Delighting the Palate & Fostering Community

Nestled in the heart of our community is a collection of dining venues that offer a gastronomic adventure like no other senior community. Having had the privilege of visiting each of these venues, I can attest to the exquisite flavors, diverse menus, healthy offerings, and satisfying experience of dining with my neighbors and fellow Members.

Main Dining Room
The main dining room stands as the centerpiece of the culinary experience at Park Springs. This friendly establishment welcomes Members and their guests to savor delectable dishes prepared by the talented culinary team. With a scratch kitchen, every dish is meticulously crafted with care and attention to detail. Our dining menu includes cut selections featuring Australian rack of lamb and grilled salmon, vegetarian options, and traditional Southern favorites. The menu is a testament to the culinary expertise that defines Park Springs. With each bite, I found myself transported to a world of flavors, where taste and texture harmonize perfectly on the palate.

The Blue Heron
For those seeking an indulgent dining experience, the Blue Heron is a must-visit. The Blue Heron tempts the senses with choices like lobster tail and prime filet mignon and an impressive selection of craft cocktails, small batch bourbons, and estate wines. Complete your evening with an Apple Blossom tart served with Vanilla Bean Gelato. As I savored each bite of the perfectly seared steak, I marveled at the skill and dedication evident in every aspect of the culinary experience.

- The Story Continues on Page 2

- 3 A Different Kind of Memory Care
- 4 Easy Access to Everything
- 7 Explore Park View Villas
- 8 Moving Made Easy
The Bistro
When seeking a more casual setting, the Bistro is the ideal choice. This versatile venue offers both grab-and-go options and sit-down options. With patio and indoor seating, the Bistro caters to various preferences, from flavorful sandwiches and refreshing salads to heartwarming soups and made-to-order pub fare. I particularly enjoyed the social atmosphere in the Bistro, as it provided the perfect opportunity to connect with fellow Members over a shared love for good food.

The Pub
No culinary journey at Park Springs would be complete without a visit to the Pub. This lively venue beckons Members to gather, relax, and indulge in a wide array of more casual fare. With daily food and full bar drink specials, there’s always something new to try. What truly sets the Pub apart is its vibrant ambiance, creating the perfect backdrop for catching a game or joining in on monthly music and dancing events. It’s here that I witnessed firsthand the power of dining as a social activity, as laughter and conversation filled the air, and friendships were forged and nurtured.

Private Dining Room
For Members seeking a more intimate dining experience, the Private Dining Room provides an elegant venue for private parties and events. Whether it’s a birthday celebration or a special anniversary, this exclusive space allows Members to gather with loved ones and create cherished memories while savoring culinary delights tailored to their preferences.

The Harvest Restaurant at Cobblestone
Our Mediterranean-inspired eatery caters to breakfast, lunch, and dinner. With a heart and brain-healthy menu designed to support brain health, you’ll find soups, salads, and traditional Southern comfort fare that help Members at Cobblestone thrive.

The Pebblebrook Bistro
This casual establishment offers a convenient grab-and-go or sit-down venue, perfect for a quick bite or a leisurely meal. It features sandwiches, salads, soups, and coffees, ensuring Members can satisfy their cravings in a healthy way any time of day.

Overall, it was apparent that Park Springs sets a high standard for culinary excellence within a vibrant community designed for promoting wellness and connection. The dining venues, each offering a unique experience, showcase the exceptional skill of the culinary team and provide an opportunity for Members to savor delicious meals while fostering social connection and lasting relationships.
A Different Kind of Memory Care

5 Key Ways Memory Care is Different at Park Springs

If you’re searching for quality care for a loved one who is experiencing dementia or cognitive decline, you know how daunting the task can be. There are many factors to consider and it can be hard to know exactly how to evaluate your options. At Park Springs, we have a robust Memory Care program that is built on five key principles that set us apart from all the others. Here’s more information about each one:

1. **Unique household model of care**
   As one of the first Memory Care communities to offer a household model of care, we have proven how Members thrive when they’re cared for in a warm, familiar environment that resembles home. In our households, you won’t find any medicine carts, institutional timetables, or drab uniforms. Instead you’ll see compassionate, highly-trained Care Partners, Nurses, Homemakers, and Chefs where Members are treated like family, allowing them to foster true connections and feel safe, comfortable, and truly respected.

2. **Person-directed philosophy**
   Our person-directed approach seeks to know, understand, and honor your loved one’s life story. Mom or dad has the power of choice in their daily routine with the ability to eat what they want, when they want, and choose activities based on their unique needs and desires. We believe each moment is an opportunity for your loved one to grow, connect, laugh, and experience something new.

3. **Engaging stimulation and socialization**
   Through brain games, social activities, art and music therapy, crafts, mealtimes, and one-on-one relationships with our team, Members enjoy an active lifestyle that helps them maintain cognitive function and a sense of well-being and connection. In many cases, we have seen this vibrant lifestyle help slow Members’ disease progression.

