



Morning  Pointe  
Senior Living

*For Generations to Come™*



# Community Highlights

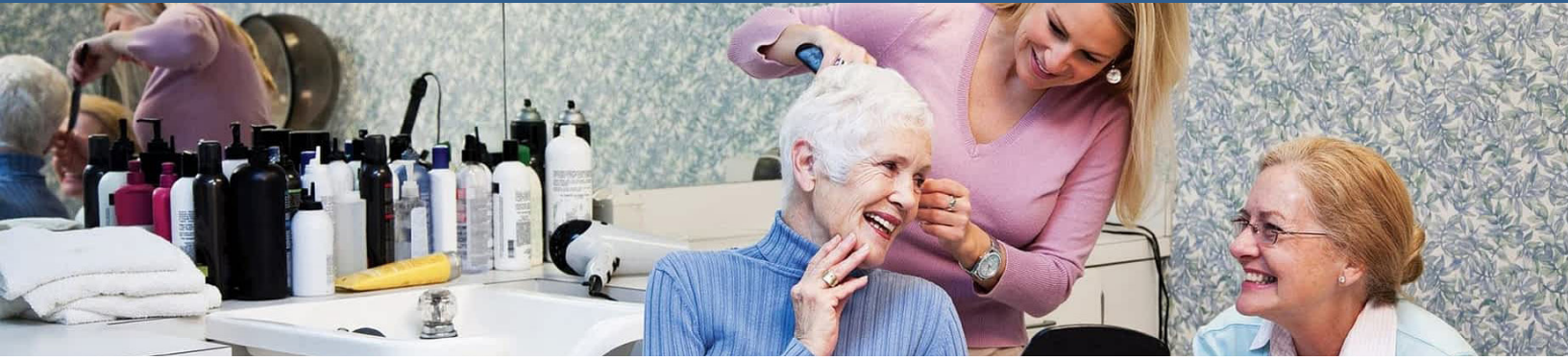


- Individual care plans are coordinated by licensed nurses and with healthcare providers in order to maintain an optimized healthcare management plan. These plans are drafted, programmed and reviewed regularly allowing staff to meet the ever changing needs of the resident.
- Licensed nurses provide oversight of health, wellness and medication administration while licensed clinical staff are available 24 hours a day. Transportation to doctor appointments is also offered.
- On-site physical, occupational and speech therapy services are available through both an outpatient clinic and home health aimed at keeping residents independent longer.
- Restaurant-style dining can be found in a central dining room offering three delicious meals per day, regular alternate selections, farm-fresh ingredients and dietitian oversight.
- An active senior social calendar keeps residents engaged with the greater community and includes intergenerational programming, service projects and regular weekly outings.
- Additional services and amenities include, but are not limited to, a 24-hour emergency response system, housekeeping and linen services, a barber and beauty shop, and outdoor spaces including covered porches, courtyards and walking areas.
- Rates are based on apartment size and resident care needs.

*\*The Lantern Memory Care residents receive all of the same services as Senior Living residents, with the additional benefits of having specially trained staff familiar with our Meaningful Day™ programming, Best Friends™ approach and Teepa Snow™ Positive Approach. By investing time and attention in understanding prior roles, routines, life experiences and interests of each resident, The Lantern team of professionals create an environment that truly enhances quality of life. The Lantern memory care services are not offered in the following locations: Athens TN, Greeneville TN, & Richmond KY*

***Morning Pointe was founded in 1996 and serves seniors across the Southeast.***

# Amenities



- Licensed nurses provide oversight of health, wellness, and medication management
- Licensed and clinical staff are available 24 hours a day
- Single-level living that offers spacious apartments
- Multiple floor plan choices
- Restaurant-style dining in a central dining room
- Beautifully landscaped grounds
- Special Dietary Menus
- Chef Prepared Meals with Local Farm-Fresh Food\*
- Spacious resident visiting areas
- Inclusive utilities
- Individual climate controlled rooms
- Telephone & cable television
- Housekeeping & laundry services
- Transportation services for medical appointments
- Pharmacy Services
- Secure Environment
- Maintenance of apartment, community and grounds – including snow and ice removal
- Wifi Access Throughout
- Gardening\*
- Fireside Living Room\*
- Porch
- Therapy Room\*
- Flat Screen TV
- Beauty/Barber Shop
- Piano
- Pet Friendly
- Parking – Surface
- Postal Services
- Preferred Medical Providers
- Dedicated Nurse Practitioners
- Home Health Agencies
- Pharmacy & Mobile Diagnostic Services
- Behavioral Health (Available at Select Locations)
- On-site physical, occupational and speech therapy services are available through both an outpatient clinic and home health aimed at keeping residents independent longer

