



What makes Cedarhurst **DIFFERENT FROM OTHER SENIOR LIVING COMMUNITIES?**



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Introduction



No matter what drew you to the senior living lifestyle, whether it was visiting a friend in her senior living community or hearing a physician say a little extra daily support could mean better health, one thing is certain:

Today's senior living communities are nothing like the "nursing homes" of the past.



Today's older adults are actively planning for community life long before they fully or partially retire, and it's no wonder why. Senior living communities are more like hustling and bustling hotels than hospitals, giving residents access to convenient amenities, services, and other perks designed to enhance wellness and their lifestyle.

But not all senior living communities are the same. Each one offers a unique culture, its own amenities, and its specific values about care and hospitality. Choosing the right community can mean you settle in quickly, make new friends easily, and enjoy personalized support from the moment you move in.

At Cedarhurst communities, you'll find more than just the typical senior living amenities and highlights. You'll find a community built on relationships, where residents are empowered to live each day to the fullest while enjoying a maintenance-free lifestyle.

We are delightfully different and welcome you to learn more about what makes our communities a step above the rest.



Differentiators in Senior Living Communities



Senior living communities are all as unique as the residents who live in them. You can discover differences that set one apart from others, which can help you find a community to call home. Here are a few common differentiators that you might observe during your research or while touring communities.



Lifestyle Options

Senior living communities differ by the type of care and support they provide. Sometimes referred to as “level of care,” these senior living lifestyle options are what you can expect to find at different senior living communities.



Independent Living

Created for the active adult who is looking for a maintenance-free lifestyle, new friendships, and the opportunity to meet their wellness goals in a more convenient way, [independent living](#) aims to enhance the retirement lifestyle for residents. Most independent living residents are quite active and do not require any assistance with activities of daily living such as dressing, showering, or medication management.



Assisted Living

For those adults who still want to enjoy a maintenance-free lifestyle and access to convenient amenities while getting personalized support with daily tasks, [assisted living](#) communities feature around-the-clock caregivers who are there to offer assistance. Most residents need some type of support—either with verbal reminders or hands-on help—with tasks like housekeeping, personal care, or medication management.



Memory Care

[Memory care](#) communities are specially designed to meet the challenges that come with Alzheimer's disease or other types of dementia. Residents in memory care have a diagnosis of cognitive decline and thrive in a community that offers around-the-clock caregiver assistance as well as comfortable routines and experiences.



Skilled Nursing

The most clinical of the senior living lifestyle options, skilled nursing communities are more like hospitals than home. These communities feature 24-hour nursing care and are ideal for residents who are recovering from a hospital stay or procedure, or who are living long-term with a complex medical diagnosis.



Multiple Options at One Community

Sometimes, senior living communities offer more than one lifestyle option in one building or on one campus. This provides the opportunity for better future planning with the reassurance that if more assistance is needed in the future, it can be found down the hall. These dynamic communities mean you don't have to move out of a community you already love and away from people who already know you. This is referred to as aging in place.



At-Home Services

Some communities offer the additional benefit of having vetted caregivers available to provide additional at-home assistance for residents who could use that extra helping hand. These at-home services can be especially helpful if you or your loved one need support for medication reminders, personal care, or other tasks that might not be offered in a specific lifestyle option.

Dining Options and Details

Senior living communities give residents the chance to put down the saucepan and grocery list to instead enjoy chef-styled meals in the community's restaurants. Here are a few variables that can differentiate one community's menu and experiences from others.



Choices Available

Senior living should always be all about choice, giving residents the opportunity to decide what comes next. Choice is on full display in exceptional senior living dining rooms and restaurants, where residents should have a menu that offers more than just a few entree selections. The best senior living communities feature a variety of options for entrees, side items, desserts, and even overall diet plans.





Dining Atmosphere

While most senior living communities feature a dining room for residents to share meals in, exceptional communities feature a variety of dining options. For example, residents might be able to grab a coffee or quick breakfast in the community's bistro area or even entertain family members in the community's private dining room.

Of course, there are always neighbors to greet you in the community's dining room. These bustling, bright, and sunny spaces are designed to increase socialization between neighbors and cultivate natural connections over shared meals.



Special Menus and Thoughtful Recipes

Of course, dining experiences are highlighted by the food that arrives at the table. Some senior living communities are conscious to accommodate special diet requests, like offering plant-based options for residents who follow a vegetarian or vegan diet, or pointing out low-sodium options for those on a prescribed diet from their physician.

