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WHEN YOU WANT THE  
BEST FOR YOUR LOVED ONE,  
CHOOSE PENN HIGHLANDS  
JEFFERSON MANOR.

As a part-time or full-time caregiver, many challenges are faced every day. One of the biggest challenges is making sure your loved one is getting the best care. Because many caregivers are relatives who have a personal connection with the person they are caring for, many caregivers struggle to allow someone else to care for their loved ones. Although it is tough, most of the time, the best option is to find a safe place for the loved one to live where there is caring staff and a loving environment. Finding a new home where someone can assist them all day long will allow the caregiver to become the spouse, daughter, son, or friend again.

We provide a continuum of care for residents in various conditions and stages of life, including:

- Elderly care
- Independent living
- Personal care
- Skilled and intermediate nursing care
- Memory support with secure units available
- Occupational therapy
- Physical therapy
- Speech therapy

Learn more about who we are and what we offer by giving us a call at 814-849-8026.

Our team at Jefferson Manor is available to answer any questions or show you around our community.

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## Penn Highlands Jefferson Manor

417 Route 28  
Brookville, PA 15825  
**814-849-8026 phone**  
**814-849-3889 fax**

[www.phhealthcare.org/jeffersonmanor](http://www.phhealthcare.org/jeffersonmanor)

# Penn Highlands Jefferson Manor

*Independent Living  
Personal Care*



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## INDEPENDENT LIVING

There comes a time in life when maintaining a home, shoveling snow, mowing the lawn and paying utility bills all becomes too much to handle. When that happens, an independent living facility can alleviate that stress while still allowing the independence we all covet.

### What is it like to live at an independent living facility?

The senior independent living facilities at Penn Highlands Jefferson Manor are suite-style apartments that offer comfortably furnished interiors, plus activity and dining center common areas for residents to socialize. If a resident does need medical attention, skilled nurses are just steps away at all times and can quickly address the issue.

Here are just a few of our independent living residents' favorite amenities:

- Each apartment includes a private bathroom
- Residents have a private kitchen area with a microwave, refrigerator and lounge
- All apartments are equipped with cable television
- On-site laundry
- Healthy and delicious meals
- Housekeeping
- Easily accessible parking area

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## PERSONAL CARE

As we age, our needs can vary greatly from person to person. For those seniors who benefit from some form of supervision, but don't necessarily require the round-the-clock care of a skilled nursing facility, assisted living at Penn Highlands Jefferson Manor is the ideal home away from home.

### How is our personal care facility different from others?

Unlike other assisted living facilities, there are no "visiting hours" at Jefferson Manor because our residents and guests are free to come and go at their leisure. We are a senior living center, but our team does everything we can to ensure residents retain their independence and lead the lives they're accustomed to. But as an assisted living facility, our staff is always willing and able to help residents with bathing, dressing, medications and other activities of daily living.

If you're researching a senior living facility for yourself or a loved one, we hope you'll consider Jefferson Manor.

### What amenities are available for senior living residents at Jefferson Manor?

In addition to receiving round-the-clock quality medical care, our residents have access to:

- A secured unit for those with early dementia
- Occupational therapy, physical therapy, speech therapy and medication managements services
- Activities that include live music, movies, games and more
- Laundry services
- Housekeeping services



- Private and semi-private rooms
- Ground level access, including parking for those who have a vehicle

**If you have any questions or would like to schedule a tour of Jefferson Manor, call us today at 814-849-8026.**

## SENIOR THERAPY SERVICES

Restoring activities of daily living lost due to age, injury, illness or surgery is a crucial milestone for someone who hopes to maintain their independence. Whether it's through occupational therapy, speech therapy or physical therapy, the goal of senior rehab at Jefferson Manor is to return our patients back to functional living. Our team works collaboratively to develop and coordinate a program specific to each individual's needs—and we encourage family members to participate in that plan.

Therapy services offered:

- Physical Therapy
  - Occupational Therapy
  - Speech Therapy
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