



NAVIGATING RETIREMENT

Living Options



Inspired by beauty, catered to you.

Retirement Living 101

To make the best decision, it's important to understand the options available to you. There are many different kinds of retirement living communities. The choices range from a neighborhood environment with basic home and lawn care provided, to a community offering a wide variety of services and amenities.

Types of communities to consider

CONDOMINIUMS

Condominiums enable you to retain homeownership with a large upfront purchase price as well as monthly service fees but typically provide only minimal services such as lawn maintenance and snow removal. If more services or amenities are required, you would likely need to arrange for them on your own outside of the community.

LIFE PLAN COMMUNITIES

Formerly known as continuing care retirement communities

Life Plan communities offer a full range of residential and health services within the same community. As residents' health needs change, they can access additional levels of care. Life Plan communities can be more expensive upfront with a large entrance fee when compared to other retirement living options.

RETIREMENT LIVING COMMUNITIES

Retirement living communities offer independent living in apartment homes without the burden of a large upfront investment. They typically provide a full range of services and amenities to promote an active lifestyle and independence, for a monthly rental fee. Wellness programs, security and a variety of amenities are available on-site. There are more options giving you flexibility and control over your budget and lifestyle.

CATERED LIVING:

Catered living communities provide spacious apartments with full kitchens, in-unit laundry and additional conveniences. Tailored to support residents' lifestyles, catered living neighborhoods offer independence with the comfort of knowing support is there if and when you need it, along with an active calendar, housekeeping and superb dining.

ASSISTED LIVING COMMUNITIES

Assisted living communities offer some of the services and amenities of independent living with the additional benefit of support provided by licensed nurses and caregivers, based on how much assistance with daily living is needed. Care may include providing assistance with medications, housekeeping, dressing and hygiene.

MEMORY CARE COMMUNITIES

Many communities also offer a secure and safe neighborhood designed specifically for those with Alzheimer's and other forms of dementia. These communities provide a secure environment and assist residents in being as social and active as possible with specialized programs and therapies.

This is an exciting time



to make the most of the retirement you've worked so diligently to achieve. A time to examine the possibilities: what are you most looking forward to doing? How will you find security and peace of mind, while at the same time fulfilling your dreams? How will you shape your years after retirement?

First, you'll create a strategic plan for the future. You'll want to know what your lifestyle options are before determining which one is right for you. These options also must take into account future needs and unforeseen changes.

Navigating Retirement Living Options is a guide to help you make the informed decisions necessary to develop a strategic plan for your future. We hope you find it a beneficial resource for planning your future lifestyle.



What is important to you?

Now that you're familiar with the options, choose the individual features of your future lifestyle that will best meet your needs and goals. You'll get a better understanding of what those features are by answering the following questions:

I consider the following important for my future:

Freedom to create my own schedule	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Low-maintenance living	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Programs that inspire — at my pace, on my schedule	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Variety of flexible dining options	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Opportunities for wellness in body, mind and spirit	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Abundant amenities (pool, outdoor space, fitness center, etc.)	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Housekeeping services	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Comfortable, vibrant surroundings	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Scheduled transportation if I don't want to drive	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Educational, cultural and entertainment opportunities	<input type="checkbox"/> Yes	<input type="checkbox"/> No
All-inclusive pricing	<input type="checkbox"/> Yes	<input type="checkbox"/> No

<i>Consideration</i>	<i>Notes</i>
<p>If you moved today, in which kind of community do you think you would feel the most comfortable and fulfilled (type/size of residence, location, features, proximity to family, amenities, etc.)?</p>	

Location

Location is important. You will want your community to be close and connected to the things you love.

<i>Consideration</i>	<i>Notes</i>
Does the community have easy access to local shops, entertainment and services? (i.e. shopping, nationally recognized restaurants, wineries, museums, etc.)	
Is the location and surrounding environment appealing?	
Is the community attractively landscaped?	
Are its roads well cared for?	
Is a main thoroughfare or highway easily accessible?	
Is parking available for my car?	

Amenities

Each community offers residents different benefits and amenities. Some will appeal to you more than others. Which benefits stand out? Did they give you a feeling of excitement about the community?

