

Welcome to
Presidential Oaks
Retirement Living



RETIREMENT LIVING *at*

Presidential Oaks

better senior living

200 Pleasant Street • Concord, NH 03301
(800) 678-1333 • www.presidentialoaks.org



Introduction

Welcome to Presidential Oaks Retirement Living. Finding a place to retire can be a challenging task – there’s so much to consider! But we’re here to guide you through the process and help you identify what’s important to you. One thing to note about Presidential Oaks is that we’re a licensed retirement community – and not every community is. That means that, in addition to all of the amenities, activities and services we provide our residents, we also provide the peace of mind that comes with an on-site clinical staff, back-up power so that you will never go without heat or electricity, and employees who have passed strict background checks. We also offer the convenience of having everything available under one roof – there’s no crossing a cold, potentially icy parking lot in the winter to get to the dining hall at Presidential Oaks!

We invite you to learn more about Presidential Oaks Retirement Living to find out why it is one of the absolute best values in retirement community living today. It’s affordable, it’s secure, it’s vibrant and it’s home to lots of interesting, active seniors – like you.

We’re always ready to personally answer any questions you may have or to arrange a tour and complimentary lunch or dinner. For more information, please contact: 603.724.6100 or retire@presidentialoaks.org.

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Accommodations

Our beautiful Victorian home boasts vintage oak woodwork, parquet floors, and intricate plaster ceilings.

All of our accommodations have private baths and come equipped with two telephone jacks and complimentary basic cable.

We encourage you to make your new apartment your home by personalizing it with family photographs, clocks, paintings, furniture, and other mementos that are special to you. If you need assistance with arranging furniture or hanging items on the wall, our Maintenance Department is ready to help.

Included in your rate is a weekly visit from our Executive Housekeeper who will dust, vacuum, mop, empty your trash, change your bed, and clean your bathroom. For an additional fee, more frequent and special cleaning projects can be scheduled.

Presidential Oaks Retirement Living offers a range of accommodations including:

- **One-Bedroom Apartments** with fully equipped kitchens including a stove, refrigerator, microwave, dishwasher, coffee maker, and toaster
- **Two-Room Suites** with wall-to-wall carpet, a sitting room, a bedroom, and an accessible private bath
- **Expanded Studios** with a sitting area, a sleeping area, and an accessible private bath
- **Deluxe Studios** with plenty of space for a desk or sofa in addition to your bedroom furniture and an accessible private bath
- **Studio** with space for a desk or recliner in addition to your bedroom furniture and a private half-bath

Activities

Our events manager plans weekly local outings such as shopping, going out to eat, or attending a concert. Transportation is provided by a bus (equipped with a lift for those who do not climb stairs). We also host many on-site events that are open to the public and a monthly theme-day activity.

Additionally, we have a Game Room that includes a beautiful 19th century pool table and a wide screen television, and serves as the site of our virtual bowling tournaments. We distribute and post a monthly activity calendar so everyone has the opportunity to plan for and enjoy special outings.

Cable Television

Basic cable television is included in your rate. The channels are determined by the cable television provider. Should you desire additional channels, you will need to arrange for this directly with the provider of your choice and pay for it separately. We regret that we do not allow for satellite dishes.

Dining

At Presidential Oaks Retirement Living, all three daily meals are included in your monthly rate – there are no extra “meal plan” expenses here! And our dining hall is located only steps away from all accommodations - meaning you will never have to leave the building or cross a parking lot to get to your meals.

Breakfast is served daily from 7:45 am to 9:00 am, dinner is served from noon to 1:00 pm, and the evening meal begins at 5:00 pm and continues through 6:30 pm.

We offer a wide range of entrees, side dishes, and desserts throughout the year and there are two main selections offered at each meal. Sometimes, however, you may just want something different. That's why we also offer an A La Carte Menu that is



Dining (continued)

always available featuring sandwiches, omelets, spaghetti, and fish. And each month and on most holidays, we are happy to offer a special menu and wine (for those who partake).

Most of our residents prefer to be seated with friends. Therefore, most of our seating is reserved. We will be more than happy to assist you with your seating on your first day. All of our meals are served restaurant style by our exceptional wait staff. Your family members and/or friends are welcome to share a meal with you at any time (for a small additional fee).

We also provide complimentary snacks and drinks throughout the day in our many kitchens and kitchenettes.

