

DISCOVER

THE PATH TO
RETIREMENT LIVING
THAT'S RIGHT FOR YOU



ROSE
SENIOR LIVING

RETIREMENT LIFESTYLE WORKBOOK

IT'S YOUR JOURNEY

Time to explore your wide-open future and focus on what you want most out of retirement living. At Rose Senior Living, we have created this easy-to-use workbook as a guide to direct you every step of the way. When you're finished, you'll have the confidence and clarity you need to retire without boundaries. We'll explore the options and determine which retirement lifestyle is best for you. You'll have the knowledge you need to not only plan your route, but take the wheel and make it happen. So, fasten your seatbelt and grab a pen or pencil.

GET READY, GET SET,

GO! 



FIRST

IDENTIFY WHAT'S IMPORTANT.

The exercises that follow are aimed at pinpointing what is most important to you—as well as the type of living arrangements you envision for this exciting phase of your life.

Check the box next to each statement that is true for you.

It is important for me to spend more time with my family and friends.

I desire a beautiful, vibrant and healthy environment in which to live.

I would love to have more time to enjoy my favorite hobbies and interests.

I would appreciate having someone reliable and trustworthy to take care of the heavy maintenance in/around my home.

I would like to try new activities and form new friendships with those who share my interests.

I sometimes wish I didn't have to worry about the costly unexpected "upkeep" that comes with home ownership.

I would welcome a more carefree lifestyle.

I dream of having the flexibility to travel more and still come home to a place of my own that has been well cared for while I am gone.

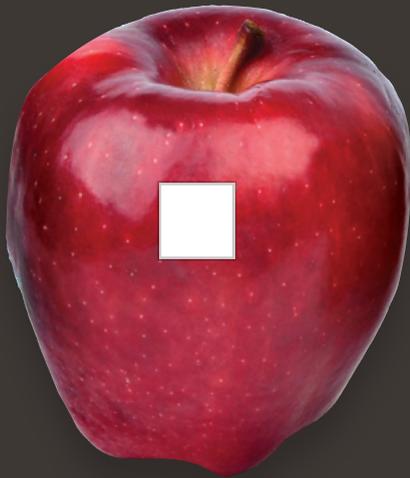


What do your answers reveal?

If you checked two or more of those statements, it's most likely time to make some changes that will allow you to live the way you want to live. We invite you to explore how you might benefit from the carefree lifestyle seniors just like you are already enjoying at Rose Senior Living.

NEXT

IDENTIFY YOUR PREFERENCES.



Use the checklist below to help you determine the services and amenities that would benefit you most in your future residence. Feel free to use the lines at the end to add anything significant not listed here.

- I want the freedom to set my own schedule.
- At the same time, I would appreciate opportunities to participate in activities, cultural programs and outings that interest me.

- I would enjoy living in a location that allows me to connect with the outdoors and enjoy the serenity and beauty of nature.
- At the same time, I would feel reassured knowing that I am still close to top-notch health services and providers, as well as quality shopping, dining and fitness opportunities.

- I want a home of my own filled with the belongings and mementos that reflect my life.
- At the same time, I would enjoy the comfort and peace of mind provided by maintenance-free living amid the security and neighborhood feel of a well-planned community.

- I want the option to be as independent as I choose to be, including cooking, cleaning, and doing laundry as I always have.
- At the same time, it would be nice to have a few chef-prepared meals, light housekeeping and laundry service available, while I could use the time to do something else I enjoy.

