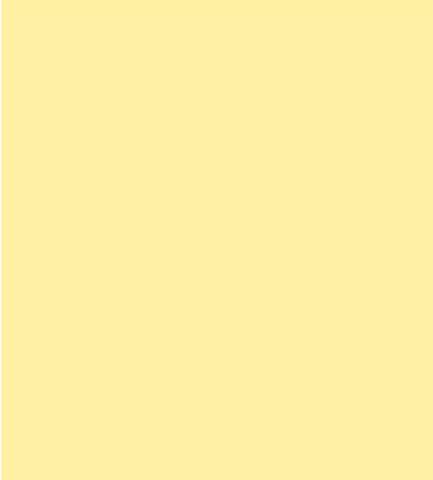


Choosing a senior living community: how families come together.



Lenbrook



As parents get older, their needs change. So it often makes sense for their living situation to change. Many times the whole family gets involved, whether by researching options or doing actual legwork. It's such an important decision, and most families are navigating it for the first time. So what do you look for? What questions do you ask? Meet two families who offer some insights and suggestions.

About Lenbrook

Lenbrook is the first and only Life Plan Community in Atlanta to achieve national accreditation. This extraordinary not-for-profit community in Buckhead is dedicated to enabling its residents to enjoy the gifts of independence, good health and personal fulfillment through engaging and inspiring programs and services, and through high-quality, on-site health services for all levels of need.



The Dracos Family

Ellen Dracos Lemming was always very close to her mother, Pat, even though the two lived 850 miles apart for the last 20 years. Pat lived in her home, located in the hills of northeastern Pennsylvania, and Ellen lived in Atlanta. As everyone was getting a little older, that distance was becoming harder to live with. “I couldn’t sleep at night,” said Ellen. “Even though she had lived there 52 years, I was so worried about my mom being alone in that big house, in a very isolated community. We had to make a change and bring the family closer together. And because she was so far away, the legwork was up to me.”

A secure campus full of warmth.

Ellen started scouring the web and visiting senior communities in Atlanta. Then she got some good advice from a dear friend whose parent was happily enjoying life at Lenbrook. “Of course, when I walked into Lenbrook, I saw how beautiful it was. But there are other nice looking places. The true difference was the level of caring I noticed right away. I was so moved by the thoughtfulness of the staff and the interaction of the other residents. There was a real sense of community. And the level of security was exceptional.”

The added confidence of accreditation.

“I learned that Lenbrook was one of the few communities that had earned national accreditation. I had no idea there was such a thing! It certainly gave me confidence and peace of mind knowing this was not only a first class, but also an accountable community. I was impressed.”

Pat Dracos resisted the move at first. Leaving longtime friends half way across the country was hard. But she visited Lenbrook a few times. “And you know,” says Pat, “the more I came, the more I liked it.” The stars all seemed to align when the perfect apartment became available. And along with a lot of help from Ellen—and the staff at Lenbrook—Pat made the move to Lenbrook.

A life fulfilled. And filled with activity.

“Oh, I stay so busy,” enthusiastically reports Pat. “I have bridge three times a week and bingo. I attend the Sunday lectures, which are fascinating. The off-campus trips to local restaurants have been wonderful! And I’ve met such nice new friends...people who care about me. Ellen really did me a favor finding Lenbrook.” The whole family is really happy with the decision. “Now mom is doing great,” says Ellen. “No. Better than great! She’s really a different person, now that she’s at Lenbrook. She’s upbeat, she’s animated and she’s got a big smile on her face.”

“I went from seeing my mom three to four times a year to seeing her twice a week. I’m so connected to her now. I know, at Lenbrook, there’s a team of people looking out for my mom’s health and happiness. That helps my health and happiness. I can sleep again!”

The Sanchez Family

For Missy and Larry Sanchez, finding the right senior living option was a whole family affair that happened quickly. While sometimes this process can take years, the Sanchezes settled into Lenbrook within four months after making the decision to move. And now, life is great again...for everyone.

Prior to the move, adult children Suzanna and Scott Sanchez were growing concerned about their parents. “My dad’s health issues kept both him and my mom busy with doctors visits and hospital stays. When added to their usual routine of living life and taking care of the house, the yard, the dog, etc., life became overwhelming. There was no time to relax and enjoy themselves,” says Suzanna. “Scott and I considered outsourcing help. But after researching that option, we realized that managing that care would be a full-time job.”

So together we created this giant spreadsheet,” Suzanna continued. “And Mom and I committed to researching our options by observing, asking questions and eating a meal.



We visited 11 retirement communities, but the minute we set foot in Lenbrook, we knew we were HOME.”

The right place at the right time

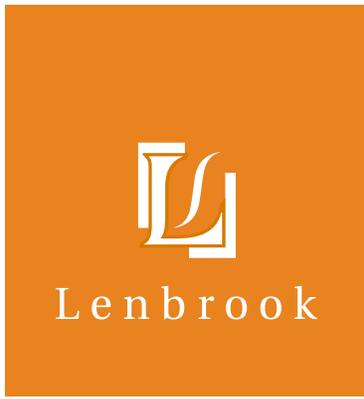
“Suzanna still laughs,” says Missy Sanchez. “She thought I had lost my mind! Within an hour of walking into Lenbrook, I wrote a check, adding our name to the waitlist called The Advantage Club. Lenbrook was just a great fit for us. So many activities. And seriously, we have met the nicest, most interesting people who have led fascinating lives! Larry and I feel so fortunate that we landed here.” Larry and Missy may have “landed,” but they are hardly stagnant. Missy enjoys Tai Chi (“I adore it!”), swimming, and walking with her new friends and neighbors. She’s even organized a group of eager volunteers called the Can-Do Committee! Larry has a newfound love of exercise and plenty of new friends. And they both enjoy the many events, especially the frequent musical performances and other weekly resident activities. Says Suzanna, “The more we looked into Lenbrook, the more right it felt for my parents. The community was head and shoulders above everywhere else we looked.”

Lenbrook’s healthcare benefits sealed the decision. “The on-site health care was huge for us,” recalls Scott Sanchez. “It’s given us a safety net, confidence, and really, peace of mind.”

“I don’t worry about my parents any more. And best of all, now we can enjoy each other more. Instead of focusing on health issues or home repairs, our time together is truly family time again. I just couldn’t be more thankful.”

Suzanna adds, “This journey to find a place for my mom and dad really brought us together even closer as a family. Honestly, it was very special. My parents are so happy. And Scott and I are too. Lenbrook is truly one of the best things to ever happen to all of us.”





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