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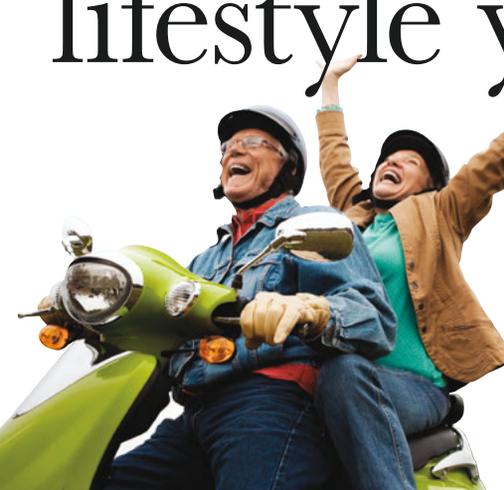


# The Swan Creek Cygnet

SPRING 2016



## Enjoy the freedom and the lifestyle you have earned.



*Senior living in Toledo just doesn't get any better than at Swan Creek. Here, it's all about the freedom to live your life your way, with plenty of choices along the way.*

As a continuing care retirement community (CCRC) in Toledo offering a Life Care Commitment, Swan Creek offers a diverse collection of private villas, luxury apartment homes, assisted living, memory care, skilled nursing and rehabilitation on a 34-acre wooded campus. You have the genuine peace of mind to relax, knowing you're in control and have taken care of your future.



### Watch the new you emerge. Love your life.

You have a lifetime of experience, yet you still look for something new in everything that happens. At Swan Creek you will find like-minded friends who support each other while different-minded friends stimulate fresh thinking.

Swan Creek features a desirable location and provides the luxuries and comfort that make you feel like you are in a five-star hotel.

Conveniences and amenities wrapped around you, an exceptional staff at your service, and living suddenly gets simpler. Now is time for the new you to emerge.

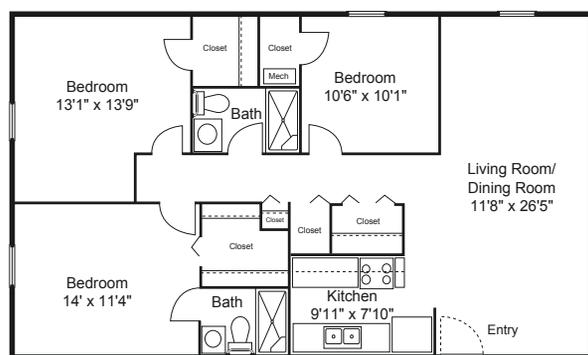
According to Executive Director **Ann Roller**, "We offer a luxury setting with a focus on guest services and the highest comfort standards. In addition, we provide a range of chef-prepared dining options, numerous social opportunities, and progressive fitness and wellness programs."



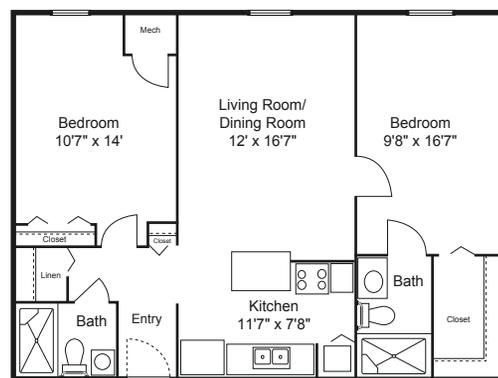
### Apartment Homes

Surround yourself with all the comforts of home in a Swan Creek apartment. Choose one of our 124 one-, two- and three-bedroom apartments with one- or two-full baths; a kitchen and a living/dining room. Each is perfect for an individual or couple.

