



A Tradition Of Excellence at



HICKORY VALLEY

A SENIOR LIVING COMMUNITY

Here at Hickory Valley, you will find warm, dedicated staff committed to creating a community you will be delighted to call home. We welcome the opportunity to introduce you to our beautiful community and to show you why Hickory Valley Retirement Community is truly unlike any other. Hickory Valley is Chattanooga, TN's #1 option for retirement living because of its 40+ years of excellence and resident satisfaction. Independent Living combines community living with the privacy of your own apartment. We offer a variety of choices from Independent Living to Assisted Living. You have the freedom to choose the services that best suit you.



HICKORY VALLEY

A SENIOR LIVING COMMUNITY

Hickory Valley features the finest in senior community living, offering three options:

- **Independent Living** Apartments
- **Independent Living** Apartments with add-on support services
- All-Inclusive **Assisted Living** Apartments

Our apartments are month-to-month leased in a variety of floorplans: Studio, and One & Two Bedroom Apartments. In addition, we offer respite/short-term stays in our furnished apartments (fee applies).



Hickory Valley brings an abundance of security, companionship, and good food to its residents. Residents find a sense of belonging in a community family where they experience comfort, personal choice, and privacy. Many residents draw strength from the meaningful relationships they have built here, and comment: "I wish I had moved here years ago!"

RELATIONSHIPS



Consider a lifestyle with more freedom and less worry. Live independently in one of our spacious apartments with the assurance of being surrounded and supported by friends, neighbors, staff, and family who want you to live YOUR best life.

Hickory Valley offers you freedom from a mortgage, lawn care, maintenance, chores, cooking, cleanup, housework, and laundry.

That's not all. Find yourself free of loneliness, isolation, or limited connections with people of your own age, likings, and interests. Social opportunities abound here daily. Let our staff arrange the parties, activities, theater, entertainment, and excursions. Enjoy life at Hickory Valley.



FREEDOM & INDEPENDENCE





Don't worry about your furry friend! They too are welcome to establish a new home with us.

Don't worry about keeping your appointments and getting a ride to go shopping! Our scheduled transportation takes hassles out of these tasks.

Don't worry about your surroundings. We offer the utmost in resident protection through building design, 24-hour staff, convenient parking, door security, and an emergency call system that places assistance just seconds away.

WORRY FREE LIVING





No more meal preparations, cleanup, shopping, or deciding what you might make for one or two people. Life can be easy at Hickory Valley when you take a short walk from your apartment to the main dining room. You will be greeted by friendly faces whom you have come to adore and by staff ready to serve you.

Our talented Chef takes pride in preparing a varied daily menu featuring mouth-watering, fulfilling, and nutritious selections including local favorites and regional fare. Residents always have options at mealtime and enjoy meals served by courteous, staff. Additionally, we provide an “Always Available” menu. Mid-meal snacks and beverages available throughout the day.

Residents are welcome to invite guests to join them in the community dining room or reserve the private dining room to host their gathering.

RESTAURANT-STYLE DINING





Our residents engage in daily activities that bring life and happiness. These activities can help you learn new skills, cultivate strong relationships, and ensure the next chapter of your life is your best yet. Life need not slow down or get boring when you are at Hickory Valley. Our calendar is full of entertainment, events, community outings, shopping, and theater trips. Our staff are creative and encourage residents to explore and embrace new things. Connect in warm and interesting conversations or just catch up on each other's lives. Visit us to experience why we say, **"Rediscover your best life at Hickory Valley."**

ENGAGING ACTIVITIES

Assisted Living

Assisted Living at Hickory Valley is customized care in your own private residence while enjoying all the amenities and benefits available to Independent Living residents. We provide assistance with activities of daily living and create a care plan that is specific to each resident's needs. Caregivers offer personalized supportive services and professional care to promote individual independence with dignity. Our staff of LPNs, MedTechs, and Care Aides assist with bathing, dressing, hygiene, grooming, and other activities of daily living as well as medication management. Three daily meals, 24-hour emergency response, daily housekeeping, and personal laundry service are all included in your lease.

Independent Living Home Care

Hickory Valley offers a personal assistance program designed to meet the individual needs of our residents in our Independent Living apartments. Sometimes, Independent Living residents need assistance with only one or two activities of daily living (not the full spectrum of support provided by Assisted Living).

Hickory Valley Home Care offers you the perfect solution! Choose the specific services you need from our à la carte listing while still enjoying the active environment of Independent Living. Our professional staff will assist with daily living tasks such as bathing, and dressing, or simply check-in regularly to ensure well-being.



