



Morning  Pointe
Senior Living

For Generations to Come™



Community Highlights

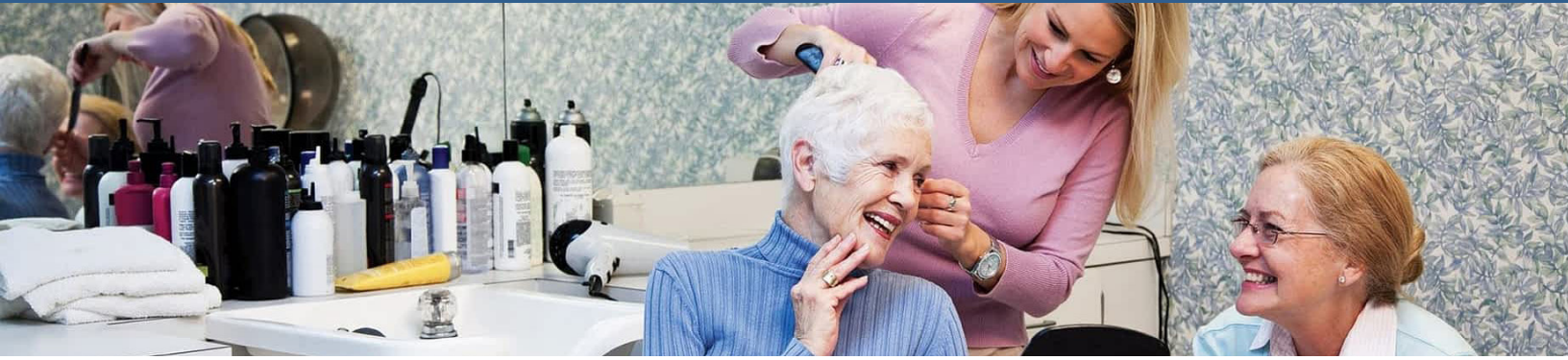


- Individual care plans are coordinated by licensed nurses and with healthcare providers in order to maintain an optimized healthcare management plan. These plans are drafted, programmed and reviewed regularly allowing staff to meet the ever changing needs of the resident.
- Licensed nurses provide oversight 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
- Nurse Call Pendant
- 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
- Secure Environment
- Maintenance of apartment, community and grounds – including snow and ice removal
- Wifi Access Throughout

- Gardening*
- Fireside Living Room*
- Porch
- Therapy Room*
- Community Screening Area
- Beauty/Barber Shop
- Piano
- Pet Friendly
- Parking – Surface
- Postal Services

Morning Pointe Medical Partnerships Provide:

- Pharmacy Services
- Preferred Medical Providers
- Dedicated Nurse Practitioners
- Home Health Agencies
- Pharmacy & Mobile Diagnostic Services
- Behavioral Health*
- 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 Community.

YOUR CURRENT MONTHLY EXPENSES		MORNING POINTE'S MONTHLY EXPENSES	
Mortgage or rent	\$1,500.00	Mortgage or rent	Included
Telephone/Cell	\$100.00	Telephone/Cell	
Meals and snacks	\$400.00	Meals and snacks	Included
Car payment/insurance	\$600.00	Transportation payment/insurance	Included
Car maintenance	\$100.00	Transportation maintenance	Included
Entertainment	\$250.00	Entertainment in community	Included
Cable TV	\$100.00	Cable TV	
Electricity	\$100.00	Electricity	Included
Water/Sewer	\$65.00	Water/Sewer	Included
Gas	\$35.00	Gas	Included
Garbage removal	\$30.00	Garbage removal	Included
HOME MAINTENANCE		HOME MAINTENANCE	
Housekeeping	\$150.00	Housekeeping	Included
Landscaping (lawn, tree and shrub care)	\$250.00	Landscaping (lawn, tree and shrub care)	Included
Home Repairs		Home Repairs	
(gutter cleaning, painting and roof repairs)	\$250.00	(gutter cleaning, painting and roof repairs)	Included
Homeowner's insurance		Homeowner's insurance	Included
Major appliances (maintain/replace)	\$75.00	Major appliances (maintain/replace)	Included
Real estate tax	\$300.00	Real estate tax	Included
Security	\$40.00	Security	Included
SERVICES		SERVICES	
Activities (entertainment, movies, clubs)	\$100.00	Activities at community (entertainment, movies, clubs)	Included
Nurses available (5 hrs a week at \$35/hr)	\$700.00	Nurses available 24 hours a day, seven days a week	Included
Care needs (10 hrs a week at \$25/hr)		Assistance with personal care needs	
Dietary assistance		Dietary assistance	Included
Flat linen (Towels, Sheets, ect.) laundry service		Flat linen (Towels, Sheets, ect.) laundry service	Included
Personal Laundry (Clothes)		Personal Laundry (Clothes)	
Medication Management	\$1,500.00	Medication Management	
Healthcare monitoring	\$40.00	Healthcare monitoring	Included
24-hour emergency response system	\$75.00	24-hour emergency response system in apartment	Included
Transportation	\$100.00	Transportation (scheduled)	Included*
TOTAL	>\$6,860.00	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.

Written information relating to this community or facility's services and policies is available upon request.

Based on cost of living estimate - 2022/2,500 sq. ft. house.

morningpointe.com

Life Enrichment and Wellness Programming



Morning Pointe

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 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 purposeful methods of engaging our residents. They include:

- Daily Exercise and Physical Activity
- Mind, Body and Spirit: Religious Services, Hymn Singing, Inspirational Readings, Music, etc.
- Life-Long Learning and Cognitive Flexibility: Trivia Games, Current Events, Classes, Educational Speakers, Brain Gym, 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.

Stay "in the loop" with your loved one at Morning Pointe using LifeLoop! Designed to enhance communication between residents, family members and associates using a mobile or desktop app, this technology invites all parties to engage in day-to-day life at Morning Pointe whether they are physically present or sending messages or photos from work or home.

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.

Meaningful Day™

This program incorporates our unique approach that focuses on each person's interests and life experiences, allowing for "purposeful" 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.

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

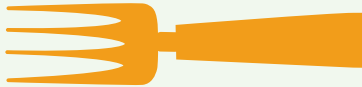
39%

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
Vegetable selections are based on seasonal availability.



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