Tennessee. We know the greater Nashville area well which allows greater support for Traditions of Spring Hill.

We look forward to serving you and your family.

4

Be You



SERVICES AND AMENITIES THAT ENGAGE MIND, BODY AND SPIRIT

From the thoughtfully-planned community amenities to the overall focus on exceptional service, Traditions of Spring Hill residents can count on everything they need to live life to the fullest.

LIFESTYLE AND HEALTH SERVICES

Health and wellness means having a balanced life rich in vitality and well-being. Research shows that how people age is not only a matter of genetics, but also how they live their life. To assist our residents in achieving a healthier and happier lifestyle, Traditions of Spring Hill incorporates wellness programming that provides a focus on their lifestyle and health services.

SPIRITUAL

well-being gives meaning to life and helps inspire a sense of peace, confidence and security.

VOCATIONAL

pursuits such as sharing and volunteering help maintain a sense of identity and purpose.

WELL-BEING SERVICES

offer a means to proactive care, independence and peace of mind.

INTELLECTUAL

idea sharing and general education activities lead to proven health benefits.

EMOTIONAL WELLNESS

is all about maintaining a positive relationship with oneself and others.

ENVIRONMENTAL CONSCIOUSNESS

comes with appreciating and caring for our physical surroundings.

PHYSICAL LIFESTYLE

remaining active and a well-rounded diet promote healthy aging.

SOCIAL WELLNESS

includes positive interaction with people and other living things.

EXCEEDING EXPECTATIONS

We work hard to exceed expectations with outstanding service, exceptional care and a full array of amenities that make living the Traditions of Spring Hill lifestyle an everyday treat.



THE TRADITIONS OF SPRING HILL APPROACH TO ASSISTED LIVING

Traditions of Spring Hill Assisted Living offers residents exceptional service in a caring, home-like environment. Our residents and their families have peace of mind knowing that our Traditions of Spring Hill team provides safety, security and well-being.

Comfortable apartments, daily meals, activities, outings, and caring staff members on hand when needed are just a few of the amenities included in the monthly fee. We strive to understand each of our residents' needs to personalize daily living and see each as individuals.

COMMUNITY FEATURES

- Private apartments
- Medication assistance and monitoring, as assessed
- Assistance with dressing, bathing, and personal hygiene
- Social, recreational, and educational programs
- Three restaurant-style meals served daily in the dining rooms
 - In-apartment meal service provided during special circumstances
- Transportation to local appointments, social events, and shopping
- Laundry, linen, and light housekeeping services
- Beauty salon and barber shop
- Activity rooms, theatre room, and outdoor areas
- Safety-monitoring systems in every room
- 24-hour well being (care team member) on duty

6

APARTMENT FEATURES

- Spacious floor plans
- Kitchenette; sink, refrigerator, and microwave
- Wall-to-wall carpet in neutral colors
- Window blinds
- Individually controlled heating and cooling
- Safety grab bars in bathroom and shower
- State-of-the-art emergency call and alarm systems

Be Vibrant





THE TRADITIONS OF SPRING HILL APPROACH TO MEMORY CARE

Located within Traditions is a specially designed Memory Support Neighborhood for the care of those who have memory impairment due to Alzheimer's disease or other forms of dementia.

Stimulating your mind and rejuvenating your spirit are equally as important as keeping your body healthy. Each day, you'll find new opportunities and ways to engage your brain, whether it's having a conversation, reading a book, or attending a seminar.

7

Of course, keeping your body in tip-top shape is important, too. You have access to professionals who can help you create personalized exercise routines and nutrition plans. Creating fitness goals and developing healthy habits are an integral part of our healthcare services.

Traditions Memory Care is a highly structured, secure environment that promotes dignity, independence, socialization, and quality of life. Our secured memory care community provides specialized programming and a structured daily routine designed to maximize each resident's potential and support individual interests and hobbies. Families will find peace of mind by knowing that their family members are well taken care of and enjoying life.

MEMORY CARE SERVICES AND AMENITIES INCLUDE

- Apartment rental
- Utilities, including electric, water, land line telephone and basic cable
- Assistance with daily activities as needed (bathing, dressing and gentle reminders)
- Medication assistance
- Three meals per day and snacks
- Activities programming
- Laundry, linen and light housekeeping services
- Transportation to local medical appointments and group outings
- Maintenance
- Activity and fitness room, and outdoor courtyards
- Safety-monitoring systems in every room
- 24-hour well being on duty

Belong



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Vitality Living is excited to partner with Tradition of Spring Hill's visionary leadership team. Their commitment to excellence is evident in the community's design and offerings and brings a premier senior living community to the area of Spring Hill. We are confident that our mission of creating vibrant communities where residents, families, and team members can be themselves, live purposefully, and experience a profound sense of belonging is fulfilled at Traditions of Spring Hill.

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CHRIS GUAY, FOUNDER & CEO OF VITALITY LIVING