

The Meadows of

SUMMER 2012

NAPA VALLEY



THE 
MEADOWS
OF NAPA VALLEY

*A Not-for-Profit
Continuing Care
Retirement Community*

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Continuing Care — now at the Meadows

The Meadows of Napa Valley is very excited to announce that it now offers the option of residency through a Continuing Care Agreement. That's right! The Meadows is now officially a Continuing Care Retirement Community—often referred to simply as a CCRC.

The Meadows will continue to offer residency on a month-to-month rental basis also, but now residents can choose which option best fits their individual needs: month-to-month rental or a Continuing Care Agreement.

There are many benefits to choosing the new Continuing Care option. One of the most important benefits is that your Continuing

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(Continuing Care, con't.)

Care Agreement guarantees you access to higher levels of care—on the Meadows’ campus—as your needs change over time. This means that if you need Assisted Living, Memory Care, or Skilled Nursing and Rehabilitation later on, you will not have to worry about finding a different place to live. Your Continuing Care Agreement assures you an on-campus accommodation that fits whatever your changing needs are.

Chelli Warnock, the Meadows’ Director of Marketing, says, “The new Continuing Care option is a wonderful addition to our program. It provides residents with great peace-of-mind because they know that if they ever need more care, they are assured of receiving it, right here on campus. Of course, residents who rent month-to-month may also be able to move to higher levels of care on our campus, but there is no contractual guarantee. It’s up to each resident to choose which option works best for them.”

There are also very important financial benefits to choosing a Continuing Care Agreement. Residents who choose the Continuing Care option will save money on health care services over time because they will pay rates that are much lower than market rates for Assisted Living, Memory Care, and Skilled Nursing and Rehabilitation. In addition, residents with a Continuing Care Agreement will receive complimentary temporary stays in the on-site Meadows Health and Rehabilitation Center.

“The financial savings provided by the Continuing Care Agreement are significant,” says Chelli. “That’s one of the reasons we decided to offer this new option. As a not-for-profit CCRC, one of our most important responsibilities is to maintain affordability for residents, and the Continuing Care option does just that.”



Wellness as a Way of Life

“One of the things I often hear from residents who live here at the Meadows is how much more active they are since moving in,” says Director of Marketing Chelli Warnock. “They report feeling better overall, feeling more engaged in the world, and being more active, both physically and socially. We love hearing that, because it lets us know our comprehensive resident Wellness Program is doing what it was designed to do.”

The Meadows’ Wellness Program is informed by two decades worth of scientific research devoted to the study of aging. In particular, the study of how seniors can stay vital, physically active, cognitively healthy, and happy as they age. While there is no fountain of youth, the most recent scientific studies conducted by physiologists, gerontologists, biologists, and psychologists from across the globe all show that there are many lifestyle decisions we can make each day to slow the hands of time.

These lifestyle choices are summed up and clearly explained in a book titled *Successful Aging* (see page 4 for details). You’ll find these principles at work throughout all aspects of life at the Meadows.

For example, you’ll find it easy to keep both your body and your mind active at the Meadows. Our Fitness Center has strength training equipment specially designed for seniors, and our Recreation Staff will show you how to properly use the machines. They’ll even help you set up your own personal fitness program. The Fitness Center also has treadmills with built-in TVs, seated exercise bikes, and an elliptical trainer.

You can also stay active by taking a water-aerobics class in our Heated Outdoor Pool, join the Walking Group, or take one of the many



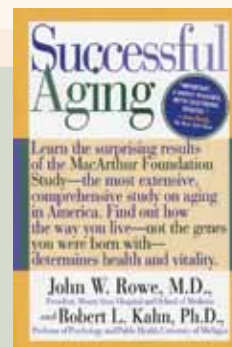
exercise classes offered on campus, including balance, tai chi, and yoga. Residents especially love these classes because not only are they a good workout, they're also engaging from a social perspective. Likewise, campus activities such as Bocce Ball and Putting groups offer opportunities to combine social and physical activity.

