

SMART. PRACTICAL. SECURE.

UNDERSTANDING THE BENEFITS OF
A CONTINUING CARE RETIREMENT
COMMUNITY WITH LIFE CARE.



Now Is the Time to Plan.

It's smart to proactively analyze your current and future living needs. It's even better to make a lifestyle change while you're in good health and able to enjoy everything retirement has to offer.

This guide will help you see how choosing a Continuing Care Retirement Community (CCRC) with Life Care — like Ventana by Buckner — could help ensure the years ahead could be some of your best yet.

Seniors have higher levels of happiness, satisfaction and well-being than people in their 20s and 30s.

THE JOURNAL OF CLINICAL PSYCHIATRY,
AUGUST 2016



Your Life, Only Better.

At Ventana by Buckner, you can enjoy life as you always have. We'll take care of all the household chores, allowing you to more fully enjoy life. And as a continuing care retirement community (CCRC), if your health needs ever change, we offer a full continuum on-site care. Our levels of living include:

Independent Living

Spend less time dealing with the hassles of home maintenance and more time doing the things you love. Here you can keep your active lifestyle and explore your passions while enjoying deliciously prepared meals at one of our vibrant culinary venues and relaxing at the spa. We also feature social outlets and events, from informal get-togethers with friends to Members clubs, outings and parties. Plus we offer group trips to museums, art exhibits, concerts, and so much more. Our "lock-and-leave" lifestyle makes traveling a breeze, knowing everything is being taken care of while you're away.

Residences feature floor-to-ceiling windows with walk-out glass balconies, designer, gourmet kitchens, spa-inspired bathrooms and state-of-the-art safety and security features. Quite simply, independent living is all about freedom to enjoy life.

Assisted Living

We provide personalized and supportive care in a fun, safe, and independent environment where you tell us how you want your assisted living care to look. Whether you need your meals cooked for you or just want an extra hand with chores around your residence, we provide individualized assistance with daily activities on a 24-hour basis. Our assisted living services and amenities include:

- Personalized wellness program to maintain a high level of physical and mental health
- Three freshly prepared meals every day
- 24-hour emergency response system
- Medication assistance and administration
- Licensed care available
- Medical director and registered dietitian
- Physical, occupational and speech therapy services
- Housekeeping and laundry services
- Full-service beauty salon and barbershop
- Transportation to and from your daily activities





Long-term Care

Long-term care: This is designed for those who require specialized care on a long-term basis. We work directly with Members to develop individualized nursing care plans that include round-the-clock support by licensed nurses, therapists, and professional caregivers.

Services include:

- 24-hour care provided by our medical director, director of nursing, and other licensed nursing staff
- Ophthalmological, dental, psychological, psychiatric, audiological, podiatry, and wound care available
- Private rooms with great views
- Nutritious breakfast, lunch and dinner menu selections
- Physical, occupational and intravenous therapies.

Memory Care

We can help slow the progression of Alzheimer's or other types of dementia while encouraging Members to feel a sense of purpose and satisfaction from the fulfilling moments of their everyday lives. The key is our structured environment — we promote a lifestyle with routines in place to reduce stress and encourage connection with long-term memories.

Features include:

- Spacious private residences in a safe, protected setting
- Familiar environment with comfortable surroundings
- Team of expert staff trained to work with individuals with Alzheimer's, dementia, and other forms of memory loss disorders
- Medical director and registered dietitian
- 24-hour supervised care in a purpose-designed environment
- Medication monitoring and administration
- Freshly prepared, nutritious for breakfast, lunch and dinner
- Beauty salon for daily pampering and barbershop
- Common spaces designed to encourage socialization



Outpatient Services and Rehab

Outpatient services and rehab: We've created a high-quality care experience where those in recovery after an acute illness, surgery or injury can return home and get back to doing what they love sooner. Our short- and long-term rehabilitation services include:

- Beautiful, private rooms with luxurious bathrooms
- Nutritious, freshly prepared breakfast, lunch and dinner menu selections
- Licensed medical director and a director of nursing
- Physical, speech, and occupational therapies
- State-of-the-art therapeutic and recovery equipment
- Specialized activities and programs
- 24-hour availability of experienced nursing staff
- Medical records coordinator and social services director

Treatments offered include:

- Regaining communication skills
- Improving mobility
- Strength training for using wheelchairs and walkers
- Carrying out daily activities (such as bathing and dressing)
- Improving muscle function
- Receiving emotional support

At least 70% of people older than 65 will require some long-term care services at some point in their lives.

