

# Setting the Record Straight: Senior Living Myths & Truths



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# The Springpoint Difference— Where You Can Expect the Best and Live Your Best

Senior living communities—and Springpoint communities, in particular—have been at the forefront of innovation in healthy aging. We champion our residents' wellness and happiness to create the best possible lifestyle for them.

Nevertheless, outdated stereotypes and myths persist. Below are some of the most common myths about senior living and the truths that tell the real story.

From our humble beginnings in 1916, Springpoint has evolved to be a premier leader in senior living, services, and care. We take pride in helping seniors live a more vibrant lifestyle while offering them opportunities to pursue their passions. With over 100 years of experience, we stay true to our commitment to quality.

Discover the truth about senior living and Springpoint Life Plan Communities.

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### **Myth: Moving to a community means sacrifice.**

**Reality:** Springpoint communities have been carefully designed and fine-tuned to provide residents greater freedom and more opportunities, along with the security for the future. Maintenance-free living unburdens you, so you can pursue your interests and spend time with friends and loved ones. Travel with the confidence that your residence will be cared for. Join clubs and committees with new friends, and enjoy a campus full of amenities to grow your hobbies and create a healthy lifestyle that suits your preferences. The truth is: New possibilities open up with a move to a Springpoint community.



### **Myth: I shouldn't move to a senior living community until I need care.**

**Reality:** Independent living provides a vibrant, active lifestyle for seniors who don't yet need care. Community living is a wonderful opportunity to enjoy the amenities and services while meeting new friends.

With a dedication to whole-person wellness, many seniors find they remain healthy and active while living in a Springpoint community. LivWell is our award-winning whole person wellness program focused on these seven dimensions of wellness: physical wellness, vocational wellness, spiritual wellness, environmental wellness, social wellness, emotional wellness, and intellectual wellness.

Plus, independent living residents who move to a Life Plan Community have priority access to higher levels of senior care if their care needs should change. At Springpoint communities, residents can receive assisted living, skilled nursing, rehabilitation, and memory care if they ever need that type of support.

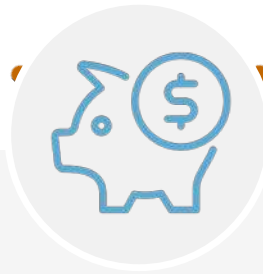


### **Myth: Senior living communities are too expensive.**

**Reality:** Actually, when compared to your current home maintenance costs combined with lifestyle expenses, Springpoint communities are often similar in cost, if not a better value for your money. Additionally, having easy access to higher levels of care can save you money and hassle when you don't have to move when you need further support.

#### **Monthly fees at a Springpoint community include:**

- Concierge services
- Individually controlled utilities
- Flexible dining plans
- Housekeeping and linen service
- Maintenance and upkeep
- Restaurant-style and casual dining
- 24-hour security and emergency response staff
- Art studio, library, woodworking shop and more
- Fitness center and heated indoor swimming pool
- Life-enriching programs, trips, and classes
- Access to a continuum of care that includes independent living, assisted living skilled nursing, and rehabilitation
- LivWell, our award-winning health and wellness program



### **Myth: Senior living communities are just about profits.**

**Reality:** Springpoint is a nonprofit organization that invests profits back into the campus and community to continually improve the everyday experiences of our residents. Here, residents have a voice in their community to help guide the community to suit their evolving needs.

Residents are our first priority—not profits.

Your investment in senior living should serve you. The Residents First Guarantee ensures your entrance fee will be fully refunded if you decide to leave a Springpoint community for any reason within 60 days of moving in.

Our Resident Financial Assistance Program most strongly illustrates this dedication to our residents. Qualified Life Plan Community residents who outlive their resources through no fault of their own will have a home at their Springpoint community for life. This support is possible through generous donations to the Springpoint Foundation.





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### **Myth: I'll have more privacy at home.**

**Reality:** All community team members treat resident privacy with the utmost respect. No activities are mandatory. You can be as involved in community life as you choose. And don't forget—other residents enjoy their private time as well.

Even when residents require daily care, their health support team will consult them about scheduling. Associates will work with the resident and their family to incorporate their preferences into the care program.



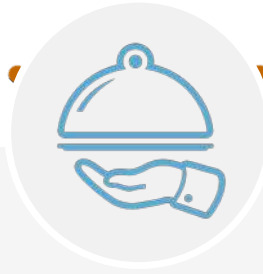
### **Myth: I won't know anyone.**

**Reality:** While residents enjoy as much privacy as they prefer, one of the important gifts of senior living is the rich social life. Regular socialization has been proven to help reduce stress, increase self-esteem, diminish the risk of depression and anxiety, sharpen cognition, and lengthen lifespan.

At a Springpoint community, you don't have to know anyone when you move in. It's easy to meet new people and form lasting friendships. You'll have the opportunity to dine with neighbors, attend fun events, take fitness classes with friends, and more. In good times and challenges, you can step outside your door and connect with neighbors who offer comfort, strength, and fun.







### **Myth: The food will be bland and repetitive.**

**Reality:** Food should add flavor to your days—in addition to your plate.

At Springpoint communities, professional chefs source fresh, local ingredients to create dishes residents love. They add variety to their ever-changing menus to keep residents' palates intrigued. Community dietitians offer their expertise to ensure daily meals serve all residents' nutritional needs and preferences.

Old notions have no place in Springpoint's forward-thinking approach to senior living. We're transcending stereotypes to provide a vibrant, personal approach to community life.





## See the Reality of Springpoint for Yourself.

**Reality:** Prepared with the truth of senior living, come by to explore a Springpoint community in person. Find out more about any of our eight Life Plan Communities with a virtual or on-site appointment. You'll gain a more detailed understanding of what life could be as a resident.

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

**The Atrium at Navesink Harbor**

40 Riverside Ave.  
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**

1 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 Ave.  
Maplewood, NJ 07040  
1-877-319-9856  
WinchesterGardens.com

**Springpoint Home Office**

4814 Outlook Drive, Suite 201  
Wall Township, NJ 07753  
SpringpointSL.org