



HILLCREST TERRACE
Retirement Community

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Welcome

Part of a Vibrant Community

Manchester, a former mill city with attractive brick buildings along the Merrimack River, has undergone revitalization. The downtown area is alive with concerts, theater, sporting events and both fine dining and more casual fare. Two major malls, department stores and a number of discount stores provide plenty of shopping choices for residents. Surrounded by two major highways and with one of the nation's fastest growing airports, Manchester is easily accessible from major cities across the country. The city is also only an hour's drive to Boston, New Hampshire's seacoast and the picturesque White Mountains.

Active retirees enjoy an independent, maintenance-free lifestyle in our 138-apartment senior living community. Situated on a beautiful 17-acre wooded site in Manchester, New Hampshire, Hillcrest Terrace Retirement Community offers warm and caring independent and assisted living for older adults. Known for attractive accommodations, exceptional dining, a friendly atmosphere, a broad spectrum of activities, and an on-site physician practice.

Hillcrest Terrace

Active retirees enjoy an independent, easy-care lifestyle in our 138-apartment retirement community. From their spacious apartments, residents have easy access to elegantly decorated common living areas and lovely outdoor walking trails and gardens. The days are filled with interesting trips and activities and great companionship. Residents also enjoy a vast array of services and special amenities, including our Wellness Center, that make living here a pleasurable experience.

Assisted Living

Residents who want to live independently but would like assistance with some daily living activities enjoy the freedom and support of assisted living. Each day offers a number of stimulating activities and opportunities for friendly companionship. Additional assistance is available as a resident's needs change.

Nursing Home

Hillcrest Terrace Residents who find they need intermediate nursing home care enjoy living in a private suite. Specialized care and assistance are provided in a therapeutic setting.



About Us

Celebrating Independent Living

Hillcrest Terrace Retirement Community promotes independence and healthy, active living. To maintain their health and independence, residents can take advantage of health clinics and support-service counseling at our on-site Wellness Center. Staff is also available 24 hours a day to respond to emergencies.

Residents enjoy their independence, but also feel safe and secure. With the exception of our main entrance, which has a staffed reception desk, all outside doors are locked. Residents can use their key to easily access their wing of the community.

Commitment to Caring

Our commitment to caring is seen in the warm relationships that our staff members develop with residents. We know our residents by name and take great interest in them and their activities.

New residents are welcomed each month at a welcome tea and quickly become part of the Hillcrest Terrace family. Our monthly newsletters include a list of all new residents, interesting articles, the latest Hillcrest news and our activity calendar.

We strive to preserve individual dignity by creating a spirit of harmony, compassion, understanding and trust. Enriching each other's lives with shared wisdom and respect for diversity and choice, we will endeavor to provide positive and lasting contributions to our community.

Through dedicated teamwork, we are committed to continuously enhancing our service to residents and the community as a whole.

Our Mission: Quality, Excellence, Dedication

In celebration of life, we at Hillcrest Terrace and Pearl Manor at Hillcrest Terrace are committed to quality and excellence. Our residential community, comprised of dedicated staff and residents, promotes a holistic and humanistic lifestyle.

We strive to preserve individual dignity by creating a spirit of harmony, compassion, understanding and trust. Enriching each other's lives with shared wisdom and respect for diversity and choice, we will endeavor to provide positive and lasting contributions to our community.

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Apartment Styles

The Comforts of Home

Enjoy the benefits of living independently without the responsibility of maintaining a home. Residents may choose from a variety of spacious one- and two-bedroom apartment designs, some with an outdoor balcony or patio. Each apartment unit—with individual temperature controls—is off an interior corridor, giving residents comfortable inside access to the community's common living, dining and activity rooms.

Attractive, Independent Living

Bright, neutral colors and high-grade carpeting highlight each unit. A galley kitchen—open to a dining area—includes appliances, plenty of counter space and attractive oak cabinets. Comfortable living rooms and bedrooms provide ample living space and storage. Cable television and utilities, except telephone, are included in the monthly fee.

A large, full bathroom offers a bathtub or step-in shower with a seat, both with safety grab bars. Some units also include a half bathroom. Each bathroom and bedroom has an emergency pull cord for assistance. A wearable pendant system is also available to alert staff.

