

The Westminster at Lake Ridge CONNECTION



Residents since 2011

IN THIS ISSUE
INGLESIDE AT HOME
Home Care Service
THE WOW FACTOR
Introducing Westminster OnWard

DIRECTOR'S *Corner*



Brian R. Tenney
EXECUTIVE DIRECTOR

When I arrived a year and a half ago, many of our residents expressed the need for memory support services. Since then, we have been planning and adding programs and services to benefit people with cognitive challenges. One of the most important of these enhancements is construction of our Memory Care Neighborhood, which we expect to be completed by the end of this year. This neighborhood benefits residents with advanced dementia through special programming, trained staff and a secure environment.

In early 2018 we will be expanding our memory support services in Assisted Living for residents in the earlier stages of memory impairment. Our Resident Service Department or Health Center leadership can offer more information.

We are very excited about our future planning project, Westminster OnWard (WOW). We held our first work session August 28th, facilitated by the architectural firm Perkins Eastman. During this session, we approved conceptual plans for several projects that will begin in 2018. These projects create “destinations” that will support the community’s operations and provide additional spaces for the well-being and enjoyment of our residents. The projects include a new bistro with outdoor seating, as well as expanded fitness facilities, a multi-purpose studio and classroom that will be part of a Center for Healthy Living.



This is one of the best times of the year to visit us at Westminster at Lake Ridge.

INTRODUCING



INGLESIDE AT HOME

ENGAGED LIVING

For some time, we at Westminster at Lake Ridge have seen requests and inquiries regarding home care services increasing. To that end, the Ingleside family of communities is pleased to announce a new home- and community-based service, **Ingleside at Home**, which will provide an array of services to seniors, including personal care; companionship and socialization; homemaking; medical escort and special care needs.

“Our vision is to enhance and enrich the lives of our clients through highly skilled and compassionate home- and community-based services,” said Ingleside at Home Executive Director, Lisa Desmond. “Ingleside at Home gives seniors who live independently an opportunity to remain in their homes longer.”

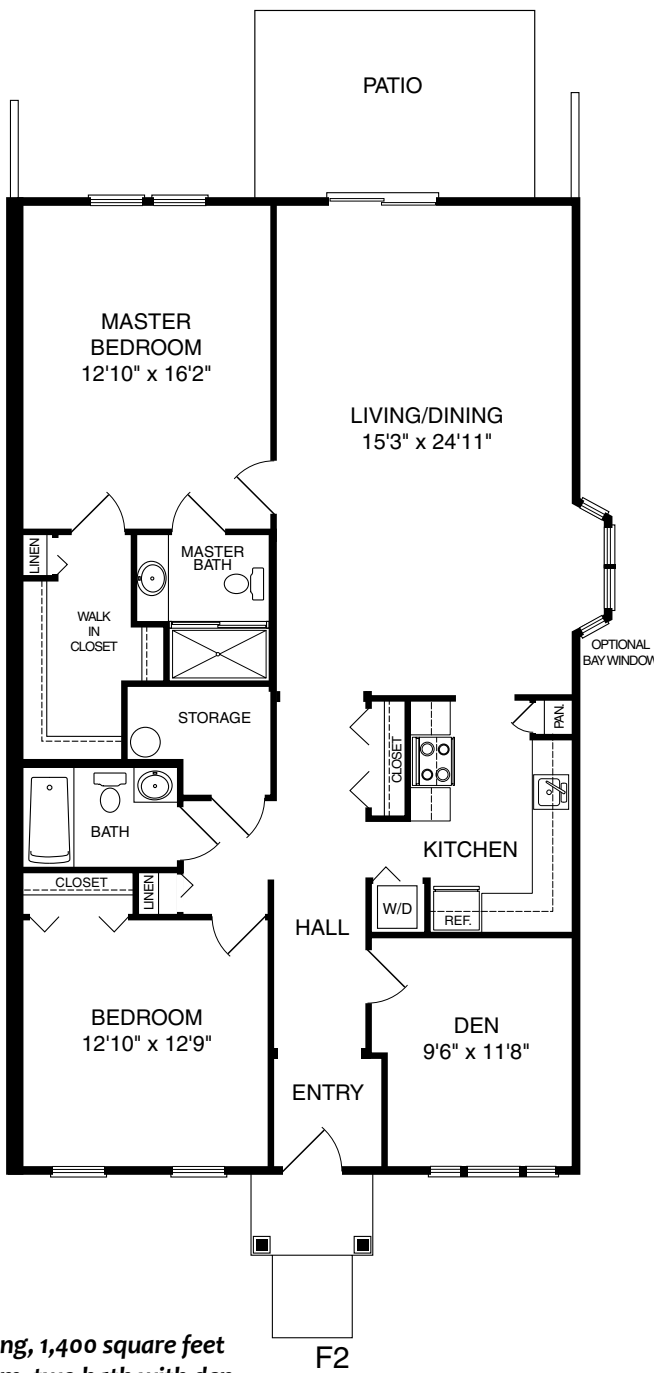
Care providers go through a vigorous selection process to ensure all jurisdictional, occupational and Ingleside quality requirements are met. Clients and caregivers will be paired through a screening process that will help determine the right selection for both parties.