**\*Varies by Community**

# Cost of Living Worksheet



*Morning Pointe offers great value for your money. Using this simple worksheet will help you see for yourself the value of living at Morning Pointe or in The Lantern Alzheimer's and Memory Care Center. Please take a few minutes to complete by estimating your monthly living expenses and compare them to the included services offered.*

YOUR CURRENT MONTHLY EXPENSES	
Mortgage or rent	
Telephone	
Meals and snacks	
Car payment/insurance	
Car maintenance	
Entertainment	
Cable TV	
Electricity	
Water	
Sewer	
Gas	
Garbage removal	
HOME MAINTENANCE	
Housekeeping	
Lawn care	
Tree and shrub care	
Gutter cleaning	
Painting and repairs	
Roof repairs	
Major appliances (maintain/replace)	
Homeowners insurance	
Real estate tax	
Security	
SERVICES	
Activities (entertainment, movies, clubs)	
Nurses available	
Dietary assistance	
Flat linen (Towels, Sheets, ect.) laundry service	
Personal Laundry (Clothes)	
Assistance with personal care needs	
Healthcare monitoring	
Medication Management	
24-hour emergency response system	
Transportation	
TOTAL	

MORNING POINTE'S MONTHLY EXPENSES	
Mortgage or rent	Included
Telephone	
Meals and snacks	Included
Transportation payment/insurance	Included
Transportation maintenance	Included
Entertainment in community	Included
Cable TV	
Electricity	Included
Water	Included
Sewer	Included
Gas	Included
Garbage removal	Included
HOME MAINTENANCE	
Housekeeping	Included
Lawn care	Included
Tree and shrub care	Included
Gutter cleaning	Included
Painting and repairs	Included
Roof repairs	Included
Major appliances (maintain/replace)	Included
Homeowners insurance	Included
Real estate tax	Included
Security	Included
SERVICES	
Activities at community (entertainment, movies, clubs)	Included
Nurses on staff seven days a week	Included
Dietary assistance	Included
Flat linen (Towels, Sheets, ect.) laundry service	Included
Personal Laundry (Clothes)	
Assistance with personal care needs	
Healthcare monitoring	Included
Medication Management	
24-hour emergency response system in apartment	Included
Transportation (scheduled)	Included*
TOTAL	

\* Morning Pointe provides local scheduled transportation for basic needs like shopping, medical appointments, and campus events. For more information, contact your Morning Pointe management team.

# Life Enrichment and Wellness Programming

## MorningPointe

Senior Living & Memory Care

The activity, social and wellness calendar at Morning Pointe Assisted Living/Personal Care is not about staying busy, it's about creating purposeful days. Our programming focuses on connecting residents to activities they have enjoyed throughout their lifetime, while exposing them to new possibilities. It involves volunteers and students of all ages, partnerships with the greater community and friendships with their new neighbors. The life enrichment director heads up the creation of the monthly calendar scheduling regular and changing activities inside and outside the building with a focus on eight purposeful methods of engaging our residents. They include:

- Daily Exercise and Physical Activity: Exercise, Active or Sport Games, etc.
- Mind, Body and Spirit: Religious Services, Hymn Singing, Inspirational Readings, Meditation, Music, etc.
- Life-Long Learning and Cognitive Flexibility: Trivia Games, Current Events, Classes, Educational Speakers, etc.
- Community Partners and Outside Social Connections: Regular projects that encourage volunteering and giving back
- Intergenerational Programming: Connecting with Children and Students of All Ages
- Creative, Nurturing, and Sensory: Art, Music, Horticulture, Baking, Pet Visits, etc.
- Social Celebrations: Parties, Discussion Groups, Themed Activities, etc.