<i>Consideration</i>	<i>Notes</i>
Does the community provide housekeeping, and if so how often?	
Are there flexible dining options and venues?	
Are the amenities also available to family members when they visit (i.e. dining, pool, fitness center)?	
Is scheduled transportation provided to nearby events and entertainment?	
Does the community offer an on-site salon and spa, grab-n-go food area, bar, library, fitness center, pool and outdoor spaces?	
What sort of maintenance does the community provide both inside and outside of the apartments?	

Living Space

As you plan to move into a community, a thorough evaluation will assist you in making your decision. You want your new home to be just right for you!

<i>Consideration</i>	<i>Notes</i>
Are there a variety of floor plans?	
What is the size range of the apartments?	
Does each apartment come with appliances? Which ones are included? Are they full-sized?	
Will you access laundry facilities in your apartment or in a common area?	
Do the apartments have balconies or patios?	
Are there extensive amenities on every floor?	
Are pets allowed?	

Programs

No two social calendars are filled with the same programs. Social preferences vary from person to person. Most likely, the community offers a wide array of programs to choose from — some you're already familiar with, some you may never have experienced.

<i>Consideration</i>	<i>Notes</i>
Is there a wide selection of social, cultural, educational and recreational programs to choose from?	
Is there a fitness center with state-of-the-art equipment?	
Is there a fitness trainer to assist you? Are there scheduled exercise classes that offer a variety of fitness options?	
Is there an indoor and outdoor heated pool with exercise programs?	
Are there individual programs in addition to group programs?	
Is there an art studio, movie theater, event center, library or bar?	
Are there places for picnics and barbecues, gardening areas, walking trails and other outdoor programs?	

Security & Safety

Getting to know your surroundings before moving into any new community is important. It is critical that you get to know its safety features as well. Make sure you keep these things in mind as you tour the community.

<i>Consideration</i>	<i>Notes</i>
Is there concierge and security personnel on-site 24 hours a day?	
What emergency response system is available inside the apartments?	
Is there a visitor management system with background checks to keep residents safe?	

Financial Strategy

Moving to a new community is an important decision — personally and financially. Your next move will be a crucial investment in your future!

<i>Consideration</i>	<i>Notes</i>
What is the monthly fee? Is it all-inclusive?	
Is a flexible dining plan and housekeeping services included in the monthly fee?	
Are utilities included in the monthly fee, such as WiFi and cable?	
Will the lifestyle you envision be attainable given the services and amenities the community provides?	
Will the monthly fee provide you with convenient access to all the on-site amenities?	



Inspired by beauty, catered to you.

As you embark on your journey to explore senior living options, we extend a warm invitation to discover Aden Senior Living, where we provide exceptional care and accommodations across three distinct levels: catered living, assisted living and memory care.

Surrounded by natural beauty yet nestled in the middle of everything that makes Ormond Beach so desirable, Aden Senior Living offers an array of lifestyle choices to suit your unique needs and preferences. Our catered living apartments are thoughtfully designed to provide you with the comfort of home, complete with full-sized appliances including ovens, washers, and dryers. It's an ideal option for those seeking independence with the convenience of a supportive community.

For those who require a bit more assistance, our assisted living is tailored to offer the perfect balance of independence and support. We understand that what matters to you, matters to us, and we are committed to fostering a family atmosphere and a strong sense of community where mutual trust and respect thrive.

In our secure and compassionate Valeo™ Memory Care neighborhood, we provide specialized care for residents facing memory-related challenges. With a focus on maintaining dignity and enhancing quality of life, our Valeo neighborhood ensures the safety and well-being of our residents while honoring their individuality.

At Aden Senior Living, health and wellness are central to our mission. Our holistic approach to wellness and successful aging encompasses every facet of life here, from personalized care and wellness support to housekeeping services. Our dedicated team is wholeheartedly committed to your safety, health, and overall well-being.

We invite you to visit Aden Senior Living and experience firsthand the welcoming environment, the sense of belonging, and the quality care we provide. To schedule a tour or inquire further, please call us at (386) 217-1777 today.

Make Aden Senior Living your home and embark on a journey filled with engagement, honor, and fulfillment, regardless of any physical or emotional challenges. We look forward to welcoming you into our community.

Sincerely,

Jake Knisley
Executive Director



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