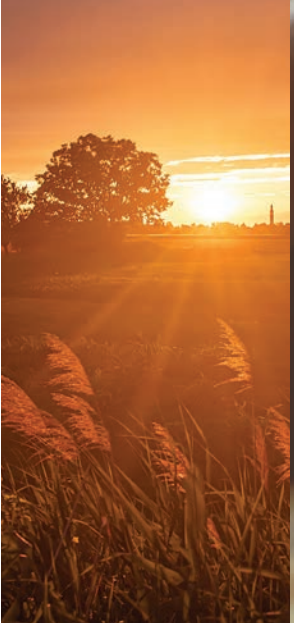




Where life is meant to be

LIVED



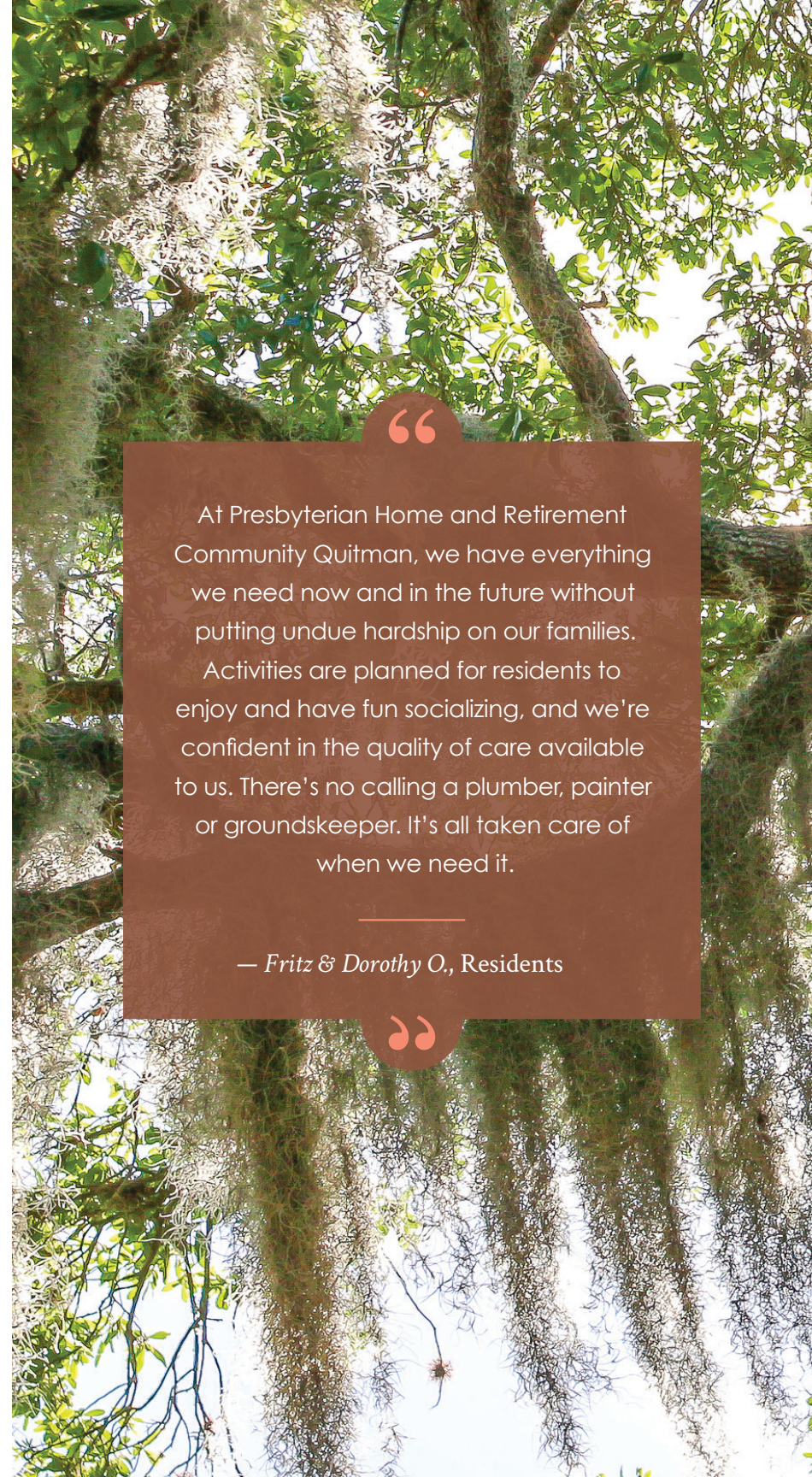
Experience gracious living with the
FREEDOM TO BE YOURSELF.

There's an uplifting fellowship that comes from the people you meet in our close-knit community. It's warm, genuine, and anchored in caring and kindness, empowering residents to embrace their highest potential. It's where hospitality is timeless, friendships come easily, and your only job is to do whatever makes you happy and fulfilled — mind, body and spirit.

Nestled on 60 pastoral acres just west of historic downtown Quitman, Georgia, and 25 minutes from Valdosta, there's room to breathe and enjoy front-porch

living. Here on our unhurried, pet-friendly campus, you'll find everything you'd expect from a Presbyterian Homes of Georgia community.