**U.S. DEPARTMENT OF HEALTH
AND HUMAN SERVICES**

Which Should You Choose: Home or a CCRC?

After years in the same place, it's not unusual to feel hesitant about leaving your current house. The thought of moving from a long-term residence can stir up a variety of emotions. But when you look at the decision rationally, sometimes a move make sense. Especially when you see how a move can open up your life to even more possibilities.

What Are the Hidden Living Costs of Staying in Your House?

Have you added up all the costs associated with living in your current home and started predicting future monthly expenses?

Remember, long after you've paid off your mortgage, you'll still incur thousands of dollars every year in home expenses, utilities, maintenance, lifestyle and potential health care costs, including:

- Homeowners association (HOA) fees
- Homeowners insurance
- Property taxes
- Home security alarm system/monitoring
- Electricity/gas
- Water, sewer, trash
- Painting, roofing, gutters, windows, driveway
- Groundskeeping/maintenance
- Social activities

At Ventana by Buckner, maintenance, dining, social outings, activities and more are included. With guaranteed access to all levels of on-site care, our all-inclusive lifestyle brings a tremendous sense of freedom and peace of mind.

Use the Cost Comparison Worksheet in this guide to see how the costs of your current home stack up to the lifestyle at Ventana by Buckner.



FAQ

What is a Continuing Care Retirement Community (CCRC)?

CCRCs provide several levels of living, so you can choose the one that fits your lifestyle preferences and budget. Most importantly, if your health needs change, a CCRC provides residents with access to high-quality health care.

Does a CCRC make sense for us as a couple?

Absolutely. If one partner ever needs additional care, they can still be part of the same community and you'll be able to interact every day.

What levels of care does Ventana by Buckner offer?

We offer independent living and a full continuum of care, that includes assisted living, long-term care, memory care, out-patient services and rehabilitation.

What if I already have long-term care (LTC) insurance?

LTC insurance can help with costs associated with assisted living or skilled nursing care, but most policies don't guarantee where you'll receive care. At Ventana by Buckner, you have access to a full continuum of care at our health center whenever you need it, for as long as you need it.

How does the Life Care package benefit me?

Your one-time entrance fee and predictable monthly fee ensure you have just about everything you need for a worry-free retirement under one umbrella: maintenance inside and out, access to all community amenities and services, social opportunities and scheduled transportation. In addition, we offer wellness programs to help maintain and improve your health with delicious and nutritious meals, easy access to fitness classes, and stimulating educational and cultural activities.



Next Steps



Take your time with our “Understanding the Benefits of a Continuing Care Retirement Community with Life Care.” If you have any questions, please call us for a no-obligation discussion about taking the next step toward this bright new phase of your life.

Next steps:

- Discuss your options with close associates and family members.
- Talk with a real estate agent about staging and selling your house (or see how Ventana by Buckner can help).
- Meet with your financial advisor to develop a plan for the future.
- Ensure your favorite community has a floor plan that meets your needs.
- Start the downsizing process.

Exploring Your Options

Touring a variety of community options can help your decision-making process. To schedule a personal tour of Ventana by Buckner, call 214.473.5880.

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Cost Comparison Worksheet

As a rule of thumb, annual home maintenance is 4% of your home’s value. Divide this number by 12 to arrive at a rough estimate of monthly maintenance costs.

	Your Current Monthly Expenses	Ventana by Buckner Monthly Expenses
Mortgage/Lease/Rent	\$	Included
Homeowners Association/Other Fees	\$	Included
Real Estate Property Taxes	\$	Included
Property Insurance	\$	Included
Electricity/Gas	\$	Included
Water	\$	Included
Sewer/Trash	\$	Included
Security/Fire Protection	\$	Included
Groceries/Dining Out/Gratuities	\$	Included
Housekeeping – Weekly	\$	Included
Routine Home Maintenance	\$	Included
Landscaping	\$	Included
Exterior Maintenance and Upkeep	\$	Included
Social Events/Entertainment	\$	Included
Social Club Membership	\$	Included
Fitness Center Membership	\$	Included
Newspaper/Magazine	\$	Available in Library
Cable Television	\$	Included
Wi-Fi and High-Speed Internet Access	\$	Included
24-Hour Emergency Services	\$	Included
	Your Monthly Total	Ventana by Buckner Monthly Total*
	\$	\$