

STRAIGHT TALK WITH

The Value of an Independent Lifestyle

MOVING TO A RETIREMENT COMMUNITY DOESN'T MEAN GIVING UP AN INDEPENDENT LIFESTYLE

WHAT DOES INDEPENDENCE LOOK LIKE TO YOU?

Living a life of independence and freedom means different things to different people— it's all about your perspective.

Does it mean maintaining your morning gym routine, and then heading out to meet friends for a cup of coffee?

Or gearing up for your next global getaway?

Maybe it's pursuing a passion like photography or putting in a little extra time on the golf course?



Perhaps it means being mentally and financially prepared for life's little curveballs...

Or maybe, for you, it's as simple as having a plan in place for your home, your belongings, your lifestyle, and even your future care needs.

Right now, you choose how to fill your days. From how you spend your time and money to the company you keep, it's all up to you. Good news - that sense of flexibility shouldn't have to change with whatever retirement living option you ultimately choose!

What makes you feel independent and free is personal and will likely play a role in the choices you make as you consider where you want to spend the next chapter of your life.

STAYING AT HOME: A COMFORTABLE AND FAMILIAR LIFESTYLE

Choosing to "age in place" in your home allows you to maintain your comfortable and familiar status quo. You get to remain in your neighborhood longer, with access to activities you

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already enjoy, and in the company of people you know and love - continuing this lifestyle may be a way to maintain a feeling of independence.

Keeping your membership at the local country club, saying hello to friendly acquaintances during your weekly errands, enjoying your home-cooked food and meals at your favorite restaurants...all of these things are some of the enticing benefits of remaining at home.

It's also important to consider how your needs — and lifestyle — will change. Think about how different your life was ten years ago and consider what else may change in the next ten years. The other side of the independence coin for staying at home is that you may need to navigate those life changes, as well as any future care needs you might encounter, on your own — or with the help of loved ones.

RETIREMENT COMMUNITIES: AN OPPORTUNITY TO EXPAND YOUR COMFORT ZONE

We know what the stereotypes out there are. For some, moving to a retirement community may be perceived as giving up your personal sense of independence and freedom. But if you're picturing hushed environments, boring activities, and dining rooms serving up uninspiring fare, maybe it's time to reconsider this option.

We've said it before: This is not your grandma's senior living!

Not all retirement communities are assisted living or skilled nursing — in fact, most are robust communities full of residents with varied interests doing what they want to do — not things they have to do. Think about the life you lead today... you can continue to do many of these things and much more. You still get to choose how to spend your days - and at Life Plan Communities, in particular, with the added benefit of having a plan in place for many of your future, but perhaps unanticipated, needs.

This continuity of your lifestyle is not limited to how you choose to spend your days. Many Vi residents bring their cars, pets, and favorite personal belongings with them when they move to one of our life-plan communities, which helps make their new homes feel uniquely their own. Also worth noting: in our 2018 Resident Satisfaction Survey, 96% of Vi residents reported feeling they have the freedom to create a lifestyle that reflects who they are.

So why should you consider moving into a retirement community sooner than later?

- **Inviting new friendships:** Hang on to the relationships you have now — but you can also branch out to build new friendships with people who share your interests. Find a gym buddy, a fellow theatergoer, even a mutual culinary enthusiast!
- **Upbeat lifestyle:** Make reservations at the new restaurant down the street. Spend the day with your grandkids on their birthdays. Treat yourself to an afternoon of shopping or see a matinee at the local playhouse. Or stick around the community to try out a new activity, from a Yoga class to a talk in an ongoing lecture series.

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- **Retirement living — your way:** Add to your social calendar with the many ways to get involved and leave your mark at a retirement community, whether you want to start a new book club, sit on a resident board, or even host a cocktail party or progressive dinner. Be as busy as you want to be!
- **Turn-key perks:** Another great benefit for residents is the turnkey lifestyle of a retirement community. With all your basic needs accounted for — think maintenance, security, and other concierge services — you're free to zoom off for your next vacation.
- **Life Plan Communities — A lifestyle for today with a plan for tomorrow:** A Life Plan Community allows you to continue doing the things that make you feel independent and is designed to provide a lifestyle that helps support your sense of freedom well into the future. Plus you have the added benefit of a plan for care should you need it, allowing you and your family to live for today and tomorrow, knowing some big decisions have already been made!

DID YOU KNOW?

Life Plan Communities are actually designed to fit your lifestyle today and fuel your sense of independence into the future! (Rental communities are as well.)

At Type A Life Plan Communities like Vi, there are also medical qualifications. Care is included later on, from assisted living to skilled nursing and memory care.

In Type C Life Plan and rental communities, the medical requirements are generally less stringent, as assisted living isn't included in your fees.

MAKE A PLAN FOR YOUR FUTURE

The steps you're taking to carefully research your options while you have the flexibility in your choices may be one of those things that makes you feel independent and free. No matter where you end up living out the next chapter of your life, you're empowering yourself to make the best decision for you today and in the future.

Are you curious about what your personal vision of independence might look like in Life Plan Communities? Our sales counselors are always ready to offer more resources and answer your questions.

