

# 10

## Benefits of Senior Living at Springpoint

Discover why making the move to a senior living community is the best decision in your retirement years.



**SPRINGPOINT**<sup>®</sup>

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# Senior living is choosing the best lifestyle for you, now and in the future.

Retirement is an exciting stage in your life. You have more time to go out and explore the world, or to simply relax and enjoy each day as it comes. And there’s no better way to enjoy life to the fullest extent than by choosing to move to a senior living community.

Maybe you’re well-aware of senior living communities in your area, like Springpoint Life Plan Communities (also known as continuing care retirement communities), but you aren’t sure what they really offer. Senior living communities combine an independent lifestyle, hospitality and access to all levels of healthcare all in one convenient location.

Making the move to a senior living community is an exciting choice to make, but you may be wondering – what are the benefits of making this move? In this guide, we’ll share a few of the benefits of senior living at a Springpoint Life Plan Community and why you may want to make the move sooner rather than later.

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## 10 Benefits of Senior Living

How do you picture your retirement? Do you plan to travel the world, spending your days seeking new adventures and opportunities? Are you looking forward to having more time to spend on the activities you love most, whether that's golfing, reading the latest bestsellers or enjoying the company of your friends and family? Or are you simply hoping to relax, watch a sunrise, eat a late breakfast and take each day as it comes?

In each of the Springpoint Life Plan communities, you'll find the lifestyle you crave with the amenities to make it all possible. Independent living in our continuing care retirement communities means comfortable, active living now with peace of mind for your future. You'll have everything you need for an active, invigorating life, with spacious, maintenance-free independent living options, an abundance of wellness opportunities to enrich your mind, body and spirit, and a full continuum of care to ensure your needs will be met, all in the community you already love. It's a major life decision to move to a senior living community.

At Springpoint, we want it to be one of the best decisions you've ever made. While we believe the benefits of senior living are far-reaching, here are 10 of our favorites..



## What Are 10 Benefits of Senior Living?



**1**

### **Physical Wellness**

Senior living communities understand the importance of helping you stay happy, healthy and engaged. You'll find high-quality wellness programs and activities that focus on your physical, social, emotional, intellectual, environmental, spiritual and vocational wellbeing.

At Springpoint, our comprehensive, award-winning senior wellness program, LivWell, goes far beyond traditional senior living activities like fitness classes and Bingo. Recognized for innovation by LeadingAge New Jersey, our LivWell philosophy is "to provide the opportunity to engage in experiences which support a high quality of life, personal choice, lifelong development and an optimal sense of well-being." Whether you love swimming or woodworking, want to walk a 5k or dance at your granddaughter's wedding, LivWell offers high-quality activities that will hit the mark, with noticeable strides in wellness in all seven dimensions.



**2**

### **No More Home Maintenance**

Tired of paying for home repairs, spending your time cooking and cleaning, raking leaves, shoveling snow or fixing those leaky gutters? Leave those tasks to a team of helpful, caring professionals with no extra cost to you. With less time spent on household chores and maintenance, you'll have more time to focus on friends, family and the activities you enjoy most.



### 3

## A Secure Financial Future

Springpoint communities offer several financial plan options designed to meet your specific financial goals. When you come in to talk to one of our sales counselors, the first step they take is to learn more about what makes you, you. We recognize that each person's financial situation and goals are different.

All-inclusive pricing at a senior living community covers all your maintenance, housekeeping, utility and property tax costs and a multitude of unique conveniences and services. With one monthly check, you'll enjoy predictable payments to simplify managing your expenses. Plus, a portion of your monthly fee and entrance fee may qualify for inclusion on your income tax return as prepaid medical expenses.



### 4

## Decreased Risk of Social Isolation

Staying socially active has a major impact on your health, both physically and mentally. In fact, studies show that older adults who continue to build and maintain relationships throughout their lives have better memory and cognition, and a decreased risk for a variety of chronic conditions. What better way to stay socially connected than to live in a community surrounded by your peers?

We believe in providing every opportunity to allow residents to never stop learning or growing, as we know this leads to the best sense of wellbeing. You'll find a diverse range of daily and weekly activities at senior living communities, all designed to keep you engaged with others who share your interests.



## What Are 10 Benefits of Senior Living?



**5**

### **Eased Concerns of Family Members**

It's common for adult children to become the primary caregivers for aging parents in their later years. Often, this takes a toll on not only the family relationship, but also on the caregiver's health. Moving to a senior living community helps ease the worries your children may have about your healthcare needs down the road, as they know you'll have access to a comprehensive continuum of care in a place that is comfortable and familiar.



**6**

### **Access to Quality Healthcare Offerings**

Many senior living communities offer multiple levels of care on site – a Life Plan Community or continuing care retirement community (CCRC) ensures residents enjoy a true continuum of care. They can rest easy knowing that, should their health needs ever change, the level of supportive services they require can adjust to those needs.

A Life Plan community offers varying levels of care to residents, from independent living options to assisted living, rehabilitation, skilled nursing and memory care services. Our goal is to provide the care you need in order to thrive while still maintaining the highest level of independence. Whether you need assistance with daily activities or constant monitoring of a chronic condition, our expert, caring staff makes sure your needs are met.



### 7

### Vocational Wellness

One of the most common fears older adults have about moving to a community is that their independence will be compromised. There's no need to worry that you'll be forced into a set schedule based on someone else's time or expectations. You'll still decide how to spend your days, what activities you want to participate in, what you'll choose to have for dinner, etc. In leaving home maintenance to our team of caring professionals and with access to plenty of physical, social and recreational activities, you'll feel more active and independent than ever before.