But what truly enables residents to thrive is the peace of mind. You and your family will find comfort in knowing that, should your health needs ever change, you'll have priority access to our continuum of high-quality health services right here on our beautiful campus. And because we're a not-for-profit community, you'll know residents' needs always come first.



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At Presbyterian Home and Retirement Community Quitman, we have everything we need now and in the future without putting undue hardship on our families. Activities are planned for residents to enjoy and have fun socializing, and we're confident in the quality of care available to us. There's no calling a plumber, painter or groundskeeper. It's all taken care of when we need it.

— *Fritz & Dorothy O.*, Residents

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Enjoy fewer responsibilities and **MORE POSSIBILITIES**

Independent living at Presbyterian Home and Retirement Community Quitman delivers everything the name implies — *independence*. Life feels so much better when you have all you could want or need at your fingertips, free from the headaches of yard work and home maintenance.

Come and go as you please. Do as you wish. Enjoy stimulating programs including countless fitness, lifelong learning, cultural, recreational, and volunteer opportunities. Have our exceptional culinary team serve up your favorite meals. Or just relax and cast a line in the fishing lake.

That's what life here does for you. It gives you the freedom to flourish — all with a supportive team behind you every step of the way.





CHARMING VILLAS

Every stylish Villa provides your desired privacy in a friendly, sociable neighborhood. With more than 2,300 square feet of single-level living, our Villas are ideal for hosting family gatherings, dinner parties and overnight guests. The fresh and modern floor plans feature 9-foot ceilings, two bedrooms, and two full baths. Fully equipped kitchens boast stainless steel appliances, upgraded cabinets, solid-surface countertops, and tile backsplashes. There's also an attached garage and a screened-in porch from which to enjoy the sights and sounds of your beautiful surroundings.

COTTAGE HOMES

Our quaint Cottages, tucked in a lovely, walkable neighborhood, provide the privacy of a single-family home with all our community's conveniences, security, and camaraderie. At approximately 1,075 square feet, each radiates warmth and charm while providing plenty of room to move. All feature two bedrooms and two full baths, a fully equipped kitchen, a large living and dining room, a laundry area, ample closet space. A carport provides shade and shelter from the rain. And there's plenty of space in your beautifully landscaped yard to grow your own garden.



Live better with benefits that make life

EASIER AND MORE FULFILLING

We're well-known for our warm Southern culture and gracious hospitality that goes the extra mile. In doing so, we attend to all the little things that make life easier and offer the big things that make it more enjoyable.

Friendships blossom. Laughter fills the air. And endless opportunities to discover, create, explore and grow wait right outside your door. We're all about making every day a good one so you can live your best life, full of health and happiness.

LIFE-ENHANCING AMENITIES

- Outdoor pool
- Fully equipped gym
- Exercise room
- Wide array of fitness and wellness programs
- Personal trainer to guide your progress
- Massage therapy available
- Exceptional, flexible dining program
- Relaxing fishing lake
- Well-rounded cultural, educational and entertainment programs and outings
- Resident garden spaces
- Walking trails
- Volunteer opportunities on and off campus
- On-site outpatient therapy
- Organized group travel opportunities





LIFE-EASING SERVICES

- On-site pharmacy with a full-time pharmacist
- The McIntosh General Store for everyday sundries
- Computer lab with internet access
- Pet-friendly policies
- Hair salon
- Guest accommodations

- Transportation to shopping and medical appointments
- All utilities and property taxes
- Wireless internet and cable TV
- Interior and exterior maintenance
- All landscaping and lawn care
- Pet-friendly policies
- 24-hour security
- Emergency alert system

SPIRITUAL LIFE

- On-site chapel
- Full-time chaplain
- Worship and spiritual care services
- Spiritual life committee
- Supportive area churches



Supportive Living **DELIVERED WITH HEART.**

Having the right level of support day-to-day can make all the difference in your independence. We're here to provide you with as much or as little personalized assistance as you need while you continue to enjoy the active life you love.

Supportive Living is so much more than a helping hand. It's a liberating experience. Our dedicated team gets to know you and creates a plan customized to your needs and preferences. Our licensed nursing staff is on-site around the clock, and as your needs change, our Resident Evaluation Team is here to ensure you receive what you need when you need it.

Whether it's support with things like personal care, dressing, physical movement, medication management,

housekeeping or shopping, you and your family can rest assured our highly experienced 24-hour care team is always here for you.

Your private and spacious ground-floor suite is part of a welcoming, social neighborhood where you'll never have to worry about daily chores or home maintenance again. Instead, you can take advantage of a robust calendar of enriching activities, lifelong learning programs, and cultural and social events designed to promote your total well-being. And dining is always a joyful experience with three chef-crafted meals a day from a menu filled with healthy and delicious choices.

With Supportive Living, whether your needs are big or small, your autonomy and independence will always come first.

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Since Mom came to Presbyterian Home and Retirement Community Quitman, we've seen the biggest change in her. She's socializing again, enjoying herself, and receiving the best care. She has everything she needs, and the nurses are always pampering her and being so sweet.