Ingleside at Home began as a pilot program in 2013 at Westminster at Lake Ridge. The program has now expanded into Ingleside’s first service that offers personal and customized home care. **The service is currently available at Westminster at Lake Ridge and in the surrounding northern Virginia market.** In the future, this service will be offered to the other communities in the Ingleside family: **Ingleside at Rock Creek** and **Ingleside at King Farm**, as well as to the greater community in D.C. and Maryland.

For information on Ingleside at Home, visit www.inglesideathome.org or call our Virginia office at 703-552-6140.



TWO BEDROOM WITH DEN FLOORPLAN NOW AVAILABLE, DON'T MISS OUT ON THIS LIMITED OPPORTUNITY



The Windsong, 1,400 square feet two bedroom, two bath with den

Westminster at Lake Ridge is home to a retirement lifestyle free from care and rich with opportunity. It’s home to an engaging, historic neighborhood brimming with small-town charm, set against the natural forested beauty of Northern Virginia, yet just a few miles away, you’ll find our nation’s capital with a rich urban texture, pulsing with the energy, arts, historical and cultural attractions only a major city can offer. For a limited time Westminster at Lake Ridge is offering immediate residency and the opportunity to lock in Entrance Fee prices for 2017, before they increase in January 2018. Come see one of our most popular floorplans, a two-bedroom and den cottage while it’s still available.

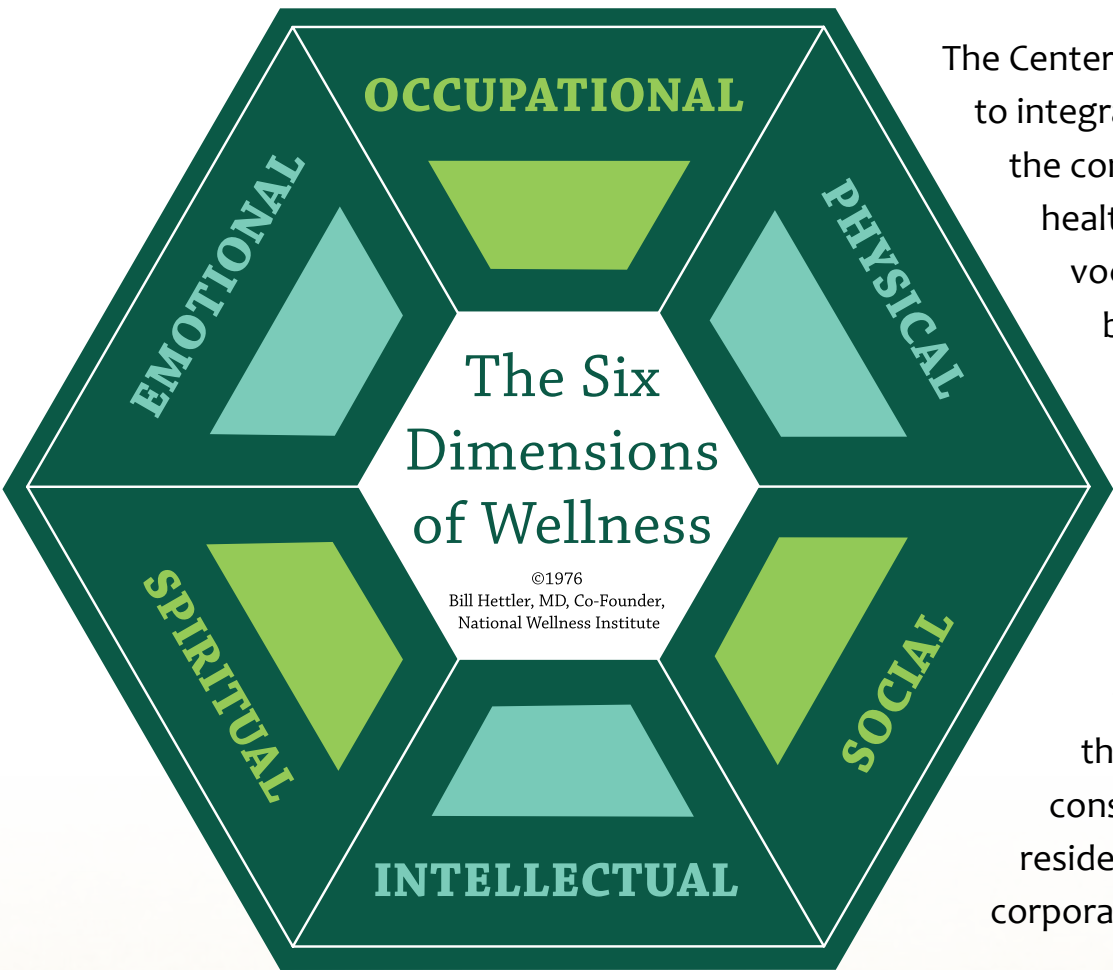
Now is the your opportunity to take your place at one of Northern Virginia’s most sought-after communities, with no waiting!