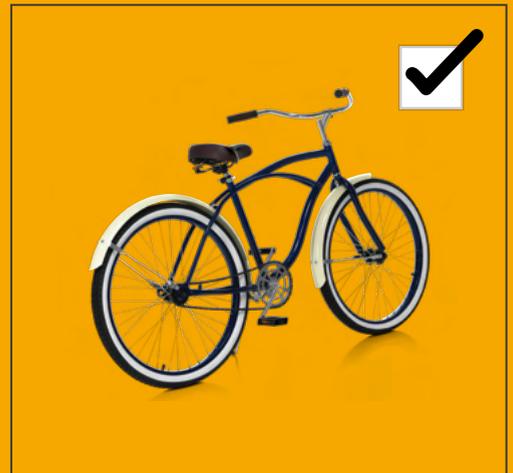
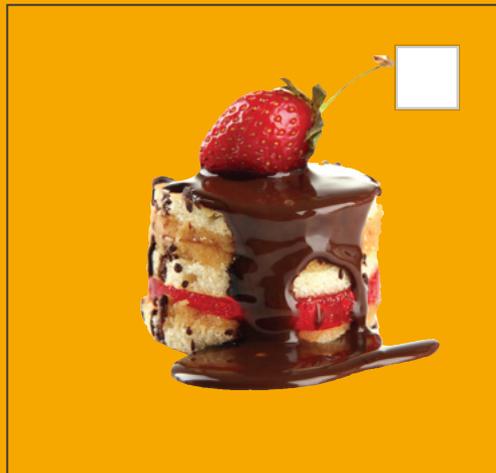
Other: _____

Sound too good to be true?

These amenities make up the lifestyle now enjoyed by residents of Rose Senior Living. Come see for yourself by calling to schedule your no-obligation experience.

THEN

IDENTIFY YOUR INTERESTS.



One of the biggest concerns in deciding where to live is whether or not the community will be a good fit and whether you will share common interests with your neighbors.

Take a look at the list below and check all activities that appeal to you.

Walking

Fishing

Golfing

Gardening

Exploring nature

Visiting with neighbors

Reading/Book club

Volunteering

Traveling

Community events and activities

Shopping and dining

Attending arts and cultural programs

Continuing education, lectures and seminars



What if you could have it all?

Whether you checked one or all of the activities in our checklist, you'll find residents who share your interests at Rose Senior Living. And like others here, you'll find even more time to enjoy those pursuits, because we take care of the chores that rob you of opportunities to cultivate hobbies and interests.

You really have to see for yourself. There's a feeling you get the moment you walk in the door at Rose Senior Living. As you spend a little time here, the feeling grows stronger. It's a feeling of freedom, inspiration and acceptance. You won't feel it at other communities. You can't get it staying in your home. It's found only at Rose Senior Living. It's a feeling like home...like family!

FINALLY

COMPARE COSTS.



Now that you've identified what you want, the next step is seeing if it is within your reach. Using the cost comparison guide here, you can calculate your current monthly living expenses and compare them with the cost of living at Rose Senior Living.

Monthly Expenses	Current Home	Rose Senior Living
Mortgage or rent	\$	Included
Electricity	\$	Included
Cable TV	\$	Included
Gas	\$	Included
Water	\$	Included
Sewer	\$	Included
Trash and garbage removal	\$	Included
WiFi/Internet	\$	Included
Housekeeping	\$	Included
Lawn care	\$	Included
Major home upkeep <i>i.e. painting, plumbing, roofing</i>	\$	Included
Real estate taxes	\$	Included
Security	\$	Included
Pest control	\$	Included
Fitness club membership	\$	Included
24-hour emergency response system	\$	Included
TOTAL	\$	All included in one low monthly fee.

How does it all add up?

Many seniors find that the cost of living at Rose Senior Living is similar to, if not less than, what they are spending in their current homes. Call today for more information about the financial advantages of senior living at Rose Senior Living.

STEP 1 | Get ready.

Make sure you are ready to move forward by checking off the following considerations.

Are you open to new possibilities? Or, have you stayed in a particular situation simply because you've been there so many years you are reluctant to change? Have you convinced yourself that life has to be better in the big home you currently own when, in reality, you could significantly enhance your quality of life by downsizing and choosing a residence that better matches the choices you identified in the lifestyle preferences section of this workbook?

Are you frozen in place by financial concerns? If you completed the cost comparison guide included in this workbook, you may have already found that a move could actually be to your fiscal advantage. The important questions are the practical ones: How much are you really using those extra bedrooms? Do you spend hours each week taking care of a yard that you then have no time or energy to enjoy? Are you setting aside disposable income for large-scale projects like a new roof or siding that you could be using to travel or explore new interests?

Are you aware of all the specific living options available to you (along with staying in your current home) in the retirement location of your choice? Have you made a list of the possibilities and gathered brochures and flyers so that you can compare them, side by side? Do you know which ones offer the features and benefits you selected as most important earlier in this workbook?

