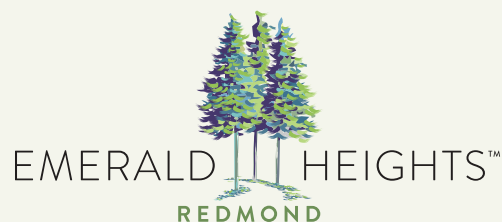


FULL LIFE AHEAD

Your retirement lifestyle guide



A MEMBER OF EMERALD COMMUNITIES



The independent lifestyle you enjoy... *continued.*

When you think about the future, staying active and maintaining your independence are probably your top priorities. So how do you make that vision a reality?

You could just cross your fingers and hope for the best. But the better approach involves being proactive so you can preserve—and even enhance—your current lifestyle.

That's why Emerald Heights created this Full Life Ahead guide. It includes interesting, insightful and fun exercises designed to help you pinpoint what is most important to you.

Grab a pencil and explore your future. As you'll discover, the future looks bright when you consider all the options available to you.

What's important to you?

Before you start comparing your senior living options, it's worthwhile to really think about what matters most to you. The following checklist is a great place to start.

“WISH LIST” FOR THE FUTURE <i>(check all that apply)</i>	MUST HAVE	WOULD ENJOY
More time to enjoy my favorite hobbies and interests		
Freedom from worries about home maintenance and upkeep		
Opportunities to participate in activities and explore new interests		
The pleasure of living in a setting that embraces the beauty of the Northwest		
Flexibility to “lock and leave” when I want to travel—knowing that my home will be safe and secure while I’m away		
Opportunities to socialize, either with current friends or meeting new people		
Easy access to fitness opportunities and wellness activities		
The confidence of having a cost-effective plan if I ever need assisted living, memory care or skilled nursing care		



What are your lifestyle preferences?

Use the checklist below to help you determine the services and amenities that would benefit you most in your future residence. Think about your “basic desire” in each category, as well as “bonus” features that would make the lifestyle even better.

ACTIVITIES

- ☐ Basic desire: Freedom to set my own schedule
- ☐ Bonus: Opportunities to participate in activities, cultural programs, volunteer opportunities and community outings that interest me

RESIDENCE

- ☐ Basic desire: A home of my own filled with the belongings and mementos that reflect my life
- ☐ Bonus: The comfort and peace of mind provided by maintenance-free living, along with the neighborhood feel of a well-planned community

LOCATION

- ☐ Basic desire: Living in a location that allows me to connect with the outdoors and the beautiful Northwest landscape
- ☐ Bonus: Easy access to desirable opportunities and amenities on the Kitsap Peninsula, including shopping, dining and water-related activities

SERVICES

- ☐ Basic desire: Availability of services to make life easier and more enjoyable, giving me more freedom to do the things I enjoy
- ☐ Bonus: The convenience and pleasure of delicious chef-prepared meals for times when I choose not to cook

ADDITIONAL PREFERENCES:



What are your favorite activities?

One of the biggest concerns in choosing 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 the activities that appeal to you. Then use this list when comparing senior living options.

☐ Walking or hiking

☐ Gardening

☐ Exploring nature

☐ Exercising regularly

☐ Participating in community events and activities

☐ Staying active in church or synagogue

☐ Spending time with family

☐ Visiting with neighbors

☐ Socializing with friends

☐ Reading/book club

☐ Volunteering

☐ Shopping and dining out at restaurants

☐ Attending lectures and seminars

☐ Traveling

☐ Attending arts and cultural programs

What if you could have it all?

Whether you checked several or all of the activities listed above, you'll find residents who share your interests at Emerald Heights. Plus, with our friendly staff handling all maintenance and upkeep, you'll have more time to continue favorite activities—and explore new interests as well.

It's an upbeat, vibrant atmosphere at Emerald Heights, with residents out and about, making the most of every day. Sound enticing? Come and experience it for yourself with a no-obligation tour and complimentary lunch. Call 425-556-8220 to schedule an appointment.



Add it up.

Compare your current monthly costs with the lifestyle at Emerald Heights.

Now that you've identified what you want in future senior living, it's time to calculate and compare. This worksheet walks you through a typical month—comparing your current costs versus the cost of living at Emerald Heights. You might be surprised to discover that the monthly costs at Emerald Heights are comparable to—if not less than—what you're spending each month at your current home.

