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## *C*risoma West

Chrisoma West offers a wonderful array of services for individuals who are interested in independent, apartment living with congregate dining and for those who desire the availability of assistive services. Apartments in a variety of sizes and styles are available. Also, transportation is provided for medical appointments and shopping trips within the Holdrege area.

## *I*ndependent Living

Chrisoma West provides one and two bedroom apartments, activities, and freedom from home maintenance. Included are light housekeeping services, continental breakfasts, and -congregate noon meals, with other services available. With our wireless emergency call system, we have emergency assistance available 24 hours a day. Underground, heated parking is available throughout the year.

## *A*ssisted Living

Assisted living includes housing, personalized supportive services, and health care which helps each individual in meeting their needs with the activities of daily living.

Chrisoma West is designed to do just that. It offers the privacy of individual apartments and suites, and the supportive services needed for each individual's personal needs. These include medication administration, housekeeping, personal assistance, activities, laundry, and meals. Residents provide their own furnishings, giving their living areas a personal touch. A plan is developed with each person to arrange for the appropriate level of support for day-to-day health care issues and household tasks.