

**T**raceway Retirement Community offers four levels of Elder care on one campus with a single mission:

With an understanding that lifestyle and health care needs change over time, Traceway is able to seamlessly meet those needs through its independent living, assisted living, short-term rehabilitation, and long-term care options.

### MAKING A DIFFERENCE

Our staff knows the residents are the heart and soul of our ministry and strive to serve their needs. Elders find a warm, comfortable, and caring environment throughout our campus and among our staff.



*...serving  
older adults  
in the spirit of  
Christian love.*



### COTTAGE LIVING

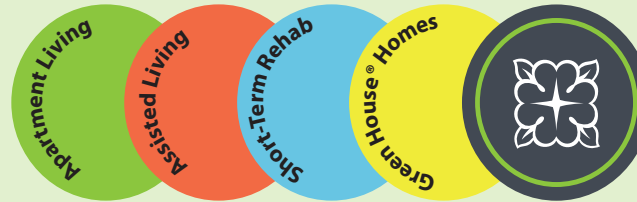
There are 50 Cottages on the Traceway campus providing independence and security in a spacious, home setting. Residents enjoy the privacy of their own home with 24-hour security, emergency assistance, and they never have to worry about maintenance. Living options include single houses and two-bedroom cottages. The Cottages are available through a life lease program which includes an initial fee with a monthly service fee to cover utilities, telephone, internet, security and emergency assistance, maintenance (including beautifully landscaped grounds), garbage removal and social and recreational programs. Cottage residents may elect to participate in meal and transportation programs, and social activities.

**Senior Rx**  
*...Serving older adults in the  
spirit of Christian love.*

*Ask our admissions counselors  
how our in-house pharmacy can  
help save you time and money.*

Traceway is a subsidiary of Methodist Senior Services. MSS was founded in 1962 and is a faith based, not-for-profit organization that provides comfortable, affordable housing and other services to meet the physical, social and spiritual needs of older adults. We do not discriminate in the provision of our services.

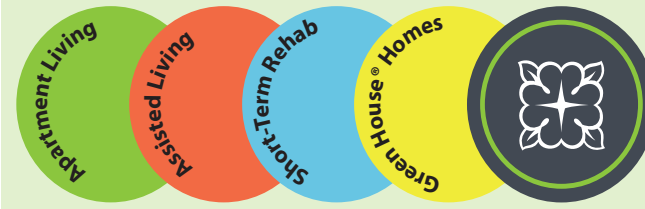
*...serving older adults in the  
spirit of Christian love.*



2800 West Main Street • Tupelo, MS 38801

**662.844.1441**

[www.mss.org](http://www.mss.org)



 **Methodist**  
Senior Services  
*Celebration. Innovation. Hope.*

**Traceway**  
Retirement Community



**Four Levels of  
Elder Care on  
One Campus**

Apartment Living

## TRACEWAY MANOR APARTMENTS & VILLAS

Perfect for those with active lifestyles! Opportunities for entertainment and leisure abound and can be enjoyed without the worries of common household headaches. These residents thrive with the knowledge that they can maintain their independence in a safe environment at an affordable monthly rate with no up-front fee.

Residents furnish apartments as they wish, creating a home that is individual and unique.

Meals at the Manor are a social experience. Lunch is served buffet-style from 11:00 am to 1:00 pm, Sunday through Friday in the beautiful Manor Dining Room. Delicious salads, entrees, and desserts make each meal a fine dining experience.

### SERVICES & AMENITIES

- Noon meal 6 days a week (Sun-Fri)
- 24-Hour Emergency Response
- Scheduled Transportation
- Light Housekeeping (weekly basis)
- Beauty/Barber Shop
- Check Cashing Services for Residents
- Mail Services with Private Mailboxes
- Weekly Grocery Delivery Available
- Daily Pharmacy Delivery
- Utilities Included in Rent (except telephone)--FREE Basic Cable TV
- Private Telephone Hook-ups
- Kitchen Stove and Refrigerator Furnished
- Free Laundry Facilities
- Private Entrances with Ample Parking
- Individual Thermostat Control
- Guest Room Availability
- Traceway Library
- Planned Activities

Assisted Living

## THE MITCHELL CENTER

A wonderful alternative for maintaining independence and privacy in a warm and enjoyable setting, while receiving the daily assistance you or a loved one may need. This level of care offers the comfort and assurance that services once taken care of independently are provided by the staff at the Mitchell Center. Medication monitoring, daily housekeeping and laundry, and assistance with grooming are just a few examples of the services provided... all in the privacy of one's room.



### SERVICES & AMENITIES

- Daily Housekeeping & Laundry
- Bathing & Dressing Assistance
- Restaurant Style Dining with Menu Choices
- Chapel Services
- Parking for Personal Vehicles
- Medication Monitoring & Dispensing
- Personalization of Rooms
- Doctor Appointment Transportation
- Free Basic Cable
- Private Telephone Hook-Ups
- Private Mail Boxes
- Local Newspaper Service
- Linens & Blinds Provided

Short-Term Rehab

## CEDARS HEALTH CENTER

Offers specialized, comprehensive short-term rehabilitation when you need additional help following a hospital stay before returning home. A personalized rehabilitation care plan is established upon admission to Cedars, and every member of your care team works with you to achieve your goal of returning home at your former level of activity.

Cedars Health Center provides 24-hour physician-authorized nursing and rehabilitative care which specializes in: surgery recovery, joint replacement, amputations, fractures, generalized weakness and debilitation, balance disorders, neurological disease/disorders, weight loss, and communication and swallowing disorders.



### SERVICES & AMENITIES

*(Rehab services available to all campus residents as an outpatient.)*

- Physician services
- Physical, Occupational & Speech Therapy
- Fall & balance training
- Treatment of Orthopedic injuries or post-surgery status
- Therapeutic exercise for strengthening
- Wound & pain management
- Urinary incontinence retraining
- Contracture management
- ADL/adaptive equipment training
- Transfer/Ambulation training

Green House® Homes

## THE GREEN HOUSE® HOMES

The Green House® Homes provides skilled nursing care like you've never seen it! This revolutionary concept rethinks the "institutional approach" that has long been the standard in elder care.



Traceway is home to America's first Green House® Homes. Named "Green Houses" because they encompass life and growth, each house has either 10 or 12 private bedrooms encircling the 'hearth,' complete with fireplace and dining table where elders share their meals 'family-style.'

The Green Houses help elders live as closely as possible to how they lived in their family homes. Total care is provided for the elders and the three most prevalent plagues of old age- loneliness, helplessness, and boredom- are virtually eliminated.

- Swallowing problems
- Oral muscle weakness
- Home improvement for safety & increased independence
- Memory loss
- Cognitive relearning
- VitalStim certified
- Three well-balanced meals
- Daily housekeeping & linen service
- Beauty/barber shop services
- Bathing/grooming assistance
- Daily recreational activities
- Full-time chaplain service