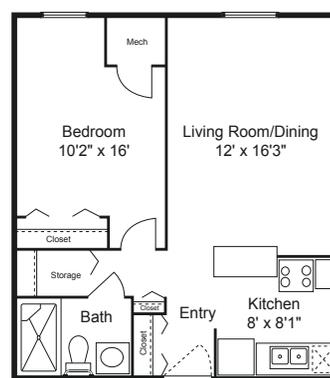
**Willow** 1100 Sq. Ft., Three Bedroom, Two Bath



**Linden** 860 Sq. Ft., Two Bedroom, Two Bath



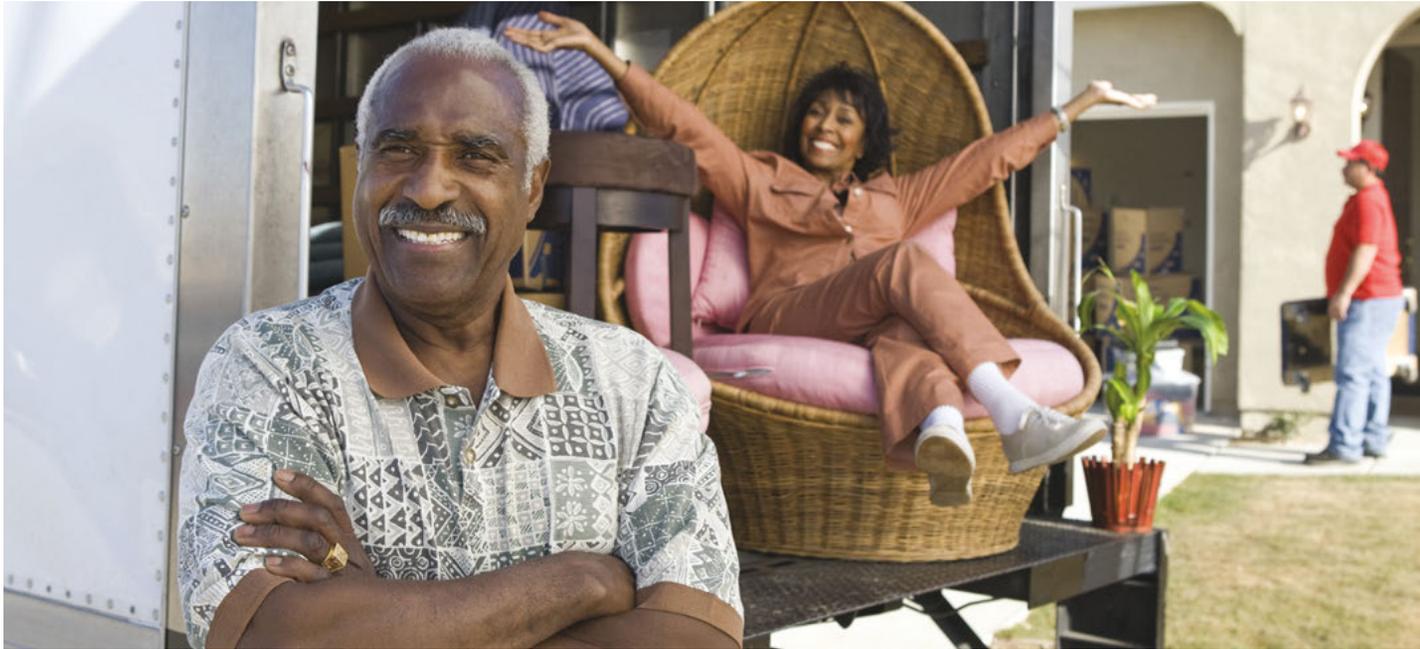
**Aspen** 640 Sq. Ft., One Bedroom, One Bath



### Villa Homes

When you select a villa at Swan Creek, you get the best of two worlds: a home of your own and a "lock and leave" lifestyle. You'll have a garage, patio and all the things you love about a private home but without maintenance worries. We take care of all the upkeep of your villa, so if you want to travel, go! We'll take care of everything while you're gone and make sure that everything is ready for you upon your return.

All of Swan Creek's 34 villa-style homes include two- or three-bedrooms, two full baths, a kitchen, a living/dining room, a utility room, and an attached garage. Customized options can include enclosed three-season rooms, fireplaces, etc. Choose from one of five floor plans.



