



## A Tradition of Service and Caring...

A perfect day at St. Mary of the Woods might include a yoga class, a workout in our fitness center or a walk around our lovely 23-acre campus. A variety of social, educational and spiritual programs are available throughout the day and into the early evening allowing you to choose how you would like to spend your time. Residents also enjoy numerous trips to local restaurants, theater, entertainment and shopping.

**Choices.** That's what life is all about at St. Mary of the Woods. We promote a lifestyle that offers you freedom and choices.

### *Why Choose St. Mary of the Woods?*

- Faith-oriented approach to outstanding care and service.
- Continuum of care, all under one roof, from Independent to Assisted Living to Transitional Care to Skilled Nursing and Rehabilitation Care.
- Hassle-free living with the peace of mind that compassionate staff is always available to provide supportive services.
- Additional care services available if and when you need them.



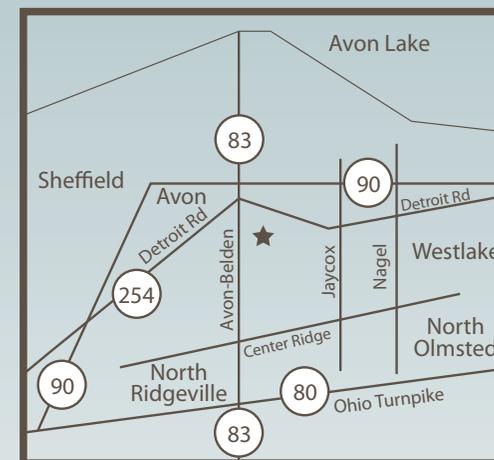
**ST. MARY**  
OF THE WOODS

For more information  
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Visit us at our website:  
[www.stmaryofthewoods.com](http://www.stmaryofthewoods.com)



St. Mary of the Woods does not discriminate against any person regardless of race, color, sex, national origin, age, religion, disability, or communicable disease regarding the admission, retention, treatment and terms of residency for patient/clients of St. Mary of the Woods.



**ST. MARY**  
OF THE WOODS

### Campus Setting Including:

- Independent Living
- Assisted Living
- Skilled Nursing & Rehabilitation



NATIONALLY  
RECOGNIZED  
IN THE TOP 19%



## Independent Living

St. Mary of the Woods is the area's premier choice for independent living for adults who do not want the responsibilities of home maintenance and upkeep. Spacious one and two bedroom apartments feature 9 foot ceilings, fully equipped kitchens, washers and dryers, and plenty of closet and storage space.

Retire from the demands and expense of home maintenance. Experience a simplified lifestyle and enjoy the fullness of life by participating in social, spiritual and intellectual programs with your neighbors, friends and family. Elegant dining awaits you in our beautiful dining room with chef prepared meals or choose a more casual environment in our bistro. Transportation options are also available if and when you need them.

## Assisted Living

St. Mary of the Woods takes a person-centered approach to assisted living. Residents enjoy independence, privacy and the comfort of spacious studios and one-bedroom apartments, complete with kitchenettes.

Residents benefit from our social, physical, spiritual and intellectual activities as our caring and compassionate associates promote self-determination while providing assistance with daily activities as needed.



## Our Services

- 24-hour Nursing Care
- Post-Acute Care
- Tracheostomy Care
- Wound Care
- Pulmonary Care
- Pain Management
- Respite Care
- Palliative Care
- Medically Complex Patients
- IV Therapy
- Dementia Care
- Podiatrists, Dentists and other medical specialists available onsite based on individual patient needs

## Our Amenities

- Private Rehab Recovery Rooms
- Spacious Resident Rooms
- Daily Housekeeping Service
- Recreational Activities
- Personal Laundry Service
- Beauty Salon and Barber Shop
- Telephone Service Available
- Patio and Courtyard
- Air Conditioning
- Cable Television
- WiFi

## Inpatient and Outpatient Rehabilitation Services

Professionally trained speech, occupational, and physical therapists consider the unique needs of each patient and create a therapeutic program to help assist each patient in achieving a higher level of functioning. Our positive, energetic team of therapists will be there for those facing challenges including but not limited to:

- Orthopedic Care
- Post-surgical Care
- Stroke and Neurological Care
- Arthritis
- Pain Management
- Wound Care
- Fall Prevention
- Difficulty Swallowing and Eating
- Incontinence
- Decline in Day-to-Day Functioning
- General Weakness

Our goal is to help our patients achieve their maximum level of independent functioning and to develop a personalized plan to get you back on the road to recovery!

