

Finding Your Fit: A Practical Guide to Springpoint Communities



SpringpointSL.org

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Making the move to a Springpoint community is a major decision. It takes time and careful consideration. But as a planner, of course you're ready. We want this to be one of the best decisions you've ever made, and we want you to go into your senior living search with confidence.

This guide is designed to help you think through how you want to enjoy your retirement and how the senior living lifestyle might match up with your goals. We hope it helps you take the next steps toward discovering how Springpoint is the right fit for your future.

It's your time — how do you want to spend it?..... 3

Location, Location, Location 5

What Are You Looking for in a Community?..... 6

Prioritizing Health Care 8

Call us today to schedule a tour to personally
experience all that our communities have to offer 10



It's your time—how do you want to spend it?

Springpoint communities are thoughtfully designed to give you more time and opportunities to dive deeper into your passions and interests, and to discover new ones. In each of the Springpoint senior living communities, you'll find the lifestyle you crave with the amenities to make it all possible. So how do you spend your time now? And how would you spend it if you could do things differently?

What Do I Want Access To?

I want convenient access to: (Check all that apply.)

- | | |
|--|---|
| <input type="radio"/> Arts studio | <input type="radio"/> Performing arts |
| <input type="radio"/> Book club | <input type="radio"/> Personal trainer |
| <input type="radio"/> Bridge/Poker/Card games | <input type="radio"/> Religious services |
| <input type="radio"/> Casual cafe dining | <input type="radio"/> Restaurant-style dining |
| <input type="radio"/> Choir group | <input type="radio"/> Sporting events |
| <input type="radio"/> Continuing education | <input type="radio"/> Swimming |
| <input type="radio"/> Cultural excursions/Activities | <input type="radio"/> Tai chi |
| <input type="radio"/> Dancing | <input type="radio"/> Travel |
| <input type="radio"/> Discussion groups | <input type="radio"/> Volunteer opportunities |
| <input type="radio"/> Educational presentations | <input type="radio"/> Walking trails |
| <input type="radio"/> Exercise classes | <input type="radio"/> Weight training |
| <input type="radio"/> Fitness center | <input type="radio"/> Well-stocked library |
| <input type="radio"/> Gardening | <input type="radio"/> Woodworking |
| <input type="radio"/> Golf | <input type="radio"/> Yoga |
| <input type="radio"/> Music: playing an instrument | <input type="radio"/> Other _____ |



What Do I Want Someone Else to Do?

Staying in your own home is appealing, but homeowner responsibilities—and expenses—can be a burden and might be smart to let go of. In each of our communities, you can say goodbye to the things that might have held you back and hello to a world of new possibilities. What homeowner responsibilities would you like someone else to do? (Check all that apply.)

- | | |
|--|---------------------------------------|
| <input type="checkbox"/> Interior maintenance | <input type="checkbox"/> Housekeeping |
| <input type="checkbox"/> Exterior maintenance | <input type="checkbox"/> Cooking |
| <input type="checkbox"/> Yardwork | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> Snow and leaf removal | |

Only about 1% of existing homes are conducive to aging in place.

As you weigh your options, consider the things that regularly need to be done around the house, and how long you envision yourself doing them in the future. Ask yourself these important questions:

- How much yardwork needs to be done, and how easy is it for you to do it?
- What kinds of house repairs are needed? Are you willing or able to do them all?
- Even if you enjoy fixing things and taking care of the yard, will you still want to do it all in three to five years?



Location, Location, Location

At Springpoint, we've made it our mission to provide exceptional services and innovative programs that empower those we serve and those who serve them to experience the best that life has to offer. You'll feel that difference in each of our vibrant Life Plan Communities.

Coastal living near the stunning beaches of Delaware; waterfront living on the banks of the Navesink River in Red Bank, New Jersey; or stimulating living near Princeton, New Jersey. No matter which of our unique senior care or Life Plan Communities you choose, you'll enjoy the independence you desire with the companionship of a supportive community. Take a few minutes to evaluate some key factors in choosing the location that will suit your lifestyle.

	Very Important	Somewhat Important	Not Very Important
Stay in or near my current neighborhood			
Live near family members			
Convenient entertainment and shopping			
Close to cultural venues			
Near a university or college			
City/downtown location			
Suburban location			
Convenient travel hub (airport, cruise port, etc.)			



What Are You Looking for in a Community?