MONTHLY EXPENSES	CURRENT HOME	EMERALD HEIGHTS
Mortgage or rent	\$	Included
Homes association/condominium fees	\$	Included
24-hour security	\$	Included
Property insurance for building/grounds	\$	Included
Property taxes	\$	Included
All in-home maintenance	\$	Included
Exterior maintenance	\$	Included
Lawn care, landscaping & trash removal	\$	Included
Water, gas and electricity	\$	Included
Basic cable television	\$	Included
Housekeeping	\$	Included
Scheduled transportation for doctor's appointments, shopping & events	\$	Included
Fitness center, trainer, exercise classes & wellness programs	\$	Included
Social, cultural & educational activities	\$	Included
TOTAL	\$	All included in one monthly fee

The added advantage of Life Care

As a true Life Care community, your cost of living will remain predictable for life—even if you need long-term care. Plus, Emerald Heights offers the area's most progressive assisted living and memory care on-site. As a resident of Emerald Heights, you're assured priority access to these services at a cost that is well below what you would pay for these services, if entered directly.

How to put your plan in motion.

Once you complete the exercises on the first six pages of this guidebook, you should have a fairly clear idea of the ideal retirement lifestyle that will suit you best. Now it's time to start moving toward that type of senior living community. The following three steps should point you in the right direction.

Step 1 | GET READY.

During this stage, you'll determine what type of living option will work best for you. Use the following checklist to streamline the process.

Do your homework.

☐

Familiarize yourself with the senior living options available to you. Make a list of possibilities and gather brochures so that you can make side-by-side comparisons. Refer to the checklists you completed earlier in this workbook to see how each community lines up with what you envision for the future.

Shop around.

If possible, visit your top two or three options.
Ask yourself these questions during your visits:

☐

- Does the community feel comfortable and inviting?
- Is there a positive, uplifting atmosphere?
- Do you “fit in” with other residents?
- Would you feel comfortable entertaining friends and family at your residence?
- Do you feel confident in the quality and availability of on-site healthcare?

Make your decision.

☐

Once you've considered all of your options, you might be surprised to discover that one option just “fits” you best.

Step 2 | GET SET.

After doing your homework, maybe you've determined that moving is your best bet. If so, it's time to tackle downsizing. The following guidelines can help you simplify the process.

YOUR DOWNSIZING PLAN

Choose a floor plan that suits your lifestyle and budget.

Once you make your floor plan choice, note the exact dimensions of each room, as well as the size and placement of windows, doors and built-in cabinets. Keep all of this in a special folder so you can refer to it when thinking about organizing and furnishing your new home.

Create a timeline.

Begin with a projected move-in date and work backwards to establish deadlines for other tasks that must be done first.

Sort your possessions.

Divide everything into these categories: take to new home, give to family/friends, sell, donate, recycle or discard. It helps to take a systematic approach, such as:

- Sort by room. Some experts suggest starting in areas you don't use on a daily basis, such as the garage, basement or attic.
- Sort by item category. For instance, sort through linens one week, silver/china the next week, clothing the next and so on.

Make it a family affair.

Invite children, grandchildren and other relatives to join you as you sort through old treasures and mementos. Share the stories that are special and unique to your family. Consider asking each family member to write down any items they might like to keep. If you are ready to part with those things, you could bring joy to your loved ones and lighten your load at the same time.

Be prepared with supplies.

Have packing supplies, boxes and markers on hand to pack in stages as decisions are made.

Enjoy the process.

Remember that the work will be worth it when you are thoroughly enjoying your new retirement lifestyle!

Step 3 | GO!

If you choose Emerald Heights, you'll have the support of our full-time Marketing & Move-In Coordinator, who has specific training in the details of a move. Following are the key steps.

SELL YOUR HOME.

Enlist the services of a real estate agent with a successful track record. Make sure to ask about the agent's commission, methods of marketing your home and manner of communication with you while representing your home.

Then follow your agent's advice for proven staging strategies to make your property stand out in the market. Those tips might include:

- Boosting curb appeal with landscaping and entryway touchup
- Removing clutter throughout the home
- Thoroughly cleaning, especially bathrooms, kitchen and carpeted areas
- Adding a fresh coat of paint
- Repairing any electrical or plumbing issues

PLAN YOUR MOVE.

It's important to consider all the details ahead of time so your moving day will go smoothly. At Emerald Heights, our Marketing & Move-In Coordinator offers services such as:

- Suggesting a list of endorsed movers in the area
- Providing contact information to set up phone, internet and cable services
- Providing you with change-of-address forms
- Making sure you can immediately take advantage of the services and amenities that attracted you to our community

By completing the steps of this workbook, you're well on the way to your ideal retirement lifestyle. We will be thrilled if your journey brings you to Emerald Heights. Our community of active, fun-loving seniors will welcome you and make you feel right at home.

Want more information?

Call us at 425-556-8220, and we'll be happy to answer your questions. We also invite you to join us for a personal tour and complimentary lunch.



A MEMBER OF EMERALD COMMUNITIES

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