Call 703-822-4188 to schedule a personal visit.



WLR MOVES ONWARD WITH MAJOR UPGRADES IN ANNIVERSARY YEAR

By the time Westminster at Lake Ridge celebrates its 25th anniversary in October 2018, you'll start to see many positive changes. We are excited to announce the goals of Westminster OnWard, aka WOW, our plan to enhance services and programs and update the community's common areas.



The Center for Healthy Living is the cornerstone of our goal to integrate Multiple Dimensions of Wellness throughout the community. Total wellness is more than just physical health; it includes dimensions such as social, intellectual, vocational, spiritual and emotional wellness. So besides being a center for fitness and healthcare, the Center for Healthy Living will promote social interaction, continuing education, arts programming and spa treatments. Other improvements throughout the community will encourage residents and staff to address all of the dimensions of wellness. The project team's yearlong effort to create the plan respects the community's culture and values and took into consideration various stakeholders that included, residents, prospective residents, community and corporate leadership.

When the improvements are completed in 2019, Westminster at Lake Ridge will be a community that is poised for the future. It will be a place where natural light streams through windows that maximize views of our beautiful campus, where amenities such as the pool and fitness facilities are upgraded and welcoming, where the new Clipper Café becomes a popular and pleasing destination that adds to a menu of dining options, and where residents and staff have greater access to meeting spaces with all the tools and equipment they need.



The Westminster at Lake Ridge of the future will truly have the WOW factor!



A NEW SEASON AND NEW REASONS TO VISIT US



The Marketing Team at Westminster at Lake Ridge

There couldn't be a better time to visit Westminster at Lake Ridge. Occupancy in both apartments and cottages at Westminster at Lake Ridge has remained strong—but that also means that selections can be limited, with a waitlist for popular locations and floorplans. If you are considering a move to the community, now is the very best time to visit and see what we have to offer! The best way to learn about our community is to learn for yourself. You can talk with residents, people just like you, who are enjoying the life they deserve in a place they love. We would like to personally invite you to visit us. It will inform and inspire you to see your future in a new light—a future at Westminster at Lake Ridge.

***For a limited time we are waiving the \$300 application fee for the Wait List Deposit!
Call 703-822-4188 to find out more!***

Westminster at Lake Ridge is fully accredited by CARF-CCAC, the independent organization that evaluates continuing care retirement communities (CCRCs) on 1,700 different criteria, from health care to food service to finances. Only 10% of CCRCs in the United States achieve this honor.

Westminster at Lake Ridge voted Best of Prince William County

Westminster at Lake Ridge has been recognized as the Best Senior Living Community in Prince William County!

The award is the result of votes cast in Inside NoVa's Best of Prince William 2017 poll. More than 8,500 voters registered their votes in an online survey in nearly 200 categories ranging from agriculture to shopping. Westminster at Lake Ridge received the greatest number of votes in the Best Senior Living Community category, outpolling five other nominees. The survey was conducted in May and the results were published in a special section July 15.

This isn't the first time Westminster at Lake Ridge has been a winner in the annual "Best of" polls. The community's rehabilitation services were recognized by voters as the Best of Prince William County in 2014 and 2015.

Congratulations to the leadership, staff and wonderful residents of Westminster at Lake Ridge. Everyone contributes to making this the finest retirement community in Prince William County!



Ask about our limited time wait list opportunity!

SAVE THE *Date*

At Westminster at Lake Ridge we are always happy to show off our great community. Join us for one of our information luncheons or call to schedule a personal visit.

UPCOMING EVENTS

**Tuesday, December 5th
Informational Luncheon**

11:00 am

—or—

**Thursday, January 25th
Informational Luncheon**

11:00 am

Complimentary Valet Parking will be Available!

To RSVP call 703-822-4188