Spacious Floor Plans

Please visit our web site at www.hillcrestterrace.com to view some of our most popular apartment styles.



HILLCREST TERRACE
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Dining

Pleasurable Fine Dining

Our elegant main dining room, with a vaulted ceiling and large windows that bring light and pleasant outdoor views inside, invites diners to relax and enjoy their meal. Residents may choose their dining companions and are seated by our hostess. Linen tablecloths and napkins and tasteful table settings set the tone for a delicious and satisfying meal.

Flavorful Menu Choices

Fine dining is on the menu. From a savory appetizer and colorful garden salad to a delectable entrée and mouthwatering dessert, lunch and dinner earn outstanding marks from our residents. Our menu changes daily and includes a wide array of tempting choices.

Lunch or dinner is included in a resident's monthly fee, as is continental breakfast, served each morning at The Café next to the dining room. Meal plans for additional meals may be purchased.

Invite Family and Friends

Residents may invite family or friends to dine with them at any meal for an additional fee. An elegant private dining room and living room with a video library may be reserved for special family meals or celebrations.



Services and Amenities

Enhancing Active Living

Hillcrest Terrace provides a wide selection of helpful services and thoughtful amenities that enrich the lives of our residents.

Transportation Services

While some residents continue to use their car, many take advantage of our convenient Hillcrest Terrace bus for scheduled transportation to the grocery store, local malls, department stores, church and local banks. Residents may also sign up for transportation to complete errands or for medical appointments.

Country Store

Our convenient Country Store sells a selection of snacks, drinks, paper products, cards, gifts and handmade items.

Library

Curl up with a book in our cozy library or sign out books from our large collection of regular and large print books. Many of our books are donated by our residents and staff. Every six weeks, the Manchester Public Library also provides best-selling and large print books for residents to enjoy.

Beauty Parlor and Barber Shop

The beauty parlor and barber shop are open Monday through Saturday for complete hair-care and beauty services at a reasonable fee.

Hillcrest Terrace Wellness Center

Our Wellness Center focuses on the total health and wellness of our residents. Group health education sessions are offered, and individual health screening and podiatry evaluations are conducted in a private exam room.

An exercise room offers a number of exercise machines suitable for older adults. Residents can also do self-guided water exercises or just relax in our indoor 8-person Jacuzzi, with private changing rooms and bathrooms nearby.

Respite Care

Our respite care area, located at Pearl Manor at Hillcrest Terrace, provides short-stay nursing assistance for Hillcrest Terrace residents during recovery periods.



Services and Amenities ct'd...

Additional Wellness Services

In addition to our on-site wellness services, Hillcrest Terrace residents have access to a number of local health organizations:

- Catholic Medical Center
- Elliot Hospital
- New England Heart Institute
- Regional Cancer Center
- Sleep Evaluation Center
- Visiting nurse services

Post Office

Residents each have a private mailbox for outside mail and a special in-house mailbox so residents can send each other cards, notes and other items.

Religious Services

A sunroom chapel offers residents a quiet place for reflection, small prayer services and inspirational reading. Larger religious services are held monthly in the activity room. Scheduled transportation is provided to area churches and synagogues.

Laundry Services

Residents may have a washer and dryer in their apartment or use the free washers and dryers in conveniently located laundry rooms. Laundry service is also available for a reasonable fee.

Housekeeping and Maintenance Services

Twice monthly, residents receive housekeeping services as part of their rental fee. Services include vacuuming, dusting, and washing of kitchen and bathroom floors and counter surfaces. Maintenance of apartments is performed by Hillcrest staff and general cleaning of carpets and windows is done once a year.

Companion Animals

Residents are welcome to enjoy the company of cats and small dogs in their apartments.

Guest Rooms and Suites

Two guest rooms with private baths and a guest suite are available for a small fee for family or friends to spend the night when visiting residents.

Storage Rooms

Each resident has an individual storage unit for clothes, household goods, golf clubs and other items.

Business Services

Our Business Office is open Monday through Friday so residents can cash checks, pay their rent and buy discounted movie tickets.



Activities

Enjoy an Active Life

Hillcrest Terrace bustles with energy each day as residents take advantage of the wide range of activities offered. From concerts to crafts and exercise classes to discussion groups, we offer more activities than any retirement community in the region.

