



Compassionate Care, Your Comfort, Our Commitment.

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LIFESTYLE . MEMORY CARE . ASSISTED LIVING . DINING . WELLNESS



Welcome To I Care Adult Home

You'll enjoy a wealth of options for fitness and exercise, leisure and entertainment, as well as exploration of The I Care Adult Home Plus immediate neighborhood and beyond.

With an impressive portfolio of member services and amenities and a highly trained and motivated team of professionals at your service, you're empowered to craft the independent lifestyle you choose.

TAILORED SUPPORT TO ENRICH YOUR EXPERIENCE

Every level of care keeps you connected and part of the community.

Personal independence doesn't cease if you happen to need help with certain aspects of daily life. The I Care Adult Home Plus offers individualized care and support whenever you need it, in the comfort of your home. Every residence is licensed and designed for this, and our clinical staff is available 24/7. Should you need a higher degree of ongoing care, The I Care Adult Home Plus offers progressive levels of residential support that keep you well cared for and connected to the flow of community life.

SERVICES THAT SUPPORT, AMENITIES THAT INSPIRE.

A robust lifestyle with absolute freedom of choice.

Living at The I Care Adult Home Plus lends an emotional buoyancy to your days that will lift you into a world of new possibility. Extraordinary dining and meaningful social interaction are integral to the experience.

You'll enjoy a wealth of options for fitness and exercise, leisure and entertainment, as well as exploration of The I Care Adult Home Plus immediate neighborhood and beyond. With an impressive portfolio of member services and amenities and a highly trained and motivated team of professionals at your service, you're empowered to craft the independent lifestyle you choose.



A Taste For Fine Dining

I Care Adult Home Plus is dedicated to providing an exceptional fine dining experience that caters to the refined tastes of our residents. Our culinary team expertly crafts a diverse menu that emphasizes fresh, seasonal ingredients, ensuring each meal is not only nutritious but also a delight for the senses.

From gourmet entrees to beautifully presented desserts, every dish is thoughtfully prepared to stimulate the palate and create a sense of occasion.

We believe that dining should be more than just a meal; it should be an enjoyable social experience that fosters community and connection among residents. At I Care Adult Home Plus, we take pride in creating an atmosphere where fine dining meets the comfort of home, making every meal a celebration of flavor and companionship.



Lunch menu

Lunch Specialties

- ⇒ Day 1: - Grilled Chicken Salad (Mixed Greens, Cherry Tomatoes, Cucumber) - Whole Grain Roll - Fruit Cup
- ⇒ Day 2: - Turkey and Cheese Sandwich on Whole Wheat - Vegetable Soup - Potato Chips
- ⇒ Day 3: - Baked Salmon - Quinoa Pilaf - Steamed Broccoli - Mixed Green Salad
- ⇒ Day 4: - Vegetable Stir-Fry with Tofu - Brown Rice - Fortune Cookie
- ⇒ Day 5: - Beef Tacos with Lettuce, Cheese, and Salsa - Rice and Beans - Pineapple Slices
- ⇒ Day 6: - Spinach and Feta Stuffed Chicken Breast - Mashed Potatoes - Green Beans
- ⇒ Day 7: - Pasta Primavera - Garlic Bread - Caesar Salad



Dinner menu

Dinner Specialties

- ⇒ Day 1: - Roast Pork Loin - Sweet Potato Mash - Steamed Carrots
- ⇒ Day 2: - Chicken Alfredo Pasta - Side Salad - Garlic Breadsticks
- ⇒ Day 3: - Beef Stroganoff - Egg Noodles - Roasted Brussels Sprouts
- ⇒ Day 4: - Baked Cod with Lemon Butter - Couscous - Asparagus
- ⇒ Day 5: - Vegetarian Chili - Cornbread - Sliced Avocado
- ⇒ Day 6: - Herb-Crusted Chicken Thighs - Wild Rice - Mixed Vegetables
- ⇒ Day 7: - Stuffed Bell Peppers (Ground Turkey, Rice, Veggies) - Side of Coleslaw - Chocolate

Pudding for Dessert



HEALTH AND WELLNESS



Wellness Services

At I Care Adult Home Plus, we prioritize the holistic well-being of our residents by offering a comprehensive range of wellness services designed to promote physical, mental, and emotional health. Our services include personalized fitness programs tailored to individual abilities, ensuring that residents remain active and engaged.

We also provide regular health assessments and medication management to ensure that all medical needs are met with the utmost care.

In addition to physical health, we emphasize the importance of mental wellness through social activities, arts and crafts, and cognitive games that stimulate the mind and foster social connections. Our dedicated wellness team organizes regular wellness workshops and health education sessions to empower residents to make informed lifestyle choices.

Furthermore, we offer relaxation and stress relief options such as yoga, meditation, and mindfulness practices. At I Care Adult Home Plus, our commitment to wellness ensures that residents live fulfilling, healthy lives in a supportive and nurturing environment.

Distinctive, Destination-Style Adult Living Home

Welcome to I Care Adult Home Plus, where compassionate care meets a vibrant lifestyle. Our assisted living community is dedicated to providing a safe, nurturing environment for seniors, ensuring they can thrive while maintaining their independence. At I Care Adult Home Plus, we understand that each resident is unique, which is why we offer personalized care plans tailored to individual needs and preferences.

Our beautifully designed living spaces are equipped with modern amenities, creating a homelike atmosphere that fosters comfort and community. Residents can enjoy a variety of engaging activities, from fitness classes and arts and crafts to social events and outings, promoting a fulfilling and active lifestyle.

Dining is a highlight at I Care Adult Home Plus, with our culinary team crafting delicious, nutritious meals from fresh ingredients, ensuring that every dining experience is enjoyable.

In addition to our exceptional care and activities, we prioritize wellness through our comprehensive services, including regular health assessments, medication management, and access to wellness programs that support physical, mental, and emotional well-being.

Our beautifully designed living spaces are equipped with modern amenities, creating a homelike atmosphere that fosters comfort and community. Residents can enjoy a variety of engaging activities, from fitness classes and arts and crafts to social events and outings, promoting a fulfilling and active lifestyle.

ASSISTED LIVING

At The I Care Adult Home Plus, we provide just the right level of support to help you with day-to-day tasks, promoting independence while ensuring a high quality of life. We understand that the right amount of assistance is key to maintaining your autonomy and dignity.

MEMORY CARE

At The I Care Adult Home Plus, our Memory Care team follows the proven principles of Teepa Snow's Positive Approach to Care. This compassionate and effective method is designed to promote comfort, dignity, and well-being for those living with memory loss.

TOUR SITES

We believe in fostering a nurturing atmosphere where families can feel secure knowing their loved ones are cared for with compassion and respect. At I Care Adult Home Plus, we create a vibrant community where seniors can thrive, enjoy their independence, and embrace each day with joy.





A UNIQUE CULTURE, OF CARING.

Caregivers at “I Care Adult Home Plus”
go above and beyond what is expected.

In all levels of care at “I Care Adult Home Plus”
Assisted Living and Memory Care
our exceptional
staff is committed to helping members
thrive.

At I Care Adult Home Plus our caregivers are dedicated to making a meaningful impact in the lives of our residents. For them, this work goes beyond just a job; it is a calling that allows them to bring joy, inspire purpose, and foster a deep sense of comfort and well-being for those they care for.



SCHEDULE AN APPOINTMENT



**To learn more and schedule a private
consultation, please contact us at
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