# Making the move easier

Moving is not an easy task. The physical strain and stress of moving, downsizing decisions and fitting everything into a new home can make for an overwhelming task. That's why Swan Creek has teamed up with two area companies, Rose Custom Interiors and Wrap N' Ship, to make moving easier.

## Making Downsizing and Interior Design Choices Easier.

Rose Custom Interiors owner Rose Toth Gallardo and interior designer Terra Davenport, work closely with new residents, helping them decide what items will fit into their new homes. In addition, they create floor plans showing furniture placement. "The floor plan is a big help with downsizing and making sure the new space still feels like home.

"New residents are less anxious about moving knowing we can design the space to fit their needs," added Rose.

Swan Creek pays for Rose's first two hours of service, including the creation of the floor plan. After that, residents can continue working on their own with Rose.

"I can help them with everything from paint color selection and interior decorating to coordinating with maintenance to make sure pictures are hung. I do anything I can to help meet their moving needs."

## Maggie's Experience

**Maggie Parseghian** utilized Rose's expertise when she decided to make a move.

According to Maggie, "When I finally decided to make the move, I was charged with the task of downsizing from a 2,000 square foot home to a one-bedroom apartment. Through the courtesy of Swan Creek, I had help. Rose came to my home and immediately started by taking pictures and measurements, and creating a floor plan that showed how my things would fit into my new apartment. Even after working out a proper arrangement, Rose wasn't done yet. I had saved a 30-year-old Good Housekeeping article on arranging big groups of pictures, and Rose worked with me to create the wall of my dreams, covered with my favorite family photos."

## Moving Your Furniture Can be Easy

Lifting heavy objects and awkward furniture is never a fun task, not to mention that it can lead to damaged items. That is where the company Wrap N' Ship comes into play. Sandy Griffin, owner of Wrap N' Ship, says her company can help in many ways to make the move easy. "We really pay attention to detail and make sure items are packed properly for a safe arrival, and we not only move the items, but we can dispose of items no longer needed or ship items that are going to other family members. Once we get to the resident's new home, if they have worked with Rose, we can place their furnishings according to her floor plan," said Sandy.

## Happy After Making the Move

In addition to her positive experience with Rose and the moving process, Maggie would also like you to know her opinion of Swan Creek. "The comfortable atmosphere, exceptional food and exciting social setting reminded me of the luxuries one would expect from a cruise. I am so happy I made the move to Swan Creek!"



# Living life your way



Great friends, pleasant neighbors and Swan Creek's supportive, eager-to-serve staff are ready to play, accompany, share, help, listen, laugh and they can turn even the most ordinary day into an adventure. Below is a sampling of our many programs and activities:

## Social & Recreational Fun (Events occur both on and off campus)

- Armchair Theatre Group
- Art Workshops
- Card Clubs
- Choir and Bell Ringers
- Community Guest Speakers
- Concerts and Theater Outings
- Fitness Classes
- Group Tours
- Holiday Celebrations
- Lunch and Dinner Outings
- Men's Lunch/Learn and Outings
- Movie Nights
- Putting Green
- Resident Committees
- Shopping and Day Trips
- Spiritual Services
- Themed Happy Hours
- Travel Club
- Woodshop
- Volunteer Opportunities

## Educational Opportunities (Offered in the spirit of enhancing resident knowledge and the importance of life long learning)

- Technology Center and Classes
- Lourdes University Lifelong Learning Classes
- Language Learning Classes
- Dakim Brain Fitness Program
- It's Never Too Late (IN2L) Technology Book Club
- Community Guest Speakers
- Lucas County Library Visits
- Men's Lunch and Learn Group

## Centers & Services Offered on Campus

- MyIndependence by Senior Independence
- Kridler-Meloy Wellness Center
- Reed Chapel
- Spiritual Life Programming

# Retirement Living

## The five myths and realities

*One of the biggest obstacles that keeps people from exploring a continuing care retirement community (CCRC) like Swan Creek, is the belief that there are too many sacrifices to be made – freedom, independence, and living space – to name a few.*

Age Wave, a research and consulting company, conducted a study to better understand how adults age 50+ decide to move to a CCRC like Swan Creek.

