

# CHANGES FOR THE BETTER

## Benefits residents experience at Atherton.

- Attending cultural, social, and spiritual events without the hassle of driving, especially at night.
- Avoiding the chaos of a living crisis caused by a health care emergency.
- Feeling confident that the next steps in your future are already mapped out.
- Lessen worry about your future care for your loved ones.
- Couples have the assurance of being together, even if there are health challenges for only one spouse.
- Surrounding yourself with people you know to help make decisions and be there in times of need.
- Provide a social network to keep you active and motivated.
- Offer scheduled activities, clubs, and events to encourage social involvement.
- Remove the daily hassles and expenses of
  - Home Maintenance
  - Home Repairs
  - Lawn Care
  - House Cleaning
  - Property Taxes
- You never have to eat alone (unless you want to).
- Others do the cooking and the clean-up (unless you want to).
- Others do the driving (unless you want to).
- Broaden your interests by trying new things and traveling to new places.
- Ease the stress of feeling unsafe. Know there is security available anytime.
- Travel freely. Just walk out the door without worrying about anything.
- Daily check-ins for your safety and well-being.
- Being known and loved by the staff to help ease transition into other levels of care.
- Knowing most care (except hospitalization) is provided right on the campus.
- Having opportunities for service and volunteering.
- Enjoying the equipment, classes, nutrition, and friends that support healthy living and exercise.
- Meeting new people and making life-long friends.