Fees

Presidential Oaks Retirement Living never charges an entrance fee. We charge an affordable daily rate and bill you each month. Fees for any additional services you request are included in your monthly bill.

Laundry

Regular laundry service is included in your monthly rate, or if you prefer, you may do it yourself in our Resident Laundry Room – at no cost to you. Our regular laundry service includes bed linens changed once a week, fresh bathroom towels each week, and personal laundry pick-up and drop-off.

Mail

Every Presidential Oaks Retirement Living resident is assigned a secure mailbox and key. Mail is picked up and delivered Monday – Saturday, and stamps are available through our Business Office.

Safety and Security

At Presidential Oaks Retirement Living, every resident is issued a courtesy pendant that tells our staff who you are and where you are. In the event that you ever need assistance anywhere on our campus, a simple push of the button gets you immediate help.

Regular fire drills are performed to prepare you and our staff for an emergency. This helps to ensure everyone's safety in the event of an actual emergency. However, you can relax knowing that our Retirement Living building is entirely covered by a sprinkler system.

Electrical household appliances present a very real risk for fire. Therefore, our staff personally inspects and approves all electrical items before they can be used.

Presidential Oaks is proud to be a non-smoking campus.

Shared Spaces

Presidential Oaks Retirement Living offers a wide range of shared spaces where you can engage in either quiet relaxation or a rousing game with your friends.

In the Library and Reading Rooms, we invite you to enjoy a book or to take your book to one of our many sundrenched solariums or one of our shaded porches to relax and enjoy the outdoors while you read.

Stroll our 11-acre estate on our accessible walking path and soak in the vistas of the greater Concord area. Sit for a while in the Rose Garden and enjoy the butterflies; or visit in our Shade Garden with the new friends you have made.

Our Game Room is where modern technology meets old world charm. You'll have to decide whether to play a round of pool on the restored 19th century pool table or go head-to-head with the reigning Wii Bowling Champion. Or, perhaps you would enjoy movie night or an afternoon tea...

Shopping

"The Red Room" is our second-hand clothing shop. You will find great clothing bargains there and an assortment of sundries.

Our Gift Shop is a cash-only shop run and stocked by volunteers. It carries a variety of handcrafted gifts, photographs, candy, and more.

Spa Services

Presidential Oaks has a licensed beautician on staff available for your hair care. Her fees vary and are very reasonable. We can also arrange for a massage, manicure, or pedicure. Complimentary whirlpool baths in our elegant spa are also available.

Spiritual Services

Clergy from a variety of religious denominations regularly visit and provide services to our residents. Additional arrangements can be made to meet individual needs.

Transportation

At Presidential Oaks Retirement Living, transportation to and from local appointments is included in your monthly rate. Additionally, local transportation to other destinations can be arranged, for a small fee, by your Personal Care Assistant.

Wellness Services

Wellness Services are available to all of our residents for a small fee. Our discreet Nurse's Station is designed to look like a beautiful hotel concierge's desk. Our on-staff clinical team is always available to provide medical services such as helping you with your medications, making a doctor's appointment, having



Wellness Services (continued)

your blood drawn, or making an appointment with the podiatrist who visits every two weeks. They will also help you access the highly trained physical and occupational therapists and the speech pathologist on staff in our Rehabilitation Center.

And when you're just not feeling up to par, they can arrange to have your meal sent to your room for you. We also provide basic first aid, change dressings, monitor your insulin and many other wellness services.

The Presidential Oaks Integrated Continuum of Care

Presidential Oaks Residential Living is just one neighborhood in an integrated continuum of care that allows couples to stay together even when their health and medical needs vary. No one is more than an elevator ride away at Presidential Oaks. Beyond Residential Living, our Continuum of Care Neighborhoods include:

- **Assisted Living** - We offer both private and shared accommodations and can help you get in and out of bed, assist you with bathroom needs and help you with your medications. We also offer a Wander Guard system.
- **Rehabilitation Center** - You don't plan to have a heart attack or stroke, or a fractured hip, but, rest assured that if the unexpected happens, you can expect our excellent staff to help you recover in our Rehabilitation Center.
- **Skilled Nursing** - We offer both private and shared accommodations with 24-hour nursing care. Our warm, caring staff will help you with all aspects of daily living, medications, and wound care.
- **Hospice** - End of life care is an important time for family and staff. At Presidential Oaks, we honor those who have given so much for so many years. Each private suite is designed to provide advanced symptom and pain management for the patient and loving, thoughtful amenities for the family.