



More Than a Move: **A Complete Guide** to Senior Living and the Springpoint Difference





Senior Living Isn't a Step Back—It's a Leap Forward

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, or CCRCs), 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, but you may be wondering: what are the benefits? In this guide, we'll share 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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Meet Springpoint: A Century of Senior Care

For more than a century, Springpoint has been guided by a simple but powerful mission: helping older adults across New Jersey and Delaware live with joy, purpose, and peace of mind. We serve more than 4,000 seniors through eight Life Plan Communities, 19 [affordable housing communities](#), and a range of programs designed to meet people right where they are. And every single day, we show up for the people who call our communities home.

Because here's what we believe: growing older should mean more, not less. More laughter with neighbors who become lifelong friends. More mornings spent doing exactly what you love. More confidence that you're supported, seen, and cared for. That's the spirit behind everything we do, from our welcoming communities to [Springpoint at Home](#) and [Springpoint Choice](#), which help people age gracefully on their own terms.

Each of our Life Plan Communities has its own wonderful personality, from a coastal retreat in Delaware to a lakeside haven in central New Jersey, or a historic estate with flourishing gardens. Although the settings may differ, they all share the same warm heart.

We're proud of our 100+-year legacy and even more excited about what comes next for you, and for all of us together.



Our Resident-First Philosophy

As a nonprofit, our priorities are simple: residents come first, always. Any profits we earn go right back into our communities, including the people, programs, dining, and care that make life here truly special. Residents don't just call our communities home; they help shape the entire Springpoint experience. Their voices matter to us deeply.

And our senior living communities extend well beyond our front doors. The [Springpoint Foundation](#) supports our mission by making a difference in the lives of seniors, their families, and our overall organization through the following programs:

Resident Financial Assistance Program

Through generous donations, the Foundation has created a Resident Financial Assistance fund that ensures that qualified Life Plan Community residents who, through no fault of their own, outlive their resources won't have to leave their community. We're proud of the fact that we've never had to turn away a resident who could no longer afford to stay with us.

Spiritual Care Program

We provide spiritual and educational resources honoring all faith traditions through a vibrant chaplaincy program. Spiritual guidance and support within our senior living communities instill personal strength in residents, helping them better prepare for life's changes and transitions.

Affordable Housing Support

Several key initiatives are part of the Foundation's affordable housing support, including transportation, literacy programs, emergency preparedness, and health and wellness. The Foundation oversees Community Cares, a program that provides donations and health essentials to residents of affordable housing. Community Cares relies on Life Plan Community residents, business partners, and employees who generously donate funds, time, and talent.



Our mission is to inspire generosity in support of programs that make a difference in people's lives as they age and enrich the communities where they live.

Senior Living and Care Options

Springpoint residents enjoy maintenance-free living, spacious apartments, cottages, or villas with all the amenities, as well as the comfort of knowing they have a secure plan for their future. Residents find everything they need to thrive in each of our Life Plan Communities in New Jersey and Delaware, no matter where life’s journey may lead.

Within the Springpoint network of communities, we offer a full continuum of care, including independent living, assisted living, skilled nursing, rehabilitation, memory care, and personal care services. Our vibrant senior living communities make your overall well-being and quality of life a top priority.

We’re dedicated to meeting the unique needs of each resident through our comfortable living options, devotion to whole-person wellness, and compassionate senior care services.



01 Independent Living

Independent living offers an active, independent, and engaging lifestyle for older adults seeking to free themselves from the burden of home maintenance. Residents enjoy more time to focus on what they love most, whether it’s a hobby, meeting new friends, exploring the local area, or spending time with family. There’s always something to do in the community.

02 Assisted Living

Assisted living offers personalized levels of care so residents can experience as much independence as possible. Personalized assistance with daily activities from a team of compassionate professionals helps boost their health and happiness.

03 Skilled Nursing

Skilled nursing centers offer top-quality short- and long-term care from a professionally trained team 24-hours a day, seven days a week. In addition to expert care in a comforting environment, residents enjoy on-site amenities and opportunities to engage in social activities.

04 Rehabilitation

Rehabilitation offers the innovative care you need to return to health and normal life after an illness, injury, or surgery. Our team of caring professionals includes physicians, registered nurses, skilled therapists, and social workers.

05 Memory Care

Memory care services are specifically designed for the needs of those with Alzheimer’s disease or other forms of dementia. Our innovative memory care program, Connections, A Dementia Care Model of Excellence, ensures residents enjoy the highest quality of life while staying connected to the world around them.

10 Reasons Senior Living at Springpoint **Changes Everything**

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? It's a major life decision to move to a senior living community, but it's also the beginning of an exciting new chapter. Exploring different senior living communities is the first step towards finding your new home.

In each of Springpoint's 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 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 strive to make it one of the best decisions you'll ever make. While we believe the benefits of senior living are far-reaching, here are ten of our favorites.

01 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 well-being.

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, or want to walk a 5k or dance at your granddaughter's wedding, LivWell offers high-quality activities that will hit the mark and make noticeable strides toward wellness across all seven dimensions.

02 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.