At Cedarhurst Senior Living, communities feature our signature dining program, [Crafted by CedarhurstSM](#), which is designed to meet the needs and preferences of all residents. Our always-available menu offers resident favorites and predictability while our daily specials give the chance for residents to try something new. Communities always feature a freshly made soup of the day and health-focused choices for those who are looking for a culinary boost to their physical and cognitive health.



Pricing Structure and Costs

Senior living is an investment, but many adults find the costs associated with community living are comparable—or even less expensive—than the monthly bills they pay while living at home. However, it's important to take the financial side of senior living lifestyle into consideration as you begin to research your options.



Monthly Fees vs. Larger “Buy-In” Fees

Senior living communities do not all have the same pricing structure. There are two common types of billing: monthly fees and larger “buy-in” fees.

Monthly fee communities charge one fee each month to residents that cover nearly everything, from rent to utilities to amenities. These monthly fees ensure predictability so that residents can better plan for their financial goals. Furthermore, monthly fee communities offer a month-to-month structure which makes moving out, if necessary, easy and less expensive.

The other type of pricing structure still includes a monthly fee, but it also includes a larger “buy-in” fee. Typically, this model is most common in continuing care retirement communities (CCRCs), sometimes called Life Plan communities. Residents invest in the community by paying a large initial down payment that reflects the real estate prices in the area. Then residents pay a monthly fee, which varies based on contract type and service plan.

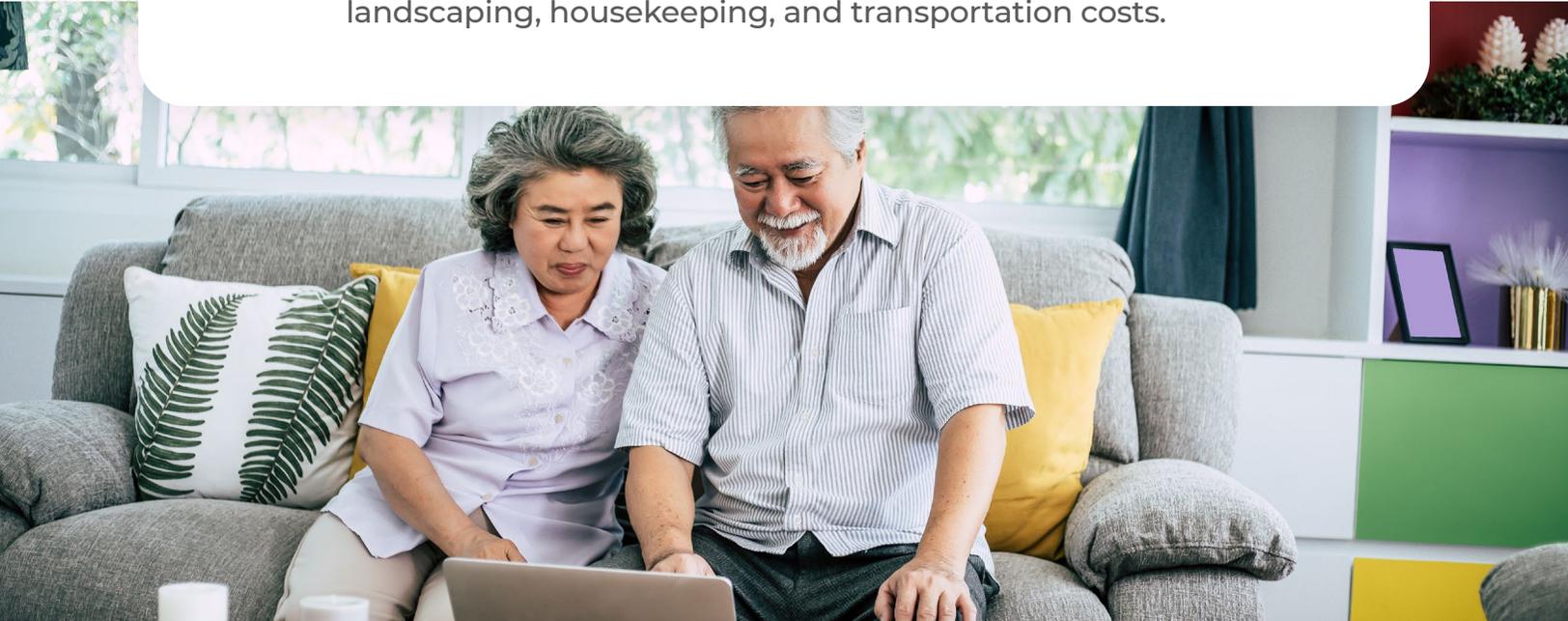


Other Costs to Consider

Although the monthly fee a community bills to residents covers almost all aspects of community life, there are additional costs to consider. For example, monthly fees associated with increased care are more expensive than fees associated with less care.

