

ASSISTED LIVING AT THE MEADOWLANDS

135 Meadowlands Estates Lane | O'Fallon | 636.978.3600

assistedlivingatthemeadowlands.com



Experience Assisted Living That Celebrates Your Life Story

There's something special about walking into ***Assisted Living at The Meadowlands***. You can feel it in the friendly greetings at the door, the laughter spilling out of the activities room and the aroma of a chef-prepared meal drifting from the dining area. It's more than just a place to live – it's a place to belong.

The Meadowlands, an award-winning assisted living and memory care community located in O'Fallon, serves seniors who want an independent, active lifestyle with the added support they need. The community was honored this year with the Best Assisted Living recognition from U.S. News & World Report.

At The Meadowlands, every day offers a new way to connect, explore and enjoy life. Their activities calendar is packed with opportunities to stay social and engaged. Some mornings you'll find neighbors gathered for an exercise class or a lively game; other afternoons may bring an art workshop, a guest musician or a movie in our cozy on-site theater. Whether you're pursuing a lifelong hobby or discovering something new, there's always a chance to share the experience with friends.

"Our community enjoys the luxury of a legacy of great care and lifestyle," said Abby Farley, executive director. "Our sense of community and high expectations for the experience here is what makes us special."

Three chef-prepared meals per day are included in the monthly rent and restaurant-style dining lets you catch up with friends over lunch or enjoy a relaxed dinner in the evening. It's not just about food – it's about community, conversation and the joy of gathering around the table. Monthly, themed culinary celebrations welcome families and friends to share in the experience.

Peace of mind matters, too. To live your best life, you may need to free yourself of the worries you have for your care, transportation,

housekeeping and home maintenance, and make more time for doing things you love to do. With nursing services available 24 hours a day, seven days a week, residents and families can rest easy knowing that care and medication management are always close at hand. Our compassionate staff is here not just to assist with health needs, but to provide reassurance and support whenever it's needed.

For seniors with Alzheimer's disease or other forms of dementia, The Meadowlands offers its distinctive Montessori Moments In Time™ (MMIT) dementia care program. The goal of MMIT is to enhance the quality of life for those with memory impairment and is guided by the program's Five Directional Paths.

"Beginning with each resident's 'Life Story,' we build our programming on their habits, personal preferences, past and current interests, and what brings them joy," said Farley.

And then there are the little extras that make everyday living brighter for all their residents. An on-site beauty salon is a favorite spot for a haircut, style or manicure, while the theater brings neighbors together for movie nights and special events. Step outside and you'll find beautiful courtyards where residents sip morning coffee, read a good book or simply enjoy the sunshine. Right now, the Meadowlands is in the midst of an exciting remodel – a fresh new look that will make the community even more welcoming and comfortable for years to come.

At the heart of it all, they believe serving seniors means honoring their stories, supporting their independence and celebrating the joy of each day.

If you've been thinking about senior living, visit Assisted Living at The Meadowlands, call (636) 978-3600 to schedule a tour or visit assistedlivingatthemeadowlands.com.