Fun-Filled Activities

Whatever a resident's interests, there is plenty to do at Hillcrest Terrace. Begin the day with an exercise class or enjoy a walk around the tree-lined property. Participate in our book group or current events forum, or try your hand at bridge or canasta. Enjoy the camaraderie of the knitting group or work on a craft project.

Take in the sunshine on our outdoor patio or tend flowers and vegetables in your very own garden plot. Enjoy the weekly social hour and cocktails at The Coop or shoot a round of pool in our billiards room. Sing with the Hillcrest chorus or enjoy a weekly movie or concert. The days are filled with enjoyable activities and heart-warming companionship.

Local Entertainment

The Manchester area provides many additional activities to choose from. In the heart of the city is the nationally acclaimed Currier Museum of Art and the Verizon Wireless Arena, which attracts nationally known entertainment and is the home of the Manchester Monarchs professional hockey team. Downtown's Palace Theatre and nearby St. Anselm College's Dana Center host performances by local and nationally recognized theater groups, symphony orchestras, operas and other entertainment groups.

Exercise Classes

Exercise classes are offered in our activity room most weekdays for a range of interests. Classes include gentle yoga, chair exercises and exercise equipment instruction and more.

Craft Classes

Creativity abounds in the large craft room that is filled with craft supplies of every kind. Residents can work on their own or take part in an organized craft project. From painting, stenciling and decoupage to calligraphy and beads, the craft room is a hub of activity.



Activities ct'd...

Day Trips

Each week, residents can board our bus for an excursion to some place fun. Our exciting day trips include theatre performances, concerts, regional craft fairs, lake cruises, garden and foliage tours, Boston museums, seacoast visits and other great destinations. One day each week, residents can take part in our Lunch or Dinner on the Town trip, which includes a cultural event and lunch and/or dinner out. A fee is required for some trips.

Hillcrest Terrace Fairs

A highlight of the summer is the Hillcrest Fair, a festive event that features food, games, entertainment and a raffle, as well as a book sale, bake sale and yard sale. Family and friends of residents are invited to come join the fun.

Each December at the Hillcrest Craft Fair, residents sell handmade items made on their own or as a project in the craft room.

Off-Site Activity Center

Residents also may attend activities and classes for seniors at Prime Time, the Center for Healthy Living, situated across from Catholic Medical Center.



Pearl Manor - Assisted Living

Comforts of Assisted Living

Residents enjoy attentive care and varying levels of independence at Pearl Manor at Hillcrest Terrace, our assisted living community of 69 apartments. Cozy one-bedroom and studio apartments offer the comforts of home with the security of 24-hour care to support each resident's changing needs. Our inviting living room, dining room, library and activity room provide plenty of opportunities for residents to enjoy the warm family atmosphere of Pearl Manor.

Residents enjoy their independence, but also feel safe and secure. With the exception of our main entrance, which has a staffed reception desk, all outside doors are locked. Residents can use their key to easily access their wing of the community.

Levels of Care & Services and Amenities

Pearl Manor offers a full spectrum of care:

Assisted Living- Includes personal care in private apartments. Additional assistance is available as a residents needs change.

Nursing Home - Available for Hillcrest Terrace and Pearl Manor residents.

Supportive Services and Amenities

Residents enjoy an array of support services that enhance daily living.

see pages 12-13 for more information...

Dining and Activities

Pleasurable Dining

Bountiful breakfasts, luscious lunches, delectable dinners...

Stimulating Activities

Bingo, bowling, baking, crafts, concerts, picnics...

see page 14 for more information...



Pearl Manor - Assisted Living ct'd...

Our Mission: Quality, Excellence, Dedication

In celebration of life, we at Hillcrest Terrace and Pearl Manor at Hillcrest Terrace are committed to quality and excellence. Our residential community, comprised of dedicated staff and residents, promotes a holistic and humanistic lifestyle.

We strive to preserve individual dignity by creating a spirit of harmony, compassion, understanding and trust. Enriching each other's lives with shared wisdom and respect for diversity and choice, we will endeavor to provide positive and lasting contributions to our community.

Through dedicated teamwork, we are committed to continuously enhancing our service to residents and the community as a whole.

