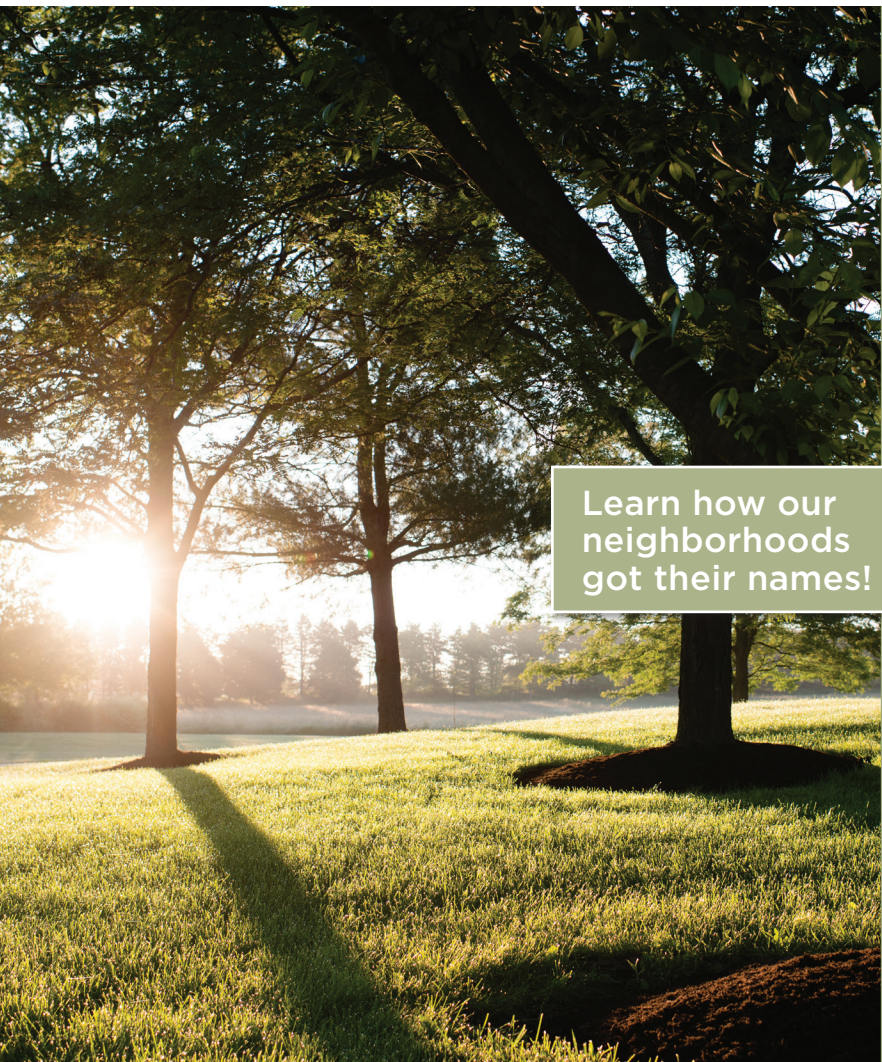


See what's happening at
Meadowood this summer!



 Like us on Facebook.



Learn how our
neighborhoods
got their names!



MEADOWOODS

A seasonal newsletter for friends
of the Meadowood community

SUMMER 2016 IN THIS ISSUE

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MEADOWOODS

A seasonal newsletter for friends of the Meadowood community



WHAT'S IN A NAME?

As Meadowood turns 28 in May, it is a fun time to reflect on the past. If you have visited us, you may have noticed that every neighborhood has a name. Look more closely and you'll see a "tree" side and a "bird" side on our 131-acre campus.

Prior to construction, Meadowood's land was mostly farmland; however, there were two distinct wooded areas, including a stand of evergreen trees and a section of swamp maples. Combining the farmland and wooded areas resulted in the name, "Meadowood." Now that the

community had a name, it was time to think about naming the many neighborhoods under construction.

The naming was contingent upon two basic assumptions: 1) the names were to be in keeping with the Meadowood theme and 2) double-word names were more attractive than single-word names. The next logical step was to name half of the neighborhoods after birds, and the other half after trees!

Some neighborhoods, such as Cedar Crossing and Bluebird

Crossing, were named after their locations. Meadowlark Point was named for its location at the intersection of the main entrance with the perimeter road. Hickory Heights marks the area where a large hickory tree was (reluctantly) removed to grade the site. Spruce Run was named for a nearby stand of evergreen trees.

The last building erected was called "Founders" Village in honor of the charter members of the board of directors, who worked so hard to create a wonderful community.

The full list of names:

Birds: Bluebird Crossing, Cardinal Crest, Pheasant Run, Meadowlark Point, Robin Ridge, Wren Court

Trees: Cedar Crossing, Dogwood Knoll, Hickory Heights, Pine Croft, Spruce Run, Willow Way

Apartments: Center Bridge, Founder's Village

The Health Center: Azalea House, Laurel House, Holly House



Wish you were HERE

Meadowood is great, but we like to get away, too. We recently returned from a beautiful, fun cruise on the lower Mississippi River. Highlights were stops at New Orleans, Baton Rouge, Vicksburg and Natchez. We visited several plantations, where we heard some fascinating presentations on the Civil War and river life.