4. **Staff trained in Spirit Care**
   Our revolutionary Spirit Care training teaches every staff member how to focus on the dignity of each person in their care. In our Memory Care households, you’ll see care partners who love their job and invest in emotional connections so they can understand your loved one’s feelings and needs. We also have low staff-to-Member ratio to ensure each Member receives attentive care 24/7. The result is a healthy, close-knit community that helps spirits thrive.

5. **Healthy diet and exercise**
   We believe that healthy diet and an active lifestyle are the cornerstones to wellness for our Members in Memory Care. Meals are lovingly made by our team of professional chefs who focus on fresh, delicious, brain-healthy Mediterranean-style options. And from chair yoga to gentle stretch and other fitness classes, Members are empowered with physical health to benefit their mind, body, and soul.

Connect with Us on Social Media
Stay up to date with what is happening at Park Springs. From timely updates to helpful tips and tricks, we love sharing our close-knit community with you.
With a wealth of dining, shopping, and cultural experiences right outside your door, Park Springs offers Members a lifestyle of adventure in a desirable location.

Situated in close proximity to vibrant cities such as Stone Mountain, Decatur, Lilburn, and Tucker, Members enjoy easy access to an array of culinary delights and exciting experiences. Whether you love dining, shopping, hiking, sports, events, festivals, or history, there is something for everyone just a short drive away.

Here are just a few of the area highlights:

**Shop for fresh produce and crafts**
The Tucker Farmers Market brings together area farmers and artisans to offer their fresh produce and creative arts and crafts to the community.

**Go treasure hunting**
Local antique shops throughout Decatur, the Five Forks Antique Mall in Lilburn, and more make for hours of treasure-hunting.

**Eat some ‘Q**
The Old Hickory House in Tucker is the best barbecue around serving third-generation family recipes for almost 60 years.

**Enjoy some thrills**
The Walking Ghost Tour from downtown Decatur’s historic town square is full of spooky fun and fantastic history.

**Transport yourself to the old country**
The Village Corner German Restaurant & Bakery in Stone Mountain is a European-style tavern serving pretzels, schnitzel, and other German fare.

**Discover local artisans**
Stone Mountain’s 55th Yellow Daisy Festival has been voted the nation’s top arts & crafts show year after year.

**Celebrate something special**
Bambinelli’s in Lilburn is a family-owned tradition famous for homemade pasta, sauces, rolls, and desserts.

**Explore new art, music, culture**
The Decatur Arts Festival features the diverse work of 120 artists and juried, outdoor market with offerings from all over the Southeast.

At Park Springs, you’ll find yourself at the heart of a dynamic and thriving community, where every day brings new opportunities for discovery and enjoyment.
Stone Mountain

Stone Mountain Village features more than 50 specialty shops and restaurants with small-town charm and modern amenities. Open year-round, Stone Mountain Park, is Georgia’s most-visited attraction with unique offerings such as the Stone Mountain Glass Shop, where you can see the artistry of glassblowing. Take on 15 miles of hiking trails or the 1-mile walk-up trail to the top of the largest piece of exposed granite in the world.

Decatur

Decatur has a small-town feel with big-city restaurants, art studios, and boutiques. It’s a quiet and unassuming community yet attracts some of the most prominent names in the food, fashion, and festival scene. Spend an afternoon noshing, browsing, and walking around the historic square.

Lilburn

Rooted in the railroad that still runs hourly through Old Town, Lilburn’s quaint Main Street has tree-lined sidewalks, arching lamp posts, and brick architecture. Enjoy an outdoor concert in Lilburn City Park, rent a bicycle on the Camp Creek Greenway, or browse the antique shops in Old Town.

Tucker

With a safe, friendly small-town charm, Tucker has a variety of cultural attractions ranging from Camp John Hope to the Tucker Nature Preserve. The Tucker Farmers Market brings together area farmers and artisans to offer fresh produce and creative arts and crafts to the community.
At Park Springs, caring for the spirit is at the heart of everything we do. Our innovative Spirit Culture of Care sets us apart from traditional eldercare, creating a warm and vibrant environment where Members can thrive.

Central to this culture is our Spirit Training program, a comprehensive staff training initiative that empowers our team to provide personalized and compassionate care.

**The Spirit Training Experience**

Our revolutionary Spirit Training program consists of eight modules that delve into the unique ways we deliver care within our community. It begins with our team exploring their own life stories and understanding how our experiences shape the way we interact with others.

Through Spirit Training, our associates gain valuable insights into the diverse personalities, experiences, gifts, and talents that make up our team. They learn how these differences can come together to achieve a common goal: providing worry-free care and love for Members. The training emphasizes our person-centered model of care, which sets us apart from other senior living communities.

