



RiverWoods
Durham



Newfound Lodge
RiverWoods Durham

The RiverWoods
way of life, now
in Durham.



Exceptional care in a dynamic new home

Imagine an active life, filled with friends, interesting activities, healthy and delicious meals and interesting programs. And along the way, help that makes everyday life just a little bit easier — that's Newfound Lodge at RiverWoods Durham!

The seacoast area's newest Continuing Care Retirement Community, RiverWoods Durham has 150 independent apartments, dining, fitness, and beautiful common areas. Newfound Lodge, a state-of-the-art health center located within RiverWoods Durham, offers Assisted Living, Memory Support and Skilled Nursing in a warm and welcoming environment.

The RiverWoods Difference

A non-profit organization, RiverWoods Durham is the newest community created by RiverWoods Group, and has the benefit of 25 years of award-winning, five-star level nursing care and national accreditation that RiverWoods Exeter is known for. Our focus is not on quarterly earnings, it's on quality experiences — providing the right level of support and encouragement for each individual. RiverWoods Group is the largest independent non-profit family of communities in Northern New England.

Our Location

Centrally located, RiverWoods Durham is close to everything. Less than a half mile to the Oyster River, and under two miles to charming downtown Durham, our 11-acre campus is easily accessible immediately off Route 4. Wentworth-Douglass Hospital, a subsidiary of Massachusetts General Hospital, and Portsmouth Regional Hospital (HCA), are just minutes away.

Resident driven

Non-profit

25 years of experience

Strong financial performance

The support you need from professionals who care

We've assembled a team of professionals who are passionate about changing lives for the better every day.

Whether you are in need of a little extra support with activities of daily living or require dedicated nursing care, we're here for you. Our specially-trained team of nurses, licensed nursing assistants, medication nursing assistants, Social Workers, Director of Health Services and Nurse Practitioner will bring their years of expertise to your care.

Depth of Knowledge

RiverWoods brings decades of knowledge and experience to Durham. We pride ourselves on the quality of the people who join the RiverWoods team. We train not only our nursing team, but all of our household staff in memory support and dementia capable care. Our staff are known for their passion for person-centered care, one of the many reasons we've consistently earned a 5-star ranking for nursing care over the years. Our Medical Director is an experienced geriatrician, and is affiliated with Wentworth-Douglass Hospital, a subsidiary of Massachusetts General Hospital.

Person-Centered Care

Here at Newfound Lodge, our goal is to help you live as you wish — wake when you prefer, dine with whom and when you please, and find activities that engage and support your interests. We help you stay as independent as you can be, and to find ways to spark fun each day.

Small Home Design

You are at the center of what we do and how we do it — even down to how we have designed Newfound Lodge. Both our Memory Support and Skilled Nursing neighborhoods are designed in an innovative small household model.

Each of our households include 12 private bedrooms and bathrooms, centered around a shared living room, dining room and kitchen, which fosters a sense of community. Gone are the traditional medication carts, nursing stations, and hospital style corridors — here, you have an opportunity to connect with your neighbors.

24-hour licensed nursing supervision

High staff-to-resident ratio

Care coordination

Ability to transition within the community

Our licensed nursing staff provides individualized support with a compassionate approach.





The peace of mind that you can receive the level of care you need, without leaving the community.

Levels of support

Assisted Living

Residents enjoy the privacy of a spacious individual apartment, each with a kitchenette, dining and living area, and a private bedroom and bathroom. We provide three delicious meals a day, on your schedule, as well as assistance with activities of daily living, such as bathing, dressing, medication management, and more. You have the assurance of privacy and dignity as we help you achieve your highest level of independence. Use your free time to explore the wide variety of programs and activities available throughout the community.

Memory Support

You will find an intimate, caring community in each small Memory Support household. Each household includes 12 private bedrooms and bathrooms adjacent to a shared living room, dining room and an open kitchen, reflecting the layout of a typical home. The open kitchen makes raiding the refrigerator easy and fun, and our cooks can whip up a favorite meal or snack, as you watch. Our Memory Support Program Manager and household staff are all specially trained in dementia capable care and have access to a diverse array of tools to spark and support memory retention.

Skilled Nursing

Our Skilled Nursing is set up in the same small household environment as Memory Support where a warm environment prevails. Each household includes 12 private bedrooms and bathrooms connected to a shared living room, dining room and an open kitchen. Our Skilled Nursing staff are compassionate, caring, and create personalized care plans.

Therapies

We have a full complement of therapies to help you reach your goals including a full rehab gym, staffed with trained therapists who provide physical therapy, occupational therapy and speech-language therapy.

The following disciplines make regularly scheduled on-campus visits to see residents:

Audiology

Dental hygienist

Dermatology

Dietitian

Geropsychiatric services

Lab and x-ray services as needed

Podiatry

Reaching your highest level of independence

Creative programs designed for you

Whether you want to improve your balance, increase your strength, or try Tai Chi, we have a wide variety of fitness classes and programs to inspire you.

Dining that is a delight, not a burden

Enjoy a delicious variety of meals, three times a day, created for you. Share your preferences with us, and we will remember if you are gluten-free, vegan, vegetarian, low-sugar or high-protein — no matter what the preference, allergy or aversion, we will create meals to your liking.

Executive Chef

Our Executive Chef has years of experience in the restaurant industry, and is an expert at creating meals that are nutritious, delicious and varied, so you'll never get bored. Invite your family and friends to join you or plan a special meal to celebrate a birthday or anniversary — we will make everyone feel at home.

A life full of potential

Choose to join in an afternoon art program, music therapy class, or stroll our gardens — it is your choice. You will find a warm spirit of caring and warmth that is the hallmark of our community, and you will discover a staff dedicated to making a positive difference in your life every day.

Collaborative art therapy

Music therapy

Pet therapy

Innovative technology that fosters connections



We offer a wide variety of daily programs and activities to help spark your interest.



Newfound Lodge services and amenities

Features:

- One- and two-bedroom residences (Assisted Living)
- Private bathrooms with walk-in showers
- Individually controlled heating and air conditioning
- Sprinkler and fire safety systems including smoke detectors
- Cable connectivity for TV and telephone hookups
- 24-hour state-of-the-art emergency response system
- Small households in Memory Support and Skilled Nursing

Services:

- All utilities included
- Bundled phone, cable and internet included
- WiFi access in all residences and throughout the campus
- Housekeeping and linen service
- Interior and exterior maintenance
- Grounds maintenance and snow removal
- Cultural, social, educational and recreational activities
- Scheduled courtesy transportation
- Access to religious services

Supportive Living:

- Assistance with activities of daily living
- 24-hour nursing services
- Medication management
- Care coordination
- On-site rehabilitation services
- Dietitian services
- Additional services including dental, dermatology, pharmacy, medical, optometry and podiatry
- Coordination of direct care therapeutic services
- Fitness and exercise classes
- Educational and recreational activities to support optimal wellness
- Wayfinding, programming, and wander guard systems

Community Amenities:

- Private sitting areas, sunrooms and lounges
- Activity areas
- Library
- Beauty and barber shop
- Resident storage (Assisted Living)
- Laundry room (Assisted Living)
- 24-hour security

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