Bob & Marylee Lees

Visit Meadowood.net/community/testimonials to learn more about Bob and Marylee Lees.

CEO CORNER



Paul Nordeman,
President & CEO

We recently celebrated the 30th anniversary of the groundbreaking for our fine community. It was a night to honor our founders, Bill and Sylvia Strasburg, who have called Meadowood home for 10 years. It was refreshing to look back and realize that this extraordinary couple has realized their vision of a community that:

- Fosters kindness and collaboration among residents, management and board
- Offers quality dining and health programs
- Promotes lifelong learning
- Encourages walking on a campus with plenty of open space

This celebration was a wonderful opportunity to express our collective gratitude to the Strasburgs for building a strong foundation for our continued success.



Shannon Grieb,
Vice President,
Marketing

Shannon Asks What community personality matches yours?

This is an excerpt from the latest Meadowood blog. Read the full article at <http://www.meadowood.net/blog/2212/>

When you embark on a search for a Life Plan Community (formerly Continuing Care Retirement Community), you'll discover that communities have many similarities. You'll compare brochures and notice that most have a fitness center, dining program, floor plan options and a social calendar. Armed with questions, you're ready to start visiting.

Once you arrive at these properties, you'll quickly discover differences. Just like people, communities have different personalities. Some seem formal, while others have a warm, friendly feeling. One community may sit on a large piece of land, while another may feature high-rises set on a small property. Below are some guidelines to help you in your search.

Search tips:

- Look beyond physical surroundings. Are residents and staff friendly?
- Visit only one community per day! Too many visits, too quickly, can be confusing and overwhelming.
- Narrow down your list to two or three, and visit again. Ask residents why they chose the community.

TO YOUR HEALTH



The Skinny on Sun Protection!

- Coat your skin before getting dressed (you're less likely to miss a spot).
- Don't wait until you're outside to apply — sunscreen takes time to work.
- Keep it fresh! Buy new sunscreen each summer, and toss the old bottles.
- Don't forget your scalp and hairline! Use a spray sunscreen to reach those tricky areas.

at HOME WITH *Dottie Reeves*



Dottie joined the Meadowood community in July 2015. Her only challenge is finding time to enjoy all that is offered here while still visiting old friends.

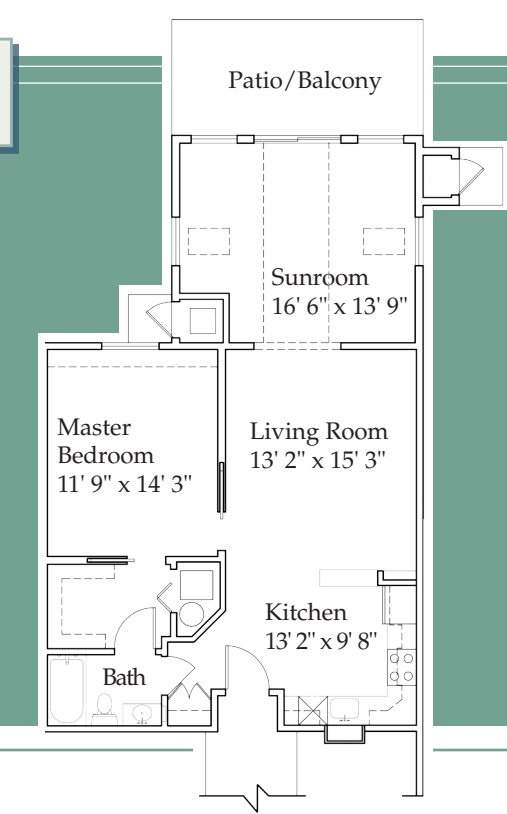
She has been enjoying yoga, tai chi, the fitness center, guest lectures, live entertainment, bus trips, dining and chats with new friends.

Dottie's sunroom provides a relaxing spot for her to read while she enjoys a hot cup of tea.

After moving in, Dottie asked representatives from the grounds department to design new landscaping for her courtyard home. She is extremely pleased with the results.

Floorplan: "Berkshire" in The Courtyards

- Square footage: 722
- Sunroom adds 215 square feet
- Bedrooms: 1
- Bathrooms: 1
- Details: Patio/Balcony



It all begins with **you.**

Two Great Ways to DISCOVER MEADOWOOD

Register NOW
for These FREE Events

Dine and Discover Luncheons

Be our guest as we explore life at Meadowood, enjoy a delicious lunch and tour residences.

Luncheons are held twice a month at 11 a.m. Space is limited. Reserve early.

Wednesdays: June 29 July 27	Thursdays: July 14 August 11
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Summer Parade of Homes

Wednesday, June 22, 1:30-3:30 p.m.

Join us for a free tour of some of our most stylish residential homes. Meet our friendly residents, see how they've customized their lovely spaces and hear firsthand why they decided to call Meadowood home.

You'll have the opportunity to:

- View a variety of residences and get ideas for your own dream home
- Learn about our customization program
- Find out about our special incentives

Please RSVP

for all events at
484.991.4469
or register online at
DiscoverMeadowood.net