What do you envision when you think about your retirement? How do you want to spend your days? What kind of place do you want to live in? It's time to enjoy the retirement lifestyle you deserve. Each of our communities features distinctive living options, an array of enriching amenities, and opportunities to keep you thriving.

What Matters Most

Spend some time thinking through what aspects of senior living communities are appealing—and important—to you.

	Very Important	Somewhat Important	Not Very Important
Being part of a friendly community			
Having plenty of privacy when I want it			
Having quality health care available if I need it			
Having predictable living expenses			
Making my own choices			
Feeling true peace of mind about the future			
Having purpose and fulfillment			
Taking care of my mind, body, and spirit			



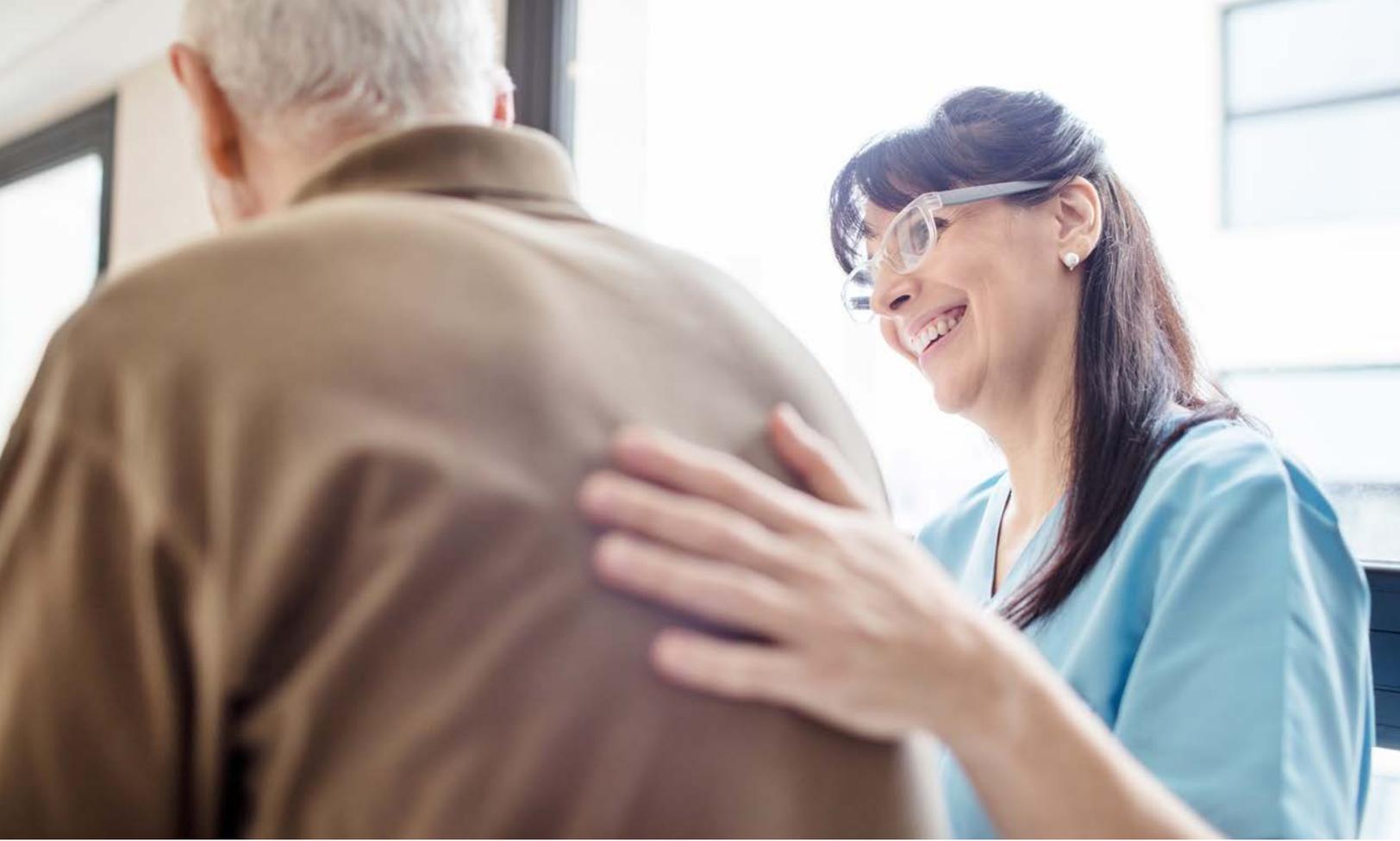
Community Must-Haves

In each of the Springpoint senior living communities, you'll find the lifestyle you crave with the amenities to make it all possible. In every community, your lifestyle is built around your specific preferences and needs. Our approach to living well in retirement is far from one-size-fits-all, because you expect the best, and we ensure you'll live your best.