**Putting Training into Practice**

The impact of Spirit Training is evident in the day-to-day interactions between our staff and Members. When our caregivers engage deeply with the Members, they create a genuine connection based on treating them as cherished family members.

Respect, dignity, and honoring personal preferences are fundamental to the care we provide. Our team embraces the opportunity to dig deep into the life stories of our Members, ensuring their needs are met and their individuality is celebrated.

**The Benefits of Spirit Care**

Why is this unique approach to care so important? First, we believe in treating others as we would want to be treated ourselves. By offering compassionate and person-centered care, we are preparing for our own future and contributing to a society that values respect and dignity for all.

The benefits of this type of care are numerous. Improved cognition, mood, and sleep are just a few of the positive outcomes that Members experience as a result of our approach. By allowing Members to follow their natural rhythms and preferences, we create an environment conducive to overall well-being.

Spirit Training at Park Springs is more than just a program; it’s a way of life. By fostering a spirit of care and compassion, we empower our team members to provide personalized and meaningful support for your loved one.

Our commitment to honoring each person’s story and nurturing their spirit creates a thriving community where Members can live their best lives. We believe that caring for the spirit is just as important as caring for the body, and that’s what makes a difference in the lives of those we serve.

-Spirit training, which all of our employees receive, is based around emotional vulnerability and being able to bring your true self to work. This makes a difference in the lives of our members, and it really helps build those really successful relationships between those providing care and those receiving care.”

-Tim Knight
Executive Director of Training and Organizational Development

-Spirit training consists of breaking down barriers between staff members, allowing some vulnerability to come in, getting to know each other, sharing life stories. And then we give people the tools on how to build relationships with Members because that is what our care is based on. We also have to understand our own emotions to understand the emotions of people living in our care.”

-Jacqueline Hurt | Primary Trainer Health Services
Explore Park View Villas

Weekend barbeques, birthday parties, neighbors who look out for each other, and friends who do life together...this is the kind of fun, close-knit community that you can expect when you live in Park View Villas. “It’s such a friendly place,” Member Marie M. says. “Once a month, everyone on the floor has lunch together and we often dine with a couple who have become our very good friends.”

Park View Villas are connected to the clubhouse so you are easily at the heart of everything with a short walk. You never have to go outside and can be at the Pub, Dining Room, Bistro or Blue Heron Room in just a few minutes for dining and meeting friends. Or head to Community Hall for activities or the art room to learn new skills.

Chattahoochee Plan
1 Bed | 1.5 Bath | 807 SF
Top Floor Unit
Views of Stone Mountain
Large Florida Room

Ocmulgee Plan
2 Bed | 2.5 Bath | 1,260 SF
Top Floor Unit
Views of Stone Mountain
Large Screened Porch

Sapelo Plan
2 Bed | 2.5 Bath | 1,493 SF
Lanscaped Courtyard Views
Eat in Breakfast Area
Large Florida Room
Moving Made Easy

Joey Adams’ Top 10 Tips for Moving & Downsizing

As our Move Manager, Joey Adams sees lots of Members and their families become paralyzed by the process of moving. “Downsizing is an overwhelming process, and people just don’t know where to start, and so, I’m here to help,” he says. For the past four years, Joey has helped Members coming to Park Springs organize and downsize their unneeded belongings. And he’s learned so much in that time that can really help you let go and move on to the life you’re dreaming of. So let’s get going!

1. Create a schedule that spreads tasks out over a month so you don’t become overwhelmed.

2. Focus on one task a day – cleaning the junk drawer, organizing the linen closet, getting rid of shoes you no longer wear, or decluttering two kitchen cabinets.

3. Don’t keep things because you used to do something with them. Think about your future lifestyle and the items that will be helpful to you in pursuing your current interests.

4. Take your time, incorporate your family members, and relive the memories. Then decide if you will give that item to a family member, or donate it to another family to create memories.

5. Make room for what’s important. If you can’t imagine giving up your book collection, consider having built-in bookcases installed in your new home. If you play the piano daily, perhaps the sunroom in your future home can become a music room.

6. Consider digitizing paperwork and old photos and videos, which can take up a lot of space. There are services that help with this process.

7. Don’t get pulled into side projects. For example, if you take donation items to the garage, don’t stop to organize other items in that area. Save the next task for another day.

8. Don’t forget to schedule days for stopping and starting utilities, changing your address on subscriptions, and getting your medical records transferred, if necessary.

9. Have a small suitcase that you pack with everything you’ll need in the first day or two after moving to a new home – a change of clothes, medications, toiletries, etc. – so you can easily locate these items.

10. Make a folder or binder of all essential moving documents with key contact information, and keep it with you.

A Plan for Every Room

As part of your move to Park Springs, Joey will personally provide a custom furniture layout plan showing you just where all your furniture will fit.