# Meaningful Memory Care Programming



The Lantern at Morning Pointe Alzheimer's Center of Excellence and Memory Care communities specialize in providing more options for seniors with various levels of Alzheimer's disease and related dementias. Purposeful activities are designed to optimize independence, enhance quality of life and set residents up for success. Our secured community offers personalized programming and just the right amount of nursing care.

The Lantern residents receive all of the same services as Senior Living residents, with the additional benefits of having specially trained staff familiar with our *Meaningful Day™* programming, *Best Friends™* approach and *Teepa Snow™ Positive Approach*. By investing time and attention in understanding prior roles, routines, life experiences and interests of each resident, The Lantern team of professionals create an environment that truly enhances quality of life.

## Meaningful Day™

This program incorporates our unique approach that focuses on each person's interests and life experiences, allowing for "personalized" programming versus a "one size fits all" life enrichment program.

## Life Skills Stations/Teepa Snow™ Activity Boxes

Life skill stations allow residents to spontaneously engage while spending time in the common area. The Teepa Snow activity boxes are an excellent way to engage individual residents or small groups.

## Music and Memory

Through music, residents at Morning Pointe communities explore the sounds of different instruments, they move and exercise, join in sing-alongs and participate in choir performances while also learning about different kinds of music from all over the world, attending musical concert outings and taking in musical guests at Morning Pointe.

## Pet Therapy

Animals in Alzheimer's memory care provide a constant source of comfort and are a focus of our attention. We schedule regular visits from pet therapy groups and even encourage residents to bring their beloved pet.

## Power of Art

The life enrichment area also serves as an interactive activity area inviting all forms of art. Residents can initiate a project on their own, join in on instructive sessions, or watch local artists at work. Art is a recognized form of therapy no matter what your level or ability is. Often, these projects are on display in the community.

*\*The Lantern memory care services are not offered in the following locations:  
Athens TN, Greeneville TN, & Richmond KY*



# Families Who Have Made the Move - A Quality of Life Study



## Primary Goal

The sharing of this study is to help families better understand the benefits of moving their senior loved one into a community.

## By the Numbers

### High-Level Findings

**62%**

of seniors say they would rather stay at home, yet 73% say their overall quality of life improved after moving to a senior living community

**85%**

of families actually delay their senior living search because their parents would rather stay at home or the family member has a negative view of senior living

**50%**

of family members begin their search with a negative or lukewarm view of senior living

### Benefits for Seniors who Moved to Senior Living

**73%**

say nutrition improved

**64%**

say social well-being improved

**44%**

say physical health improved compared to 36% for whom it stayed the same

**47%**

say emotional well-being improved compared to 32% for whom it stayed the same

### Benefits for Family Caregivers whose Parent or Loved One Moved to Senior Living

**59%**

say their relationship with their parent or senior loved one improved

**58%**

say their overall quality of life improved

**32%**

say their diet and exercise improved

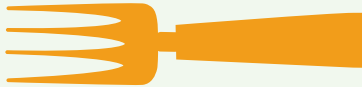
**39%**

say their caregiving role had a lower impact on their work



Conducted by Ben Hanowell,  
Lead Senior Living Researcher

# Making Mealtime Memorable



Dining with family and friends is always an experience to look forward to and one that lends itself to creating some of life's most special moments. At Morning Pointe, we understand the importance of good food, good friends and family to share it with.

We are proud to partner with local farms across the Southeast to bring farm-fresh fruits and vegetables to the dinner table for our senior living and memory care residents.

"Farm to Table" is a part of our Purposeful Programming at Morning Pointe, as favorite foods can help stimulate memories, recalling positive life experiences. Look for these ingredients in the daily and "always available" menus at a campus near you.



## Why Eat Local?

- According to the USDA, consuming fresh fruits and vegetables are beneficial to both shoppers and farmers.
- Buying fresh, in-season produce boasts economic benefits by keeping dollars local.
- Fresh ingredients are higher in nutrient and antioxidant value.



For more information, visit [morningpointe.com/dining-excellence](http://morningpointe.com/dining-excellence)  
Vegetable selections are based on seasonal availability.



**(877) 776-4683 • [morningpointe.com](http://morningpointe.com)**

