



## VOLUNTEERS OF AMERICA

Horizons Care Center—Expert and loving care uniquely personalized for you.

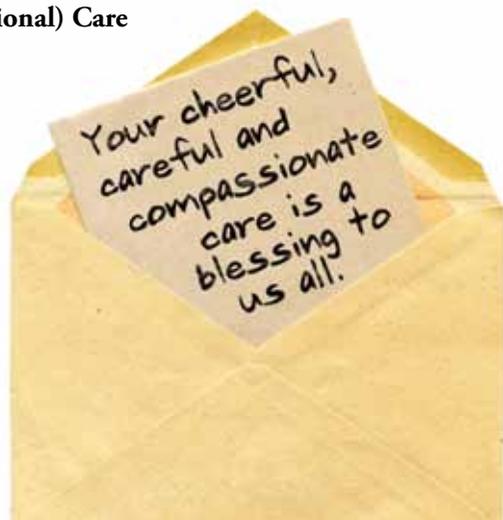
Welcome to Horizons... where high-quality rehabilitation care, memory care, and long-term care are provided by a skilled staff for whom residents are cherished family.

We respond to our residents' changing healthcare needs with round-the-clock skilled nursing, restorative nursing and supportive social services. And we go beyond the norm in care—residents benefit from the latest and best therapies, such as LSVT BIG Parkinson's therapy and calming Validation practices for memory care residents.

In a homelike environment, we create a personalized experience for each resident, enabling them to express their interests and preferences. Residents in our "Hotel Rehab" benefit from individualized therapies and a host of pampering luxuries. Long-term residents love cozying up to our rustic fireplace, sharing social activities—even growing vegetables, which we are happy to serve in their own meals.

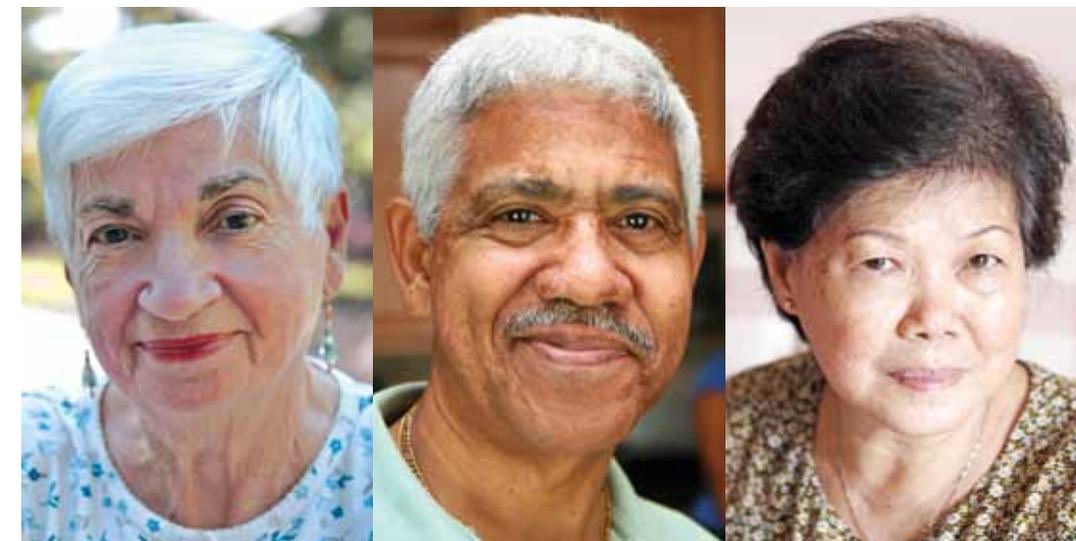
### Horizons Care Center offers:

- Rehabilitation (Transitional) Care
- Memory Care
- Long-term Care
- Respite Care
- End-of-life Care
- Outpatient Therapy



**Horizons Care Center**  
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 Eckert, CO 81418  
 970.835.3113  
[www.horizonsretirement.org](http://www.horizonsretirement.org)

Horizons Care Center is a Volunteers of America community. Founded in 1896, Volunteers of America is a national, nonprofit, faith-based organization dedicated to helping those in need live healthy, safe and productive lives. Through hundreds of human service programs, including housing and health care, Volunteers of America touches the lives of more than 2 million people each year.



## HORIZONS CARE CENTER

A Rehabilitation, Memory and Long-Term Care Community



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## Rehabilitation Care—“Hotel Rehab”

After a hospitalization, injury or illness, a short-term stay in our relaxing rehabilitation center brings you back to a level where you can return home. Our skilled therapists work with you individually toward the goals you set.

In addition to comprehensive rehabilitation services, you enjoy an array of hotel-like amenities: private and semi-private rooms with bath; in-room Internet, phone and TV; room service; delicious meals in a private dining room; lots of pillow options; and your own mini-fridge.

**Physical therapy.** Regain lost physical ability and improve mobility through training in balance and walking, and exercises in strength and endurance. Learn how to exercise at home, use orthotics and prosthetics, prevent falls, and use the right assistive devices.

**Occupational therapy.** Learn to perform household tasks and to work using lifestyle adaptations possibly aided by assistive devices. Your therapist will recommend safe, effective ways to perform daily activities such as dressing, bathing and cooking.

**Speech therapy.** Learn how to manage swallowing and communication difficulties through exercises, techniques and the possible use of assistive devices, as well as family education and support.

**Outpatient rehabilitation.** Our therapists perform a complete evaluation to address your goals for recovery, then provide individual treatment in pain management, soft tissue and joint mobilization, guidance in using prosthetics, as well as customized exercise routines.

**Certified therapist in LSVT BIG Parkinson’s therapy program.**

## Memory Care

We provide skilled and compassionate care in a safe, homelike environment for residents living with Alzheimer’s and other dementia-related conditions. Structured yet individualized activities support each person in expressing their uniqueness. Our caring staff is committed to personalized care that promotes a person’s dignity and self-worth.

Our medical goal is to gradually and safely decrease the amount of medication our residents take, so they can live as fully and happily as possible. We do this by always taking time to understand the reasons behind their behavior—for example, whether they are hungry, or cold, or wish to pray. Meeting a person’s needs helps eliminate resistant behavior, enabling us to appropriately reduce the use of sedative medication.

Memory care residents enjoy the calming beauty of nature in our safe garden with its walking paths and gazebo. Everyone loves our cat who lives here full-time, a soothing and affectionate presence.

## Validation

Certified Validation practitioners at Horizons Care Center use an effective method of communication that calms people with memory impairment when they become disoriented. Volunteers of America is an Authorized Validation Organization.

## Long-term Care

Our caring and experienced nursing staff provides personalized round-the-clock skilled nursing care, as well as restorative nursing care that helps people achieve the highest level of independence possible. Our specialized medical care includes in-house physical, occupational and speech therapy services.

We view each resident as a unique person, and meet all their needs—physical, cognitive, emotional and spiritual. Individualized activities let people express themselves, use their talents, learn new things—and yes, grow. Life here is not regimented—you awaken gently when you wish, bathe at the time you like best, and enjoy delicious, nutritious meals in our always-open dining room precisely when it suits you. Residents enjoy outings, as well as rewarding opportunities to contribute to the larger community.

*The finest care... safety... loving, personalized attention... enriching activities... personal freedom... dignity—it’s what makes Horizons Care Center the best choice for your loved one.*

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For more information about Horizons Care Center or to schedule a tour, please call 970.835.3113 or visit [www.horizonsretirement.org](http://www.horizonsretirement.org)