Our History

Pearl Manor, originally located in downtown Manchester, was started by women from area churches in 1891 as a retirement home for less fortunate women. This same interest in assisting older adults continues today at Pearl Manor at Hillcrest Terrace.



Pearl Manor - Assisted Living **Levels of Care & Services and Amenities**

Attentive Assisted Living Choices

Residents may choose from a one-bedroom or studio apartment with a full-size refrigerator and sink, private bathroom, and cable television service. Our staff of skilled, licensed caregivers provides 24-hour support to assist residents in living as independently as possible. An emergency call system gives residents the security of immediate assistance if needed. Three delicious meals a day are also served in our attractive dining room.

Spectrum of Services:

Assisted Living

Residents who want to live independently but would like assistance with some daily living activities enjoy the freedom and support of Pearl Manor. Each day offers a number of stimulating activities and opportunities for friendly companionship. Includes personal care in private apartments. Additional assistance is available as a resident's needs change.

Nursing Home

Residents who find they need intermediate nursing home care enjoy living in a suite of homey apartments. Specialized care and assistance are provided in a therapeutic setting. Available for Hillcrest Terrace and Pearl Manor residents.

Respite Care

Our respite care area provides temporary community respite and short-stay nursing assistance for Hillcrest Terrace residents during recovery periods.



HILLCREST TERRACE
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Pearl Manor - Assisted Living
Levels of Care & Services and Amenities ct'd...

Supportive Services and Amenities

Residents can take advantage of a number of helpful services and amenities that enhance their living experience at Pearl Manor:

- Daily housekeeping and cleaning of apartments
- Assistance with changing of bed linens
- Laundry service twice weekly
- Whirlpool bathing
- Daily mail delivery to each resident's apartment
- Scheduled transportation for independent residents for shopping and appointments
- On-site beauty and barber services (additional charge)
- On-site Country Store for purchase of convenience items
- Health counseling and medication management
- Access to top-notch local health care facilities and hospitals

Additional charges are assessed for unscheduled transportation, services ordered by a physician, medical supplies and therapies.



Pearl Manor - Assisted Living Dining and Activities

Pleasurable Dining

Linen tablecloths and napkins set the tone for a pleasurable dining experience in Pearl Manor's attractive dining room. Residents enjoy three delicious meals a day and rave about our menu choices, which include four entrée selections at lunch and dinner. Consideration is made for residents' special dietary needs and those who need assistance. The warm, caring atmosphere of Pearl Manor is evident as residents enjoy the company of new friends while dining.

Stimulating Activities

Residents are free to relax with friends in our spacious living room, enjoy a book in our well-appointed library, or see what is going on in our activity room. Our activity calendar is full of area excursions and enjoyable daily activities, which are designed with residents' individual needs in mind. Staff members accompany and assist residents during bus trips to local sights. A sampling of activities includes:

- Creativity Corner
- Sit & Be Fit
- Current events discussions
- Theme parties
- Mystery rides
- Pet visits
- Concerts
- Bingo
- Bowling
- Movies
- Game nights
- Baking
- Gardening
- Manicures
- Religious services
- And more!

Off the activity room, a comfortable outdoor patio with tables, chairs and a Whisperglide swing also invites residents to enjoy warm, sunny days outside.



HILLCREST TERRACE
Retirement Community

Contact Us and Directions

Contact Us by:

Phone:

1-800-862-9490
603-669-1322

Fax:

603-641-1864

Mail:

200 Alliance Way
Manchester NH 03102

eMail:

info@hillcrestterrace.com

Visit us on the web at:

www.hillcrestterrace.com

Directions:

From the South:

Rt. 293 to Exit 7 (Rt. 3A North). Go approx. 1.4 mi. to Hackett Hill Rd. Turn left (pass under Rt. 293) & proceed to Countryside Blvd. Turn left & go 1 mi. to Hillcrest Terrace.

From the North:

Rt. 93S to Exit 10. (Do not take Hackett Hill Rd. exit at Hooksett tolls. Go through toll booth.) Go left on Rt. 3A South. Go .7 mi. to Hackett Hill Rd. Turn right (pass under Rt. 293) & proceed to Countryside Blvd. Turn left & go 1 mi. to Hillcrest Terrace.