### 8

## Access to a Wide Variety of Services and Amenities

Besides your own personal living space, you have plenty of communal space to enjoy your days. Think of it as an extension of your own home – you're able to simply walk down the hall to participate in an exercise class, listen to a renowned author or watch a movie. And you get to do the things you enjoy with neighbors who become close friends.

As a resident of our communities, you'll enjoy maintenance-free, spacious independent living apartments, cottages or villas with all the amenities.

### You also have access to:

- Restaurant-style dining
- Housekeeping services
- Complete maintenance, inside and out
- Concierge services
- Transportation to grocery, shops and more
- 24-hour security
- LivWell health & wellness program
- Library, art studio, workshops, game room and more
- Fitness center and aquatic center
- Life-enriching programs and classes
- Performance spaces
- Beautiful grounds, walking paths
- Wellness clinic
- Onsite healthcare center
- *And more!*





### 9

#### **Increased Safety and Security Measures**

You deserve the feeling of safety in your home. When you live at Springpoint Life Plan Community, you can rest assured knowing that we work tirelessly to promote the safety, health, and well-being of our residents and staff. In addition to offering safety features such as back-up generators, 24-hour security, and exceptional health and long-term care services, we have experienced leadership both at the community and parent organization level. The power and resources of the Springpoint system is what sets our communities apart.

We have a dedicated risk-management professional, clinical experts, medical directors and a committee on professional services overseen by medical experts. Our experts are adept at handling all kinds of emergencies. They work in consult with local, state, and federal officials including the New Jersey Office of Emergency Management and the Federal Emergency Management Agency (FEMA). Additionally, our senior management team has years of operational experience in crisis management, we share best practices among our communities, and we have the purchasing power to attain whatever supplies are needed.

### 10

#### **An Opportunity to Make a New Home**

When it comes to making the move to senior living, you're making the move to your new home. Whether you choose an apartment, cottage or villa, each one offers you an opportunity to personalize and make it your own. You can surround yourself with items that are most important to you, whether it be photos, or a piece of furniture passed down in your family. You can host family and friends for meals or game nights. You can curl up in your favorite spot to read or watch your favorite show. This is the place where you can relax and are able to be your most true self.



# Why You Should Make the Move Now

When it comes to the future, you most likely want to ensure you stay as healthy, safe and independent as possible, for as long as possible. And while it's true that many seniors today are feeling younger and more active than ever, it's important to be prepared for the changes that inevitably come as you age.

**Making the move to a senior living community allows you the active, independent life now with peace of mind that your future needs will be taken care of.** Why wouldn't you want to take advantage of the benefits of senior living as soon as you're able?

A common theme among the residents at our Springpoint communities is,

**“I wish I would have moved here sooner.”**

By choosing to make the move to senior living sooner rather than later, you're choosing more freedom, more independence and more excitement during your retirement years.

Don't just take our word for it – hear it from the residents themselves!

*“A special note to those of you who are reading this and saying, ‘I’m not ready yet,’ I offer the following baseball analogy: ‘It is often better to trade a player one year too early than one year too late.’ Don’t be too late!”*

- Michael Kennedy, resident at Springpoint community The Atrium at Navesink Harbor

*“I am a retired banker and believe that people should educate themselves about their retirement living options before there's a problem and look to move to a place like Crestwood earlier so they can enjoy all the amenities and friendships.”*

- Howard and Jean Bartlet, residents at Springpoint community Crestwood Manor

# Discover the Benefits of Senior Living at Springpoint

If you're thinking about moving to a senior living community and taking advantage of the numerous benefits they provide, you've already taken an important first step. You'll find everything you need for a vibrant, enriching retirement lifestyle at Springpoint.

Now that you know a little more about the benefits of senior living and why you should make the move sooner rather than later, we invite you to come see a Springpoint community for yourself. Whether it be a virtual appointment or in-person meeting, we believe you'll have a much better idea of what your life could be as a resident in any of our eight CCRCs. Call us to schedule a tour today to personally experience your potential new home.

Call us at one of our eight continuing care retirement communities to schedule a tour to personally experience your potential new home.

## **The Atrium at Navesink Harbor**

40 Riverside Ave  
Red Bank, NJ 07701  
877-284-3884  
[atriumatnavesink.org](http://atriumatnavesink.org)

## **The Moorings at Lewes**

17028 Cadbury Cir  
Lewes, DE 19958  
302-727-0037  
[mooringsatlewes.org](http://mooringsatlewes.org)

## **Meadow Lakes**

300 Meadow Lakes,  
East Windsor, NJ 08520  
877-504-1196  
[meadowlakesonline.org](http://meadowlakesonline.org)

## **Crestwood Manor**

50 Lacey Rd  
Whiting, NJ 08759  
877-467-1652  
[crestwoodmanoronline.org](http://crestwoodmanoronline.org)

## **The Oaks at Denville**

19 Pocono Rd  
Denville, NJ 07834  
877-693-7650  
[oaksatdenville.org](http://oaksatdenville.org)

## **Monroe Village**

1 David Brainerd Dr  
Monroe Twp., NJ 08831  
877-586-1552  
[monroevillageonline.org](http://monroevillageonline.org)

## **Stonebridge at Montgomery**

100 Hollinshead Spring Rd  
Skillman, NJ 08558  
877-636-1480  
[stonebridgeatmontgomery.org](http://stonebridgeatmontgomery.org)

## **Winchester Gardens**

333 Elmwood Ave  
Maplewood, NJ 07040  
877-319-9856  
[winchestergardens.com](http://winchestergardens.com)

## **Springpoint Home Office**

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Wall Township, NJ 07753  
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