Assisted living monthly fees will cost more than independent living fees, but that additional money goes to more assistance and the reassurance that a caregiver is always available to provide help with daily tasks and in case of an emergency. Similarly, memory care monthly fees will be more expensive than assisted living fees due to the highly specialized care and atmosphere that those communities offer.

It's important to note that monthly fees also include so much more than rent. These fees cover access to amenities, caregiver support, services, events, programs, and dining experiences. Many older adults and their family members are pleasantly surprised to see that the fee is comparable to the monthly expenses they are currently paying for groceries, utilities, homeowners insurance, landscaping, housekeeping, and transportation costs.





Beyond the Perks and Pricing



Community Culture

Senior living communities have a culture that is built on the residents who live there. Because all residents are unique, communities become unique as they reflect the personalities and interests of the people who live there.

Many adults look to find a community that includes interesting and diverse neighbors, as well as a culture that supports their wellness goals. The best senior living communities offer opportunities for residents to pursue lifelong learning through lectures, presentations, and even classes at local community colleges. Residents should also have ample opportunities to stay connected with their favorite neighborhood through planned excursions to support local businesses and by volunteering for favorite organizations.



Communities should feature outdoor spaces and easy access to nature so that residents can stroll around the community, entertain on their personal (or public) patio, or simply enjoy a restful moment in the courtyard

Furthermore, communities should feature outdoor spaces and easy access to nature so that residents can stroll around the community, entertain on their personal (or public) patio, or simply enjoy a restful moment in the courtyard. Communities can also offer opportunities for interested residents to work on their spiritual pursuits and development through formal devotions or services as well as informally on their own.

At Cedarhurst Senior Living communities, our [Living TRUESM program](#) is the heartbeat of our culture. We aim to ensure that all members of our communities know they are loved, valued, supported, and living life to the fullest. Our personalized programs and events contribute to the feeling that we are all in this together.



Community Reputation

Of course, one of the biggest differentiators between senior living communities is its reputation. You can learn a lot about how a community treats its residents, family members, and guests by simply soliciting the opinion of those who have lived there.

Look for a community that is wholeheartedly referred by physicians, specialists, and other clinicians in the area. Online reviews are also helpful resources: Search social media and online review platforms to find what the majority of people are saying about the community you are looking at. Keep in mind that review outliers—both the extremely positive and extremely negative—are not as reliable as the majority of the reviews.



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Finally, [look for testimonials](#) and ask for references from residents and family members who are currently at the community. These [firsthand accounts](#) can give the best and most accurate information about what life is really like there.



My mom was at Cedarhurst for about a year and a half. When I put mom there I knew that no one could love or care for her as well as I could, but they did. The girls in the Alzheimer's unit were so good to my mamma; they loved her and spoiled her like she was their own family. They got her hair done, painted her nails, kept lotion on her skin—whatever she wanted or needed they did it. I can't say enough about Cedarhurst and what they mean to me. Thank you girls for loving my mom and being so kind to my family, you are truly the best.

—Cedarhurst of Lebanon



This is a community that makes residents feel at home and is a genuinely caring and compassionate community.

—Cedarhurst of Oakwood



I have lived at Cedarhurst from the beginning. I love it here and highly recommend this. [There are] lots of super friends, apartment cleanings once a week, [the] food [is] fine, and [there are] many things to do—weekly shopping, taken to doctor appointments, the dentist, the post office, and bank. The staff are friendly and very helpful. What more can I say. I just love living here.

—Cedarhurst of Woodland Hills



Questions

for Finding a Home You'll Love

There are many ways to compare and contrast senior living communities in your desired location. However, you can pinpoint which differences are most important to you and make your choice based on your top priorities.

Not sure what to look for? Here are some questions that might help you clear your head and determine what matters most to you or your loved one.

- Do you prefer to pay one monthly fee that covers most of your living and lifestyle expenses, or do you prefer an à la carte approach?
- How important is the dining experience to you? What are some dining must-haves?
- Is making new friends and establishing new social circles a priority for you?
- Do you have a complex condition that could cause you to need more day-to-day and medical support in the future?
- What amenities or services are most important to you, when it comes to reaching wellness goals and making life more convenient?
- Is living in a community that volunteers and is involved in the greater area important to you?
- Is bringing your pet to your senior living home important to you?
- What would you like your future home to look like? Make a list of your preferences, including how many rooms, the types of finishes, and accessibility features.
- How important is it to you that your senior living home has easy access to nature?