After giving these questions some serious thought, you are ready for perhaps the most exhilarating step on the road to your wide-open retirement future. It's time to determine which option fits you best at this important crossroad.

STEP 2 | Get set.

If you worked through our lifestyle preferences checklists and cost comparison guide—if you processed the questions on the previous page and are mentally prepared to move forward—you should be able to zero in and confidently select your ideal senior living opportunity. Just remember that what you decide today will impact your life for years to come, so there's no time like the present to begin living the way you have always imagined.

Perhaps you have concluded that downsizing, selling your current home and making a move is your best course of action, but also think “easier said than done.” You're right; it will take time and effort, but here are some tips that can make it less overwhelming and maybe even a bit enjoyable.

Planning Downsizing

- Choose a floor plan that suits your lifestyle and budget. (Rose Senior Living offers an array of selections to meet just about any need!) Note the dimensions of each room as well as the number, size and placement of windows, doors and built-in cabinets. Keep all of this information in a special folder to refer to when organizing for your move.
- Create a timeline for your move, beginning with a projected move-in date and working backwards to establish deadlines for other tasks that must be done first.
- Take your time deciding which possessions you want to move and what will work in the new floor plan. Work through your house one room at a time, one closet or cabinet at a time, taking breaks in between to renew your energy and focus.
- Ask yourself two primary questions about each item: Do I need/want it or am I keeping it out of habit or guilt? Would someone else enjoy or use it more?
- Make it a family adventure! Invite children, grandchildren and other relatives to join you as you sort through old treasures and favorite mementos. Pass along the stories that are special and unique to your family.
- Ask individual family members to write down any items they might like to have. If you are ready to part with these things, you could bring joy to your loved ones and lighten your load at the same time.
- Have packing supplies, bags and boxes on hand to pack in stages as decisions are made.
- Take a deep breath often and remember that it will all be worth it when you are enjoying your new retirement lifestyle!
- Consider creating areas for these categories:
 - » *Things to keep*
 - » *Things to give to family/friends*
 - » *Things to be sold*
 - » *Things to donate*
 - » *Things to throw away*
 - » *Things to think more about and decide later*

STEP 3 | Go!

Selling Your Home:

- Perhaps the single most important step in selling your home is to enlist a real estate agent with a track record of success. You will also want to know the agent's commission, methods of marketing your home and manner of communication with you while representing your home.
- Utilize proven home staging tips to make your property stand out in the market. These include boosting curb appeal with landscaping and entryway touchup, repairing any electrical or plumbing issues, removing clutter, thoroughly cleaning bathrooms, kitchen and carpeted areas and giving everything a fresh coat of paint.
- Remember, you are not alone! If relocating to Rose Senior Living, we can help you find a reputable realtor or provide a list of endorsed local movers.

Making the Move:

- Be sure to have prescriptions transferred to a pharmacy near your new home and research physicians and other medical providers in the area as well.
- Mark, set aside and arrange for pick up of any items not going with you. Properly dispose of any flammable or toxic products you will no longer need in your new home.
- Clearly mark boxes with the rooms to which you want them delivered.

- Provide movers with a floor plan showing where furniture should be placed. Make sure they also have your cell or alternate number where you can be reached.
- Wear comfortable shoes and clothing for the big day!
- Don't plan to cook on moving day. Give yourself a break and call for carryout or delivery.
- Again, if Rose Senior Living is your destination, we will do all we can to make your moving day go smoothly, including helping you decide what to bring, setting up phone and cable service, providing change of address forms and making sure you can immediately take advantage of the many services and amenities that drew you here in the first place.

By completing the steps of this workbook, you have diligently mapped out a retirement lifestyle that knows no boundaries. Now go and live it! We are thrilled if your journey has brought you to Rose Senior Living, where you can embrace each day as a new opportunity for discovery and fulfillment and connect with neighbors who share your interests, preferences and hopes.

If you have any further questions about the lifestyle and exceptional value of our community's many services and amenities, please call us. Our dedicated staff would be happy to help you explore your wide-open future at Rose Senior Living.



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RoseSeniorLiving.com

Managed by  Life Care Services*    