



# HILLTOP

## ASSISTED LIVING



*462 Essex St.  
Dover-Foxcroft, ME  
04426*

# HILLTOP ASSISTED LIVING

REDEFINING CARE, EMPOWERING INDEPENDENCE



## WELCOME HOME

Nestled in the heart of Dover-Foxcroft, Hilltop Assisted Living is a 32-bed community that combines small-town comfort with personalized care. Residents enjoy a welcoming, homelike atmosphere with daily activities, social events, and opportunities to stay engaged both within the facility and in the surrounding community. With nearby shops, local parks, and year-round events, Hilltop offers the ideal balance of independence, support, and the friendly charm of Maine's Highlands region.

We strive to make sure every resident at Hilltop Assisted Living enjoys the highest level of comfort they can. From comfortable, well-appointed bedrooms and dining areas, to cozy common areas and lounges, each space is carefully designed to meet our resident's needs, both physically and emotionally. We believe every resident should feel as proud of their home as we do.

***Where Residents Thrive with Dignity,  
Independence, and Personalized Care!***

At Brock Health, our mission is to empower seniors to live with independence, dignity and confidence. We are committed to providing personalized care and support in a close-knit environment. Our team is dedicated to offering a range of resources and services designed to enhance quality of life, allowing our residents to thrive with the freedom to enjoy their daily routines while knowing that support is available. We strive to create a community where independence is celebrated, and every resident feels valued and at home.

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### HILLTOP ASSISTED LIVING

462 Essex St | Dover-Foxcroft, Maine 04426 | Phone: 207.564.3049 | Fax: 207.564.2019  
Email: [info@brockhealth.com](mailto:info@brockhealth.com) | [www.brockhealth.com](http://www.brockhealth.com)

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## HEALTH SERVICES



Every Brock Health facility is committed to supporting residents' health and wellness needs in partnership with their attending physician, ensuring personalized care and peace of mind.

Brock Health provides:

- ❖ 24-Hour Staff
- ❖ Medication Administration
- ❖ Personalized Care Planning

At Hilltop Assisted Living, we offer an in-house physician option for added convenience and continuity of care. We can also help coordinate specialized services through trusted local providers, including:

- ❖ Podiatry Services
- ❖ Physical Therapy
- ❖ Occupational Therapy
- ❖ Hospice Care

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## ENRICHING ACTIVITIES

At Brock Health, we understand the importance of maintaining an active and engaging social life! Every Brock Health facility has a staff Activity Director that oversees a busy and varied program. Residents are involved in specialized activity planning that caters to diverse interests and abilities to keep all our residents entertained and happy!

On our monthly Activity Calendars, you can expect to find activities and events every day of the week, including:

- ❖ Visiting Entertainers
- ❖ Art and Crafts
- ❖ Exercise Groups
- ❖ Religious Activities
- ❖ Movies and Videos
- ❖ Resident Council
- ❖ Seasonal Programs
- ❖ Guest Speakers
- ❖ Supervised Trips and Outings
- ❖ Special Holiday Events
- ❖ Evening and Weekend Events and More!

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## WHAT TO BRING

A smooth transition starts with having the right items on hand. This general clothing guide is intended to help new residents prepare for move-in. We recommend choosing machine washable and dryable clothing for ease of care. Our laundry team is happy to assist with labeling clothing to help prevent lost items. Please keep seasonal weather in mind and adjust as needed.

- ❖ 5 – 6 Outfits
- ❖ 3 Sweaters and/or Sweatshirts
- ❖ 5 Sets of Undergarments
- ❖ 4 Nightgowns or Pajama Sets
- ❖ 1 Robe (Seasonal)
- ❖ 2 Pairs of Slippers
- ❖ 1 – 2 Hats
- ❖ 1 Coat or Jacket (Seasonal)
- ❖ 1 – 2 Pairs of Shoes (Seasonal, We Recommend Closed Toe & Heel, Velcro, or Slip-On)

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## PERSONAL ESSENTIALS

To help you prepare, we've provided a list of personal care items that are not included in our service contract and should be supplied as needed. These everyday essentials help your loved one's comfort, hygiene, and daily routine. We recommend checking items regularly and replenishing them as needed.

- ❖ Toothbrush, Toothbrush Holder, and Toothpaste
- ❖ Denture Cup, Denture Tabs, Polident, and/or Fixodent
- ❖ Body Lotion (We Recommend Sensitive Skin and Fragrance Free)
- ❖ Deodorant
- ❖ Combs and/or Brushes
- ❖ Electric Razor and/or Disposable Razors
- ❖ Nail Care Items (Fingernail Clippers and Toenail Clippers)
- ❖ Baby Powder (We Recommend Unscented)

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## PRICING INFORMATION

**Private \$265/day**

**Semi-Private \$255/day**

**Other \$\_\_\_\_**

### **Rates Include:**

- ❖ Room and Board
- ❖ Medication Management
- ❖ Dietary Services
- ❖ Linen and Laundry Services
- ❖ Activities
- ❖ Housekeeping
- ❖ Maintenance

### **Items Not Included in Room Rates:**

- ❖ Physician Services
- ❖ Diagnostic Testing
- ❖ Prescribed Medications
- ❖ Select Medical Supply Items
- ❖ Select Personal Care Items

### **Available for an Extra Charge:**

- ❖ Air Conditioner (Monthly AC Fee Applies, Including Seasonal Use & Storage by the Facility)
- ❖ In-Room Cable

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## CONNECT WITH US

Please contact us with any questions about our facility or the information included in this packet. We are happy to assist you and provide any additional details you may need. In-person and virtual tours are available for your convenience.

**Facility Administrator:**

Elizabeth Bailey  
[pm-ht-admin@brockhealth.com](mailto:pm-ht-admin@brockhealth.com)

**Facility Address:**

462 Essex St.  
Dover-Foxcroft, ME 04426

**Telephone Number:**

(207) 564-3049

**Fax Number:**

(207) 564-2019

*We Look  
Forward to  
Welcoming  
You Soon!*

**Brock Health Website:**

[www.brockhealth.com](http://www.brockhealth.com)

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