Residents exercise their minds by attending one of the many on-campus presentations. Currently there are two lecture series to enjoy. One is called Modern Economic Issues; the other is called Life Before 1776, Life in the American Colonies. There are a number of interest groups that meet to discuss various topics such as philosophy, current events, and new books. Residents also keep their minds sharp by attending Minding Your Memory and Engaging Your Senses presentations.

In addition, resident wellness is supported through the Meadows' Fine Dining program, which includes three delicious meals each day. There are always several entrées and side dishes to choose from, all of which are nutritionally balanced and carefully prepared.

Chelli says, "Residents appreciate the healthy meals, fitness classes, social opportunities, and enriching activities that are so much a part of life at the Meadows. We like to say that 'Wellness is a way of life here.' Everything is designed to work together and support residents in successfully aging."

The Meadows' Wellness program follows the principles set forth in the book *Successful Aging*, by Doctors John Rowe and Robert Kahn. These two researchers cite the following eight behaviors that make the most difference in how well one ages:



- Exercising the mind
- Keeping physically active
- Eating well
- Eliminating bad habits
- Keeping a positive attitude
- Nurturing your spirit
- Staying connected to friends, family, and social groups
- Planning for the future



Experience the relaxed lifestyle at the Meadows of Napa Valley and enjoy all that our beautiful region offers.

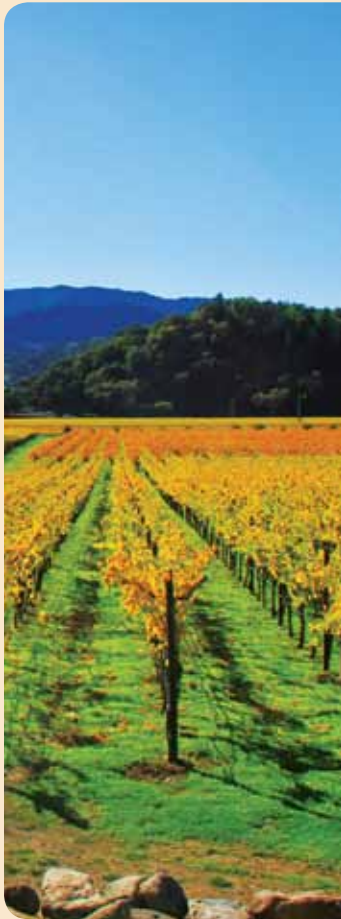
Be Our Guest!

The Napa Valley is renowned for its world-class wineries, beautiful vineyards, and near-perfect weather all year round. If you've never spent a vacation here, or even if you have, you owe it to yourself to indulge in all that our region offers.

Especially now—while the Meadows of Napa Valley is offering complimentary get-acquainted getaways! Yes, you read that right. The Meadows is offering you a chance to enjoy a complimentary stay in Napa Valley, with no strings attached.

As our guest, you'll stay overnight in one of our beautifully appointed Guest Suites. You'll enjoy everything our campus has to offer: fine dining prepared by our Executive Chef, a wealth of fine services, resort-style amenities, social activities, and more. During your complimentary stay with us, you'll have full use of our Fitness Center, Heated Outdoor Pool, Bocce Ball Court, Putting Green, Croquet Court, Meadows Club Room, and the Fireside Lounge and Bar.