We hope that this excerpt from the report will help you better understand the options and enable you to choose the home and lifestyle that best meet your goals and needs in the years ahead.

**Myth 1 – “My current home will be the best possible place to live in my retirement years.”**

**Reality** – The ideal home evolves throughout our lifetime, so the best home for your next stage of life should be one that provides more freedom, more convenience, better care and less worry.

**Myth 2 – “My current home is the best option to continue an active social life and to stay connected with friends in the years ahead.”**

**Reality** – Remaining in your home can result in growing isolation and loneliness in later life. CCRCs offer opportunities

to build new relationships and social connections with like-minded people.

**Myth 3 – “It’s less expensive and more financially secure for me to stay in my current home.”**

**Reality** – Even though your mortgage may be paid off, monthly expenses to maintain your home and your lifestyle are higher than you realize and less predictable as your home ages or you are less able to physically manage the home. When combined with potential care costs, living in your current home may end up being the most expensive option.

**Myth 4 – “It would be easy to get any care I might need at home.”**

**Reality** – Care at home can be difficult and costly, while continuing care retirement communities offer a seamless solution for most care needs that may arise in later life.

**Myth 5 – “CCRCs are filled with old people who are sick and dying.”**

**Reality** – Many people

choose CCRCs to pursue opportunities for new learning, new activities and a “new chapter in life.”

Throughout your life you’ve chosen homes which best fit your future lifestyle. Planning ahead and proactively choosing the home and community that best meet your needs, dreams and ambitions for the years ahead – like Swan Creek – is the best recipe for making the next chapter in life as vital, interesting and as fulfilling as possible.

If you think a CCRC may be a good option for you or a loved one, contact Director of Marketing **Sarah Laughlin** at 419.865.4445 or [slaughlin@swanecreek.oprs.org](mailto:slaughlin@swanecreek.oprs.org). Sarah will be happy to meet with you over lunch and talk about the lifestyle, care and support offered at Swan Creek. We also welcome you to tour our campus and, more importantly, talk with current residents to understand what life at Swan Creek can truly offer.

## Call the Experts and Services Available

### BEAUTY & BARBER SERVICES

**Gary Meyer, Barber**  
419.865.7602

Available by appointment only.

**Silver Swan Beauty Shop**  
419.865.7947

Tuesday thru Friday 9 a.m. to 3 p.m.  
Saturday – By appointment only.

### BOOKMOBILE

The Lucas County traveling library visits Swan Creek monthly.  
Health Care Center: 10 a.m.  
Apartments: 10:30 a.m.  
To request a book, call 419.259.5350

### DELIVERY SERVICES

#### Prescriptions

Pharmacies that deliver to Swan Creek:  
Kroger 419.381.0541  
Pharmacy Counter 419.382.3475  
Rite Aid 419.865.3130

**Meal Delivery** – Call 419.865.7740 to have a meal delivered to your apartment, \$2 fee

**Pizza Delivery** – Call 419.865.7740  
Monday thru Saturday 10 a.m. to 6 p.m.  
Sunday & holidays 10 a.m. to 4 p.m.  
30–45 minute delivery time.

### DINING

#### The Victorian Dining Room

Call 419.865.4445 Monday thru Saturday  
Brunch • 10 a.m. to 1 p.m.  
Dinner • 4:30 to 6:30 p.m.  
Sunday Buffet • 11:30 a.m. to 2:30 p.m.  
Sunday boxed dinner is also available by signing-up.

### GIFT SHOP – ON-SITE

#### Gifts N More Gift Shop

Open: Monday thru Friday  
12:30 p.m. to 2:30 p.m.

### HANDYMAN SERVICES

#### All Jobs ... Big & Small!

Call 419.865.7622 – Painting, plumbing, snake drains, remodeling, electrical, hanging pictures, garage doors, ceiling fans – you name it!

### HEARING SERVICES

#### Kenwood Hearing Center

Hearing aid checks, repair, battery assistance and cleaning on the 3rd Friday of the month at 9 a.m. Independent Apartment Building Craft Room.