— Jimmy & Linda G., Family of Resident

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Compassionate Memory Support **FOR WHAT MATTERS MOST**

When a loved one is experiencing Alzheimer's disease or dementia, you want to know they're being cared for in the best possible way. At Presbyterian Home and Retirement Community Quitman exceptional on-campus Memory Support Center, your loved one can experience joyful, meaningful days and peaceful nights — and you can expect the same tradition of excellence for which we've always been known.

Our specially trained, 24-hour care team understands the emotional and physical complexities associated with memory loss. With a high staff-to-resident ratio, these familiar faces will treat your loved one with patience and compassion that respects their personal history. We'll get to know their likes and dislikes, what music they enjoy, the activities they love, and even their favorite items of clothing. And we'll involve you in developing a care plan that meets your loved one's unique needs.



In a safe, secure and homelike setting, your loved one will enjoy a private room which you're encouraged to decorate with favorite furnishings, family photos and treasures, and a full private bath. There is also supervised access to outdoor walking paths through a serene courtyard with a welcoming gazebo and cheerful common areas where residents enjoy socializing.

To help residents maximize their abilities and get the most out of each day, our designated Activities Director offers a full calendar of structured activities and programs to enhance intellectual, physical, emotional and social well-being. And, of course, residents enjoy a warm and comfortable dining room where healthy and delicious chef-prepared meals are accompanied by opportunities for social engagement.

Should your loved one ever require more advanced care, they'll be able to easily transition to Skilled Nursing care right here on our campus.





Nursing Care that combines **SKILL AND COMPASSION**

The innovative, on-campus Health Services Center at Presbyterian Home and Retirement Community Quitman offers comprehensive short-term rehabilitation and long-term care to meet a variety of needs.

With a high staff-to-resident ratio, licensed registered nurses and certified nursing assistants are on-site 24/7 to provide nurturing, attentive support. This specially trained team, including rehab therapists, pharmacists, chaplains and social workers, customize every element of care, respecting your preferences and personal routines. This assurance of quality care and personal attention enhances independence and leads to more positive outcomes.

The Health Services Center is a fully licensed nursing facility that participates in Medicare, Medicaid, the Veterans Administration Program, and many other long-term care insurance programs.

The Essence of Home

The homelike setting of our Health Services Center is designed to promote health and healing. You'll have the comfort of a spacious private room with a full bath, and we encourage you and your family to bring personal items to make your space cozy.

Each room is located near comfortable common areas for socializing and family gatherings. There's also easy outdoor access to enjoy our lovely campus and amenities. If you choose, you can join in specifically designed social, recreational, and cultural activities to enhance wellness on all levels.

Chef-prepared meals feature a variety of menu options that appeal to wide-ranging tastes and dietary preferences. You can enjoy each in our main dining room or the smaller Health Services Center dining area if additional assistance is needed.





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When we moved into our cottage four years ago, a primary concern was a future need for Skilled Nursing care. Seven months ago, we needed care, and the nursing staff has been very empathetic and professional.

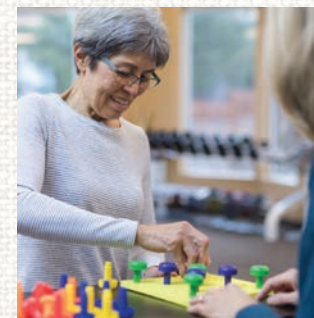
Presbyterian Home and Retirement Community Quitman has exceeded our expectations. They keep their promises!

— Ross & Vava B., Residents

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Short-term rehabilitation **GET BACK TO BEING YOU** •

Following a hospital stay or time at the Health Services Center, you may need a transitional step before returning home. Our highly recognized short-term rehabilitation services help restore the strength and mobility you'll need to return to everyday activities as quickly and safely as possible.



Our licensed physical, occupational, and speech therapists work closely with you, your family, your physician, and our care team members to create a personalized plan for your most optimal outcome. Your time with us may only be for a short period, but the exceptional care you receive will set you up for long-term success.



Presbyterian Homes of Georgia:

A TRADITION OF EXCELLENCE

Since 1949, the Presbyterian Homes of Georgia name has been synonymous with excellence in senior living.

We're known for innovation and are committed to not only meeting best practices benchmarks but also setting new standards.

As a nonprofit organization, the needs of residents at our five retirement communities always come first. You can rest assured that everything we do and every decision we make is to benefit those we serve. This guiding principle leads to better overall care and a more

fulfilling experience for residents, our staff, and our communities.

Presbyterian Homes of Georgia is a pioneer in senior living. We're an all-inclusive Christian ministry serving people regardless of race, gender, religion or national origin. Persons of all faiths are welcome. In addition, no resident has ever been asked to leave because of outliving their financial means. And, as the ministry grows, our mission to enhance the lives of senior adults remains constant with an enduring spirit of love and care.







PRESBYTERIAN HOME AND
RETIREMENT COMMUNITY

A ministry of Presbyterian Homes of Georgia

1901 Screven Street | Quitman, GA 31643
229-263-6102 | www.phgainc.org/locations/quitman-ga/



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