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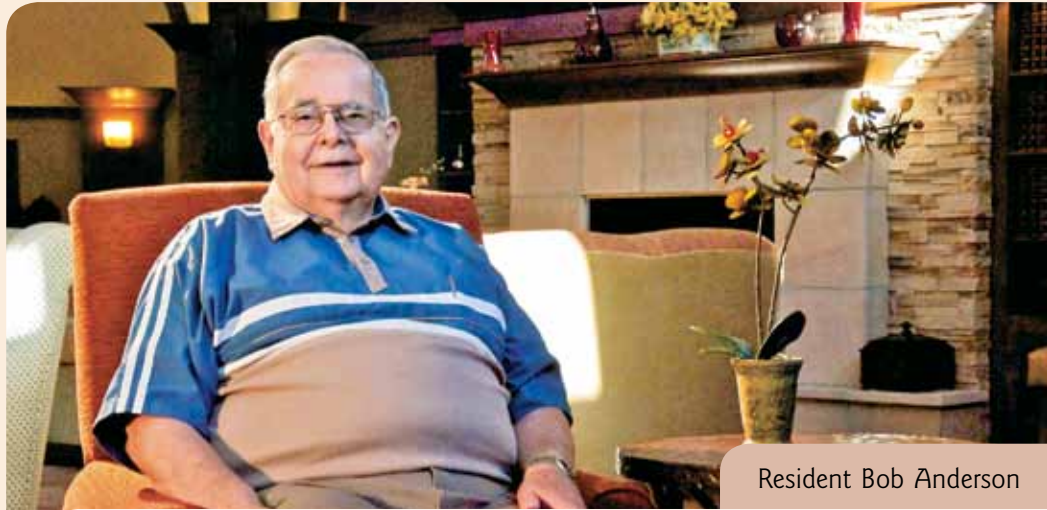


(Be Our Guest. con't.)

You'll also have the opportunity to explore the charming City of Napa, with its friendly, small-town atmosphere. The historic downtown area is filled with acclaimed restaurants, specialty boutiques, and one-of-kind gifts. A trip to Napa Valley wouldn't be complete without some wine tasting, so you may want to plan on visiting a winery or two while you're here. During your stay, you can also enjoy performances at one of Napa's many cultural venues, including the Napa Valley Opera House and the Mondavi Winery Concert Series.

Of course, the most important part of this complimentary get-acquainted getaway is exploring the Meadows itself. During your visit, our Sales Team will give you a tour so you can see all of our fine amenities and a selection of our beautiful Apartment Homes.

This is a great way for you to experience the vibrant Meadows lifestyle for yourself. Reservations are required for this special offer. Call 1-707-307-5215 to reserve your complimentary get-acquainted getaway at the Meadows of Napa Valley!



Resident Bob Anderson

“Life is Good Here”

Meadows resident Bob Anderson says that when he and his wife were looking at places to retire, the most important thing for them was finding a place that had all levels of care. He says, “Before I retired, I worked in a Continuing Care Retirement Community for 17 years, so we were very familiar with the CCRC concept and knew that that’s what we wanted. We found the Meadows, and it was the closest thing to a CCRC in this area.”

At the time Bob and his wife discovered the Meadows, it did not yet offer the Continuing Care option, as it now does, but he and his wife liked the Meadows so much that they decided that’s where they wanted to retire. Sadly, Bob’s wife passed away before the couple was ready to move in.

Bob moved in on his own, and he’s very glad he did. He says, “I didn’t like the loneliness of living alone. I like people. I like to sit and discuss things with people, whether it’s current affairs, politics, or whatever. So I decided to move to the Meadows, and I’m very happy here. The people here are very nice, there’s a lot of activity, and it’s a fun place to be. Life is very good here.”

In addition, Bob appreciates the security he feels knowing that there is care available on campus if he ever needs it. “I expect to stay here as long as I live,” he says. “And my children, by the way, love it! They know I don’t ever want to be dependent on them. I’m thankful for all of their wonderful care and the help they give me, but I don’t want them to have to put up with me all the time. I want them to live their own lives. So, we’re all very happy I moved to the Meadows.”

Hear Bob on Our Website

To hear Bob himself tell you about his life at the Meadows, visit our website at www.retirement.org/napa. Once you’re there, click on the About Us tab on the top, then click on Testimonials.



We Invite You to Learn More!

The Meadows of Napa Valley gives you more options than any other retirement community. We offer two types of residency plans: the Month-to-Month Rental Plan or the Continuing Care Agreement. You can choose the plan that works best for your individual needs.

Our Sales Team would be happy to explain the benefits of each type of plan, and to take you on a tour of our lush 20-acre campus. You'll see a selection of beautiful Residential Living Apartments, along with our many fine campus amenities.

Call us today at 707-257-7885 or toll-free at 1-888-327-8111.

The Meadows of Napa Valley is a not-for-profit, resident-centered Continuing Care Retirement Community.

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