### HOME HEALTH SERVICES

#### Senior Independence

Call 419.865.1499  
Offering as much help as you need by providing home health and home care services.

### HOSPICE CARE

#### Senior Independence Hospice

Call 419.865.1499  
Dedicated to providing care for patients and families in the place they call home, 24 hours a day, 7 days a week.

### INTERIOR DESIGN

#### Rose Custom Interiors

Call 419.265.0369  
Providing senior downsizing, space planning, custom window treatment design, color consultation, furniture and accessory shopping, plus much more!

### LIBRARY

For more information on large-print books, regular books and videos, visit the Swan Creek Library on the second floor of the Independent Apartments.

### NOTARY SERVICES

#### Megan Nolan

Call 419.865.4445  
Monday thru Friday 9 a.m. to 4:30 p.m.

### PODIATRY

#### Dr. Sorenson

Contact Nancy Seybold  
419.865.4445, x1240 for appointment.

### PET SERVICES

#### Dog Walking

For more information call 419.865.4445

### SEAMSTRESS

#### Liz’s Creations

Visiting Swan Creek the last Tuesday of every other month. Check the calendar for the exact date. First come, first served.

### TECH SUPPORT

#### Lindsay Grider

Call 419.865.4445  
For help with your computer or printer. The Technology Center is open 24 hours a day in the Independent Apartment Lobby.



**The Swan Creek Cygnet** has been brought to you by your friends at Swan Creek.

Executive Director Ann Roller  
Director of Marketing Sarah Laughlin  
Editor & Creative Services Dyan Trent

For more information or to schedule a free lunch and tour, call Sarah Laughlin at 419.865.4445.



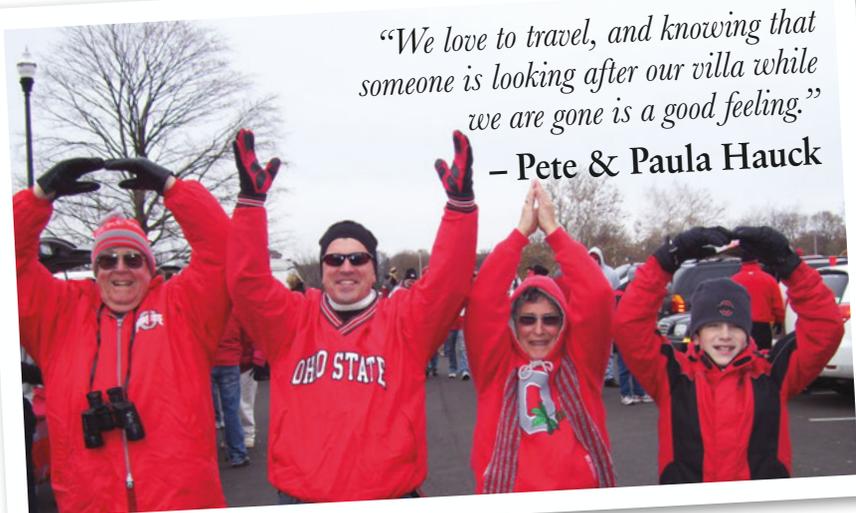
Built on 34-wooded acres, Swan Creek Retirement Village offers resort-like living in the heart of the city. There are walking trails through the woods, plenty of places to exercise and ride a bicycle, or simply take the opportunity to sit back and enjoy the pleasures of life. There's also easy access to cultural, educational and sporting venues.



5916 Cresthaven Lane  
Toledo, OH 43614  
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419.865.4445

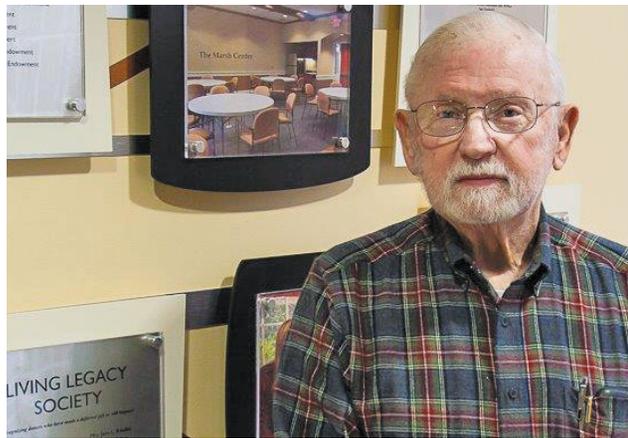
# Distinctively interesting people are proud to call Swan Creek Home

Swan Creek hums with activity, neighbors become friends and staff care in a way that feels like family. People count on each other, as they share life and experiences, they make each other better.