Think through your priorities. What are the must-haves for you to consider a senior living community? (Check all that apply.)

- Pet-friendly
- Multiple floor plan options
- Housekeeping
- Home maintenance services
- Freedom to make my own schedule
- Variety of menu choices and dining venues
- Emphasis on multiple dimensions of wellness
- Activities that interest and/or challenge me
- Fitness classes at a variety of skill levels
- Eco-friendly practices
- Religious services
- Resident voice in community activities and events
- Access to continuum of care
- Outdoor spaces for gardening, walking, and recreation
- Nonprofit organization
- 24/7 security
- Transportation services
- Other _____

Now that you've evaluated what's most important to you, it's time to take a closer look at Springpoint. We'd love to show you around any of our eight Life Plan Communities and let you meet with residents so you can get a clearer idea of what it's like to live here. Bring this guide with you—we'll be happy to discuss where your priorities line up with ours, and how we can provide the ideal retirement lifestyle you deserve.



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Prioritizing Health Care

While 70% of people ages 65+ will use some type of long-term care services, only 35% believe they'll need such care. Hopefully, you and your spouse or partner will stay healthy. But do you have a plan in place in case your health needs change? Ask yourself:

- Where will I go for rehabilitation after illness or surgery?
- What will happen if I need daily care after a heart attack or stroke?
- What if I need assistance with dressing, bathing, or managing medications?
- Who will provide care if I develop dementia or other form of memory loss?



Prioritizing Health Care (cont.)

The Costs of Family Caregiving.

Many seniors assume their adult children or another relative will take care of them if the need arises. If you're thinking about family caregiving as an option for your future, you all need to understand the challenges that come with that loving gesture. Here are some questions to ask yourself:

- Do they have the knowledge and training to manage necessary medications, medical equipment, and in-home screenings? Is that a responsibility you want them to shoulder?
- Are you comfortable asking them to help you with bathing, dressing, toileting, and changing an adult brief?
- Do you want them to run errands, shop for groceries, prepare meals, and take care of chores like laundry, dishes, and cleaning?
- Do you want to count on them for all your transportation?
- Will they be physically able to lift you?

There are financial challenges to being a family caregiver as well. Family caregivers spend an average of \$7,400 per year of their own money taking care of their loved ones. For those who live more than an hour away, that cost rises to about \$12,700.

As a resident of Springpoint Life Plan Communities, you'll not only enjoy maintenance-free, amenity-filled independent living, but also the comfort of knowing you have a secure plan for whatever lies ahead. You'll find everything you need to enjoy your independent lifestyle even more because you've taken control of your future. And you'll free your family from the worries and burdens of finding or providing care for you.

92% of seniors surveyed have never discussed key long-term care topics with their adult children.





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Call us today to schedule a tour to personally experience all that our communities have to offer.

The Atrium at Navesink Harbor

40 Riverside Avenue
Red Bank, NJ 07701
1-877-284-3884
AtriumAtNavesink.org

The Moorings at Lewes

17028 Cadbury Circle
Lewes, DE 19958
302-727-0037
MooringsAtLewes.org

Meadow Lakes

300 Meadow Lakes
East Windsor, NJ 08520
1-877-504-1196
MeadowLakesOnline.org

Crestwood Manor

50 Lacey Road
Whiting, NJ 08759
1-877-467-1652
CrestwoodManorOnline.org

The Oaks at Denville

19 Pocono Road
Denville, NJ 07834
1-877-693-7650
OaksAtDenville.org

Monroe Village

One David Brainerd Drive
Monroe Township, NJ 08831
1-877-586-1552
MonroeVillageOnline.org

Stonebridge at Montgomery

100 Hollinshead Spring Road
Skillman, NJ 08558
1-877-636-1480
StonebridgeAtMontgomery.org

Winchester Gardens

333 Elmwood Avenue
Maplewood, NJ 07040
1-877-319-9856
WinchesterGardens.com

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