SUPPORT SERVICES



Wellness

We are dedicated to maximizing the health and well-being of each resident. Our social events, fitness classes and quality services create a well-rounded, healthy environment for our seniors. Our experienced staff plan fulfilling activities and develop customized assistance plans to meet each resident's needs.

We also believe in the value of a healthy mind, body, and spirit. We offer an assortment of wellness activities like yoga or walking groups. Our fitness programs make it easy and fun to maintain a healthy body. Our fitness classes also cater to all experience and independence levels, allowing everyone to participate in exercise programs.

Healthcare

Assisted Living is an excellent choice if you could use a little extra help with daily activities to continue enjoying an active lifestyle. Assisted Living includes housing, support services and healthcare as needed.

We offer Assisted Living in private residences that combine personalized supportive services and healthcare designed to promote maximum independence while meeting the individual needs of each resident.

Our caring, professional staff includes LPNs and Care Aides. They assist with bathing, dressing, hygiene, grooming and other activities of daily living as well as medication management.

WELLNESS

Apartment Living

Choose from available maintenance-free, independent living apartment floor plans.

- Variety of Floor Plans for Studio, 1-Bedroom, and 2-Bedrooms
- Three restaurant-style nutritious and delicious meals
- Elevator
- Fire-resistant construction materials, smoke detectors, and sprinkler system
- Emergency Pull & Pendant System monitored by on-site staff
- Individually controlled heating & A/C
- Fully equipped kitchen and bathroom with safety equipment
- All utilities except telephone
- WiFi throughout the building (free to guests)
- Apartment and appliance maintenance
- Weekly housekeeping and linen services
- Regular health and wellness checks
- Pet friendly
- Scheduled transportation



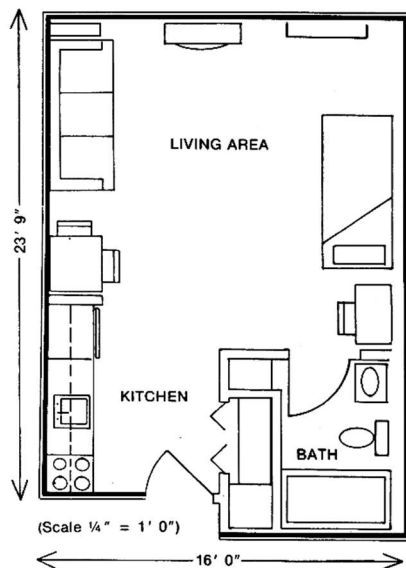
ADVANTAGES



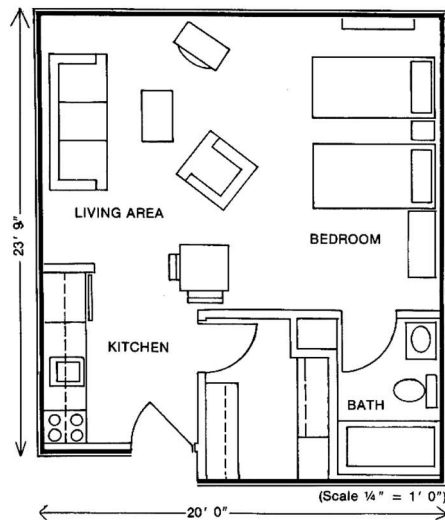
- ✓ Worry-free, Supportive Care
- ✓ 24 Hour Emergency Response System Monitored by On-Site Staff
- ✓ Scheduled Transportation
- ✓ Restaurant-Style Dining
- ✓ Onsite Beauty/Barber
- ✓ Library and Computer Center
- ✓ Game and Activities Room, Billiards Room
- ✓ Worship Services
- ✓ Coin-free Laundry Facility
- ✓ On-site Entertainment Variety
- ✓ Senior fitness and Wellness classes
- ✓ Pet-Friendly
- ✓ Cable TV & 24-Hour Wi-Fi
- ✓ Additional Storage Available