*"We love to travel, and knowing that someone is looking after our villa while we are gone is a good feeling."*

**– Pete & Paula Hauck**



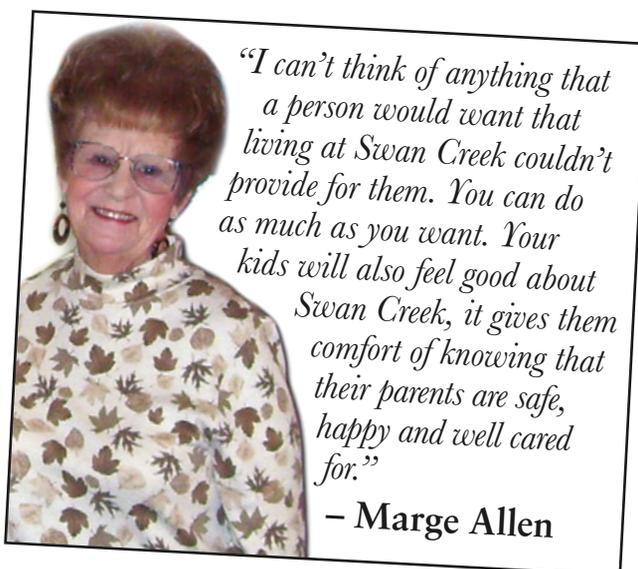
*"At Swan Creek you can be as busy as you want to be, the service is outstanding and life here is good. There is always something to do, no matter what your interests. And if you don't want to be involved, well that's ok, too."*

**– Chuck Williams**



*"Living at Swan Creek makes me feel so good. When I moved here it gave me the same excited feelings I had when I went off to college. My friends lived there and we always had something to do."*

**– Anne Jenkins**



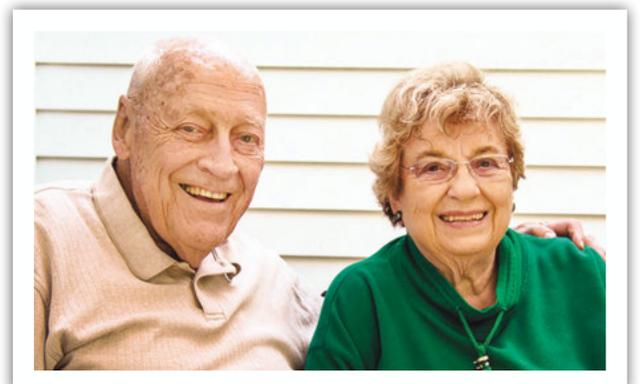
*"I can't think of anything that a person would want that living at Swan Creek couldn't provide for them. You can do as much as you want. Your kids will also feel good about Swan Creek, it gives them comfort of knowing that their parents are safe, happy and well cared for."*

**– Marge Allen**



*"Though I've only lived at Swan Creek for a year, I feel right at home! I have made so many wonderful friends and am on several committees! The staff is amazing, always willing to help with whatever is needed! I live in an oasis in the city, and I couldn't be happier!"*

**– Jean Hersland**



*"Though it was painful leaving our home of 40 years, we enjoy living here. Swan Creek has a small town feeling all its own, the surroundings are pretty, the people are interesting, and the staff is positive and creative, and they will do anything for us!"*

**– Don & Anne Leider**



*"How good it feels to get that satisfying sense of 'This is me. I fit here.' When you're an energetic, purpose-driven person, you can get that feeling at Swan Creek just by being yourself. You'll belong."*

**– Ted Jenkins**