Answering these questions either alone or [with a family member](#) will open up new discussions as you strive to find what is most important as you or your loved one approach senior living community life. You'll be able to determine which priorities are must-haves and which options fall lower on your list.



The Cedarhurst *Difference*

Not all senior living communities are the same. Here at Cedarhurst, we have spent decades listening to residents and family members. We create programs that meet their needs and further enhance their Cedarhurst lifestyle. It's this extra attention to detail and the resident experience that sets us apart.



Events and Programs

Community life revolves around social connections, and neighbors often become fast friends when they share an experience together. Events and programs are excellent ways of meeting friends, learning something new, and staying engaged with the greater community.

What Others Do

Most senior living communities feature an activity calendar with options throughout each day. These activities are typically group programs that are designed to keep residents busy.



How We Make It Better

We are much more intentional with our approach to events and programs because we truly believe in the positive impact of socialization and connection. Our communities are finding new ways to meet resident needs and preferences by honoring their history.

Our commitment to [Living TRUESM](#) means we recognize the importance of staying active, but we don't want our residents to simply be busy. We want them to be engaged and excited about life. Our Living TRUESM principles ensure our team members are always looking for ways to create opportunities tailored for each individual resident, build relationships of integrity and trust, amplify abilities, and carefully create full sensory experiences to delight residents daily.



New Resident Experience

Moving into a senior living community is a big transition, and the first few hours, days, and weeks are crucial to the experience. How community leaders handle the new resident experience demonstrates immediately their commitment to resident health.

What Others Do

Most senior living communities welcome new residents with a special lunch and recognize them at a few events. The transition to senior living is handled with care, but the community leaders often take a “wait it out” approach and want residents to get into the routine sooner than later.



How We Make It Better

At Cedarhurst Senior Living communities, the transition to community life is the first step to a successful experience. Our innovative [Pair to Prepare™](#) program offers extra support to new residents moving in by inviting a loved one to tag along for the first few days at the community.

We encourage new residents to invite a spouse, relative, or friend to stay with them for the first few days at Cedarhurst so that they can feel comfortable as they settle into their new home. New residents and their guests are welcomed at special meals and tours of the community, as well as treated to services at the on-site salon and spa. We know the right support during a transition makes all the difference.



Building Financial Security

A move to senior living means some financial worry because it is a change in what came before. However, the best senior living communities find ways to offer reassurance to ease any anxiety.

What Others Do

There are no financial guarantees in most senior living communities, which can make residents and family members worry as they embark on a new living situation.



How We Make It Better

At Cedarhurst Senior Living communities, our teams understand that any anxiety can cause physical and mental health challenges. In response, we created the [Cedarhurst Promise™](#), a 60-day money-back guarantee for new residents. This is practically unheard of in the senior living space and demonstrates how confident we are in the quality and care of our communities. With the Cedarhurst Promise™, residents and their loved ones can put aside their financial worries and focus on a happy and comfortable transition to community life.





Team Support

When you become a part of a senior living community, you become a part of a large extended family. Caregivers become friends, and community leaders become trusted resources of information.

What Others Do

It's no secret that senior living communities often have high staff turnover rates, which result in frustration for residents and family members. Most senior living communities do their best to retain team members, but it is often not enough.



How We Make It Better

We have made a company-wide decision to focus on staff consistency at all of our senior living communities. Our leaders throughout Cedarhurst, including at individual communities, have started having important discussions about consistency and how we can best achieve it even as world events rock the employment market.

In addition to keeping team members, we are also determined to ensure every team member has the ongoing education they need to feel empowered and inspired at their job. Our memory care team members are already specially trained on dementia best practices, but we aim to provide all team members with the opportunity to learn new interventions and approaches that will benefit residents.

Experience the Cedarhurst Difference

Life at Cedarhurst isn't like life at other senior living communities. We're committed to being the best, continually finding new ways to support and uplift those we serve.

We would love to show you around the nearest Cedarhurst community so you can see for yourself what makes us stand above the rest.

Find a community near you to begin experiencing the Cedarhurst difference.



CedarhurstLiving.com



We are pledged through the letter and spirit of U.S. policy for the achievement of equal housing opportunity throughout the Nation. We encourage and support an affirmative advertising and marketing program in which there are no barriers to obtain housing because of race, color, religion, sex, handicap, familial status or national origin.



"Cedarhurst Promise™ program is only available at advertised community. Not applicable for respite or other short-term stays. Refund is available only if move out is a result of dissatisfaction with Cedarhurst community as documented throughout stay. Complete rent refund includes base rent only. Additional terms and conditions may apply. Please see Resident Agreement for additional details. Void where prohibited."