



# LANDERBROOK

TRANSITIONAL CARE



*Experience the Unexpected*



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Embark on a journey of personal well-being under the nurturing care of our service providers. Your personal path to wellness is unique to you, arising from an awareness of where you are today and what you need to recover, improve your health, and regain your abilities.

Imagine an environment that offers the warm, peaceful and cozy feeling of a New England guesthouse along with personalized service and attention to detail that is beyond compare. This is a place for healing, and one where our staff attends to individual needs in a well-appointed, relaxing and inspiring refuge.

**Welcome to Landerbrook.**

## *Relax & Recover*

Landerbrook is a sanctuary where guests may take time to reflect on the day in our beautiful serenity garden or meditate quietly in our spiritual room. Renewing your connection with your inner self in a place where you can be still is an integral part of the healing process. Stresses, worries and anxieties fall away in the right environment and give rise to a positive state of mind, which has a direct impact on the body, brain and nervous system. We have created an environment that inspires and supports the return to an improved state of being, while fulfilling individual aspirations and enhancing quality of life.



*Relax & Recover*

## *Discover New Talents*



We understand your primary focus is on your health and regaining your abilities, and we're here to support you every step of the way. We will also infuse some lighthearted fun into the recovery process with workshops designed to uncover hidden talents and classes that take a hands-on approach to learning. Weaving aspects of physical or occupational therapy into the tasks we do every day is another way of enhancing abilities, gaining

strength and learning new ways to do things. Engaging in social gatherings and meeting new and interesting people along the way has mental health benefits and helps develop camaraderie among staff and guests.

At Landerbrook, we offer opportunities to fill your schedule with interesting things to do or simply spend your downtime relaxing... the choice is yours.



*Surrounded by Comfort and Community*

Indulge in culinary delights that change with the seasons and at the whim of our inventive master chef. Incorporating herbs and fresh ingredients that are locally sourced whenever possible, our bistro features classic dishes with a twist. Our chalkboard menu highlights daily specials made to order and served in the bistro, in your quarters, or outdoors on our patio. If you're craving a home-style entrée or something light and refreshing, we will prepare it to your liking. Our fresh, homemade baked goods and dessert are the perfect complement to your meal and guests are always welcome to join you at any time.

Continuous culinary offerings including light snacks, sweets and beverages are offered throughout the day in well-appointed, relaxing lounges. It is our pleasure to celebrate a special event or holiday with you during your stay and we will do everything possible to make it unforgettable. Making your dining experience one to remember from the first bite to the last sip is of utmost importance to us.



*Sip & Savor*



*Sip & Savor*



## *Balance Mind & Body*

## *Balance Mind & Body*

Taking the time you need to regenerate and elevate your individual performance is what a stay at Landerbrook is all about. Our therapy and personal care teams are deeply attuned to your needs and we use our experience to provide you with the highest level of service and customized treatments. We focus on renewing muscles, improving strength and integrating health and wellness cohesively. We take an approach where you are empowered to control your recovery while we support, inspire and provide an individual path to wellness.

With our exceptional clinical team and physician leadership, we are well prepared to accept guests with acute medical needs. Our team will help maximize your

abilities using an interactive therapy system that creates virtual environments to test your abilities and engages your mind and body in the recovery process. Whether arriving directly from the hospital or an emergency room, our priority is helping you feel comfortable with a focus on getting you home quickly.



## *Your Path to Wellness*

Landerbrook is designed with symmetry in mind. Balancing mind and body in a serene environment helps to encourage overall wellness and supports an active recovery. By adhering to our strong principles of trust, respect and integrity, we offer a warm, nurturing and refined ambiance where genuine care and your comfort is our priority.



*Your Path to Wellness*





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