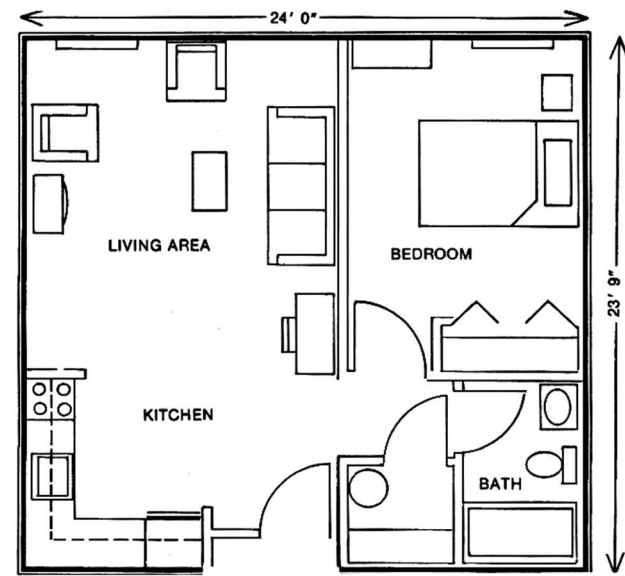
FEATURES



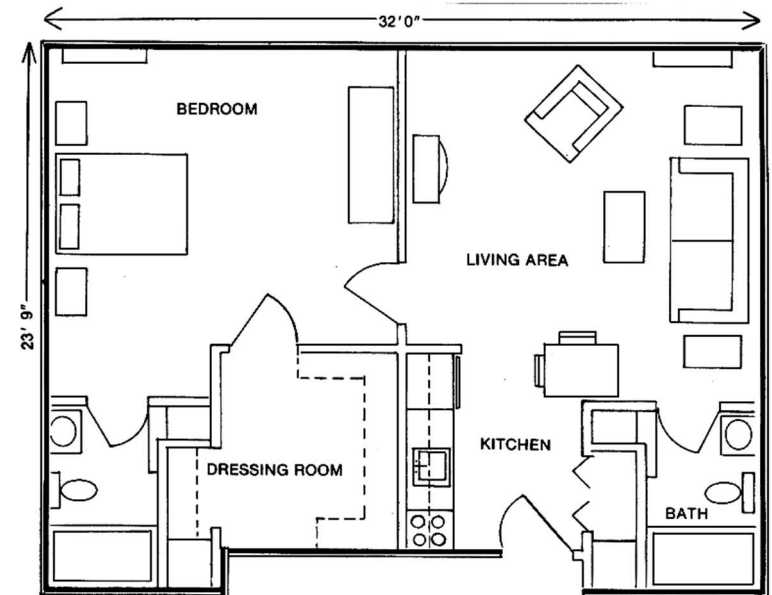
Studio 382 sq. ft.
Open Studio Sleeping/Living/Dining



Studio 478 sq. ft.
Open Studio Sleeping/Living/Dining
1 Closet 1 Bath Kitchen



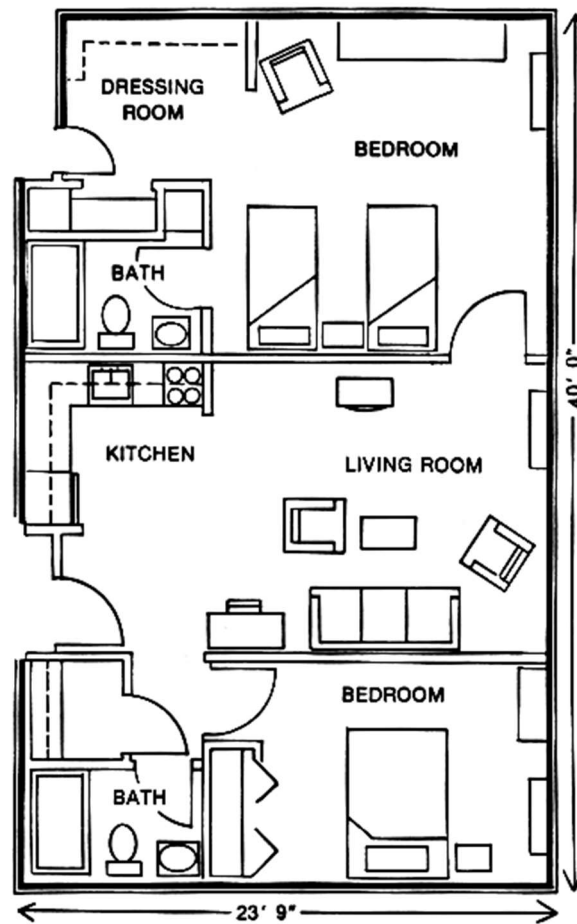
One Bedroom 574 sq. ft.
1 Bedroom 1 Bath Living Room



One Bedroom Deluxe 764 sq. ft.
1 Bedroom 1 Bath Living Room
Lg Walk-In Closet 1 Dining Kitchen

Independent Living Apartments

FLOOR PLANS




2-Bedroom 956 sq. ft.