03 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 your maintenance, housekeeping, utilities, and property taxes, as well as a wide range of unique conveniences and services. With one monthly check, you'll enjoy predictable payments to simplify managing your expenses. Plus, a portion of our monthly fee and entrance fee may qualify for inclusion on your income tax return as prepaid medical expenses.

05 Eased Concerns of Family Members

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

04 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 for residents to continue learning and growing, as we know this leads to the best sense of well-being. 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.

06 Access to Quality Healthcare Offerings

Many senior living communities offer multiple levels of care on-site. A Life Plan Community, or CCRC, ensures that 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 accordingly.

Life Plan Communities offer residents varying levels of care, from independent living to assisted living, rehabilitation, skilled nursing, and memory care. Our goal is to provide the care you need to thrive while 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.

07 Vocational Wellness

One of the most common fears older adults have about moving to a senior living 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 have for dinner, etc. By leaving home maintenance to our team of caring professionals and giving you access to a plethora of physical, social, and recreational activities, you'll feel more active and independent than ever before.



08 Access to a Wide Variety of Services and Amenities

In addition to your 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 one of our Life Plan Communities, you'll enjoy maintenance-free living, 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 the grocery store, 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
- ✓ On-site healthcare center
- ✓ And more!

09 Increased Safety and Security Measures

You deserve to feel safe in your home. When you live at a Springpoint Life Plan Community, you can rest assured knowing that we work tirelessly to promote the safety, health, and well-being of residents and staff.

In addition to offering safety features such as backup generators, 24-hour security, and exceptional health and long-term care services, we have experienced leadership at both the community and parent organization levels. The power and resources of the Springpoint system are what set our senior living 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 consultation 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. Here are just a few of the emergency protocols we have in place for residents and team members:

Emergency Communications

Communication is key to safety and security. In the event of an emergency, we have an emergency communication system in each of our communities to keep staff, residents, and families up to date via voice, text, and email messages.

Disaster Preparedness

When it comes to your security, the Springpoint team has a detailed disaster preparedness plan. We regularly revisit and update our procedures as needed to give you the confidence you deserve.

Emergency Power

In the event of a storm or other extended power outage, we have what we need to keep everyone safe. Our communities have on-site generators and advanced arrangements for fuel supplies and backup power to keep them running during a power outage.

Emergency Policies and Procedures

To be fully prepared for the unexpected, we share best practices and identify opportunities for improvement across all Springpoint communities.

Infectious Disease Outbreak Preparedness

In the event of an infectious disease outbreak, our clinical and infection control experts, along with medical directors, comply with mandates from the Centers for Medicare & Medicaid Services (CMS), the Centers for Disease Control and Prevention (CDC), and state and local departments of health.

10 An Opportunity to Make a New Home

When it comes to choosing a senior living community, one of the most important factors is feeling truly at home. Whether you choose an apartment, a cottage, or a village, each offers the opportunity to personalize it 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 senior living means you can relax and be your true self – with a full continuum of care always available when you need it.

In addition to your 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.



The Best Time to Move is Sooner Than You Think

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 are inevitable as you age.

Making the most of a senior living community allows you to maintain an active, independent life now, with peace of mind that your future needs will be taken care of (if and when needed). Why wouldn't you want to take advantage of the benefits of senior living as soon as you're able?

Our Promise to You

The Resident First Guarantee

At Springpoint, we want all of our residents to be fully satisfied and fulfilled by life in our communities. We understand life comes with changes, and as a part of the Springpoint family, we offer a money-back satisfaction guarantee" ensures your entrance fee will be fully refunded if you decide to leave a Springpoint Life Plan Community for any reason within 60 days of moving in.



Day Full Refund

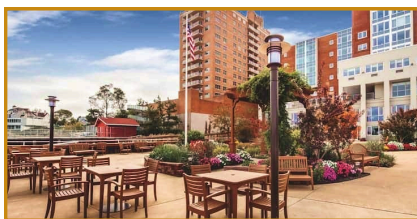
Touring the Community: What to Expect

If you're thinking about moving to a senior living community and taking advantage of the numerous benefits that it provides, 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 see a Springpoint community for yourself. Whether it's a virtual appointment or an in-person visit, we believe you'll have a much better idea of what your life could be like as a resident in any of our eight CCRCs.

Connect with us today to schedule a personal tour to experience all that Springpoint Life Plan Communities have to offer.

Our Communities



The Atrium at Navesink Harbor

📍 40 Riverside Ave
Red Bank, NJ 07701

📞 877-284-3884



Crestwood Manor

📍 50 Lacey Rd
Whiting, NJ 08759

📞 877-467-1652



Meadow Lakes

📍 300 Meadow Lakes
East Windsor, NJ 08520

📞 877-504-1196



Monroe Village

📍 1 David Brainerd Dr
Monroe Township, NJ 08831

📞 877-586-1552



The Moorings at Lewes

📍 17028 Cadbury Cir
Lewes, DE 19958

📞 302-727-0037



The Oaks at Denville

📍 19 Pocono Rd
Denville, NJ 07834

📞 877-693-7650



Stonebridge at Montgomery

📍 100 Hollinshead Spring Rd
Skillman, NJ 08558

📞 877-636-1480



Winchester Gardens

📍 333 Elmwood Ave
Maplewood, NJ 07040

📞 877-319-9856

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