



Kathleen Salmon is the marketing director of The Birches at Newtown. After looking for senior living for a loved one, she pursued a career in senior living, allowing her to serve aging adults and their families. For over a decade, she has shared her knowledge with families and future residents about the importance of having a plan in place.

A Proactive Approach to Wellness

In senior living, it's common for communities to provide in-house or outpatient therapy services. The ability to access these resources is determined by insurance.

Quarterly reassessments and weekly staff training allow clinicians to approach health care proactively. A collaborative care team and FOX Optimal Living are why residents at The Birches retain good health and feel confident in their abilities.



The Birches at Newtown, through its association with FOX Rehabilitation, provides all residents exclusive and unrestricted access to wellness and rehabilitation services unrelated to their insurance companies' willingness to pay.

The FOX Optimal Living program includes one-on-one wellness sessions and group exercise classes to support healthy aging, so residents maintain their independence longer.



Residents with memory loss and dementia also benefit from FOX Optimal Living. "We love to say, 'muscles don't get dementia.' If residents receive enough resistive training, they'll still get the benefits and keep that strong muscular system intact," said Nicole Janthor, FOX Optimal Living rehab director.

If group settings become overstimulating, clinicians develop individualized therapy plans. One-on-one wellness sessions focus on balance and strength training or relaxation techniques.

Why choose The Birches?

- **Winner of three national awards** from Caring.com, A Place for Mom® and U.S. News & World Report based on resident and family reviews.
- **FOX Optimal Living** provides all residents with one-on-one or small group fitness classes that focus on strength, flexibility, and balance.
- **Positive Approach to Memory Care** following Teepa Snow's nationally recognized program.



Learn more! Call 215-240-4829 to arrange a visit to our community!

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We are an equal opportunity housing provider. We do not discriminate on the basis of race, color, national origin, religion, sex, familial status or disability.