2 Bedroom 1 Closet/Dressing Room
 2nd Bedroom Closets 2 Bath
 Living Room Dining Kitchen

Independent Living Apartments

FLOOR PLANS



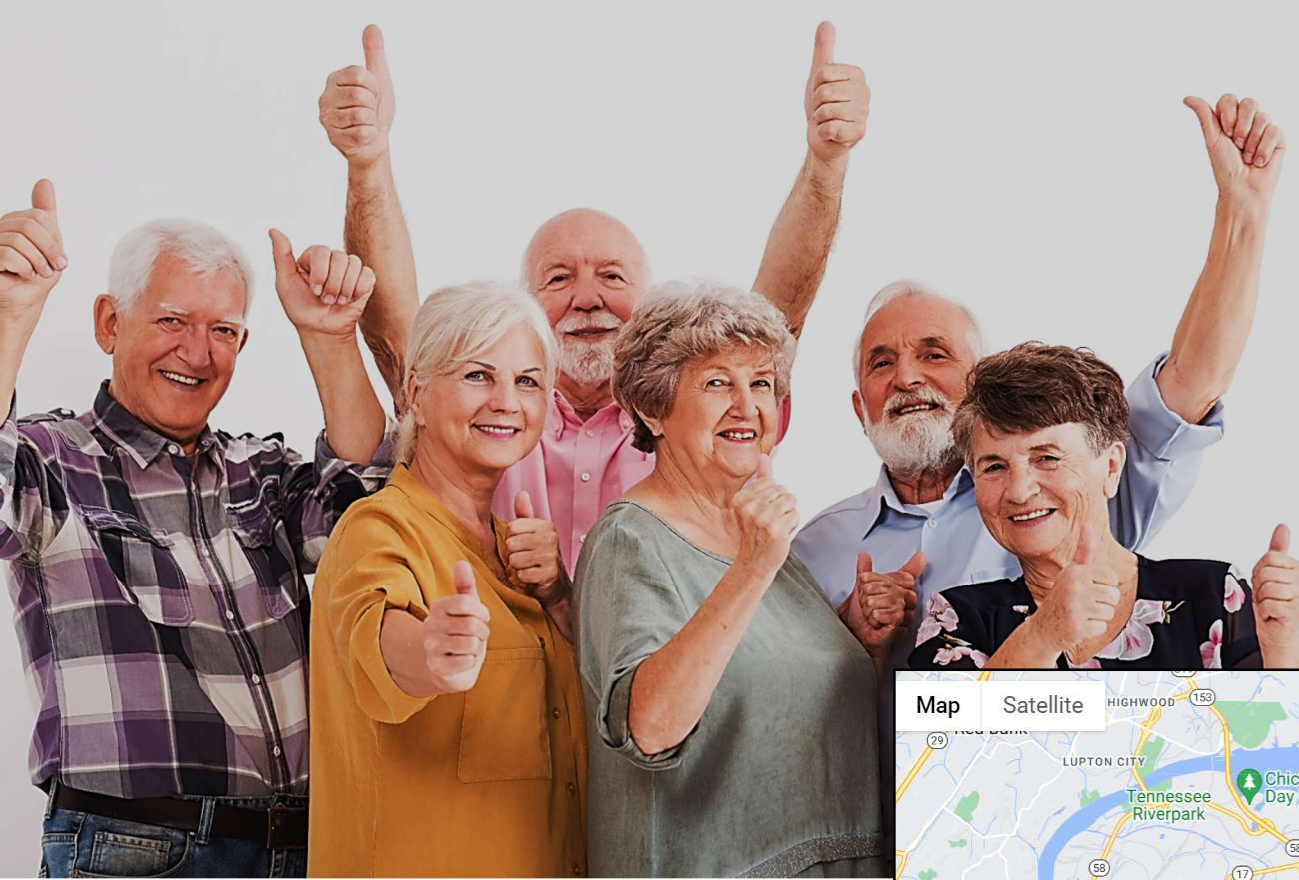
“Living at Hickory Valley is a real pleasure. I don’t have to cook or clean up after meals, I enjoy eating with my table mates and it is nice to visit other residents in the lobby before meals. We have a wonderful driver who takes us to doctors’ appointments and out for shopping trips. I love to read and truly enjoy our library.”

– Mary

“My mom lives at Hickory Valley. She lives in an independent living apartment. When we decided she would move to Chattanooga we looked at several retirement communities. Many were very nice, the prices were comparable. I’ll tell you what set Hickory Valley apart. When you walk in the front door, the feeling is like coming home. Others we looked at seemed more like a motel lobby or resort. Mom is not on vacation, she is home.....My mom is more happy and healthy than she has been in years thanks to the great staff who take care of her needs and most of all love her.”

– Robin B

TESTIMONIALS



Hickory Valley Retirement

6705 Ballard Drive
Chattanooga, TN 37421

(423) 855-0508

www.HickoryValleyRetirement.com
facebook.com/HickoryValleyRetirement
info@HickoryValleyRetirement.com

