

# Life Plan Communities Let You Live Your Best Years, Better

Today's seniors view their golden years much differently than their parents and generations before.



**Resthaven**

faithfully caring.

Seniors are actively taking up hobbies, traveling on dream vacations, staying physically and mentally active, having rich life experiences, and forming new friendships and social circles.

Senior living and care centers are responding by offering options for not just living independently, but living vibrantly. Also known as Continuing Care Retirement Communities (CCRC), Life Plan Communities come with an important added benefit: priority access to a quality continuum of care and guaranteed care if resources are exhausted.

At Resthaven, this continuum of care includes the entire spectrum of quality care, services, and resources, including independent living, assisted living, long-term nursing care, memory care, rehabilitation, and home care. At whatever life stage a senior enters the Resthaven family, they'll have the opportunity to remain with us, continuing to receive the proper support and accommodations that suit their individual preferences and needs.



### What are Life Plan Communities?

Better than just an apartment complex or condo village, which offer little more than maintenance-free living, Life Plan Communities are focused on lifestyle and well-being. They commonly include a host of amenities such as fitness and educational programs, communal gathering spaces, and access to arts, entertainment, education, culture, and inspired dining—whether on-site or nearby.

Most importantly, they give peace of mind to seniors who are living independently now but want to be proactive and secure the care they may eventually need—before they need it. Whether it's assisted living, skilled nursing and home care, memory care, or rehabilitation, these services are all included in Resthaven's Life Plan Community agreements. And, our contracts factor in maintenance, housekeeping, utilities, recreation, classes, transportation, and, often, a meal plan.



### Why choose a Life Plan Community?

The advantages are clear: Life Plan Communities offer all the conveniences seniors desire—with predictable monthly costs—plus opportunities for activity and lifelong learning, and the guarantee of both housing and physical, mental, and emotional care for life.

Life Plan Communities also help combat isolation by keeping seniors engaged and social. Studies, such as the one published in 2019 in *The Journals of Gerontology, Series B: Psychological Sciences and Social Sciences*, suggest that this kind of interaction among older adults can result in a lower risk of depression and a longer life span.

### When is the right time to move to a Life Plan Community?

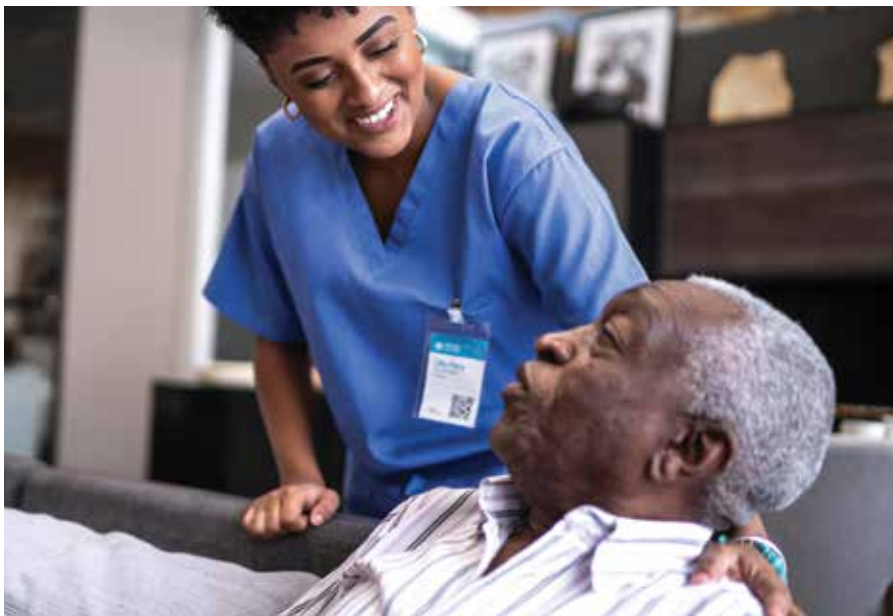
There are no hard rules, other than that most of these communities are age-restricted and start between ages 55 and 62. Traditionally, they begin at the first level: Independent Living. Beyond that, each individual or couple must make their own decisions. But, if aging in place while securing access to quality care should the need arise is a priority, then selecting a community of choice earlier rather than later is wise.

Planning for the future not only provides greater assurance that the best living options are available, but also removes the possibility of making a reactive decision, which can put stress on everyone—especially family members. Getting in on the ground level in a Life Plan Community means residents are essentially set for life—no matter their medical needs or financial status in the future.

### What fees are associated with a Life Plan Community?

Most of these programs have a one-time entry fee and ongoing monthly fees. An entry fee secures access to a guarantee of care and the continuum of care. These are most often structured as refundable or nonrefundable, and the conditions of those agreements vary.

Monthly fees cover rent, which varies by type of residence, as well as amenities, services, utilities, maintenance, programs, and any other options included.



## Life Plan Communities by Resthaven

Resthaven has three Life Plan Communities: two already established and one in the building process. Reservations and waitlist requests are currently being accepted for all.

**The Warm Friend** is an independent living facility in downtown Holland with 60 updated apartments with a home-like feel amid a close-knit community.

**The River Place**, is modern apartment living located amid the energy of downtown Holland and is close to shops, restaurants, and entertainment.

**The Farmstead** is set on 39 acres of nature-rich land, encourages healthy, active living, and offers a vibrant space to build community.

These communities are based on a reimagined vision of retirement living—and inspired by how seniors want to spend their best years. We provide innovative solutions for serving our community through these new developments.



**The Warm Friend**  
5 E 8th Street, Holland, MI



**The River Place**  
212 S River Ave, Holland, MI



**The Farmstead**  
558 E. Greenwood Circle, Holland, MI

**Begin your carefree future today.**

To learn more about Resthaven's Life Plan Communities, visit [resthaven.org/living-options](https://resthaven.org/living-options).

  
**Resthaven**

Resthaven  
948 Washington Avenue  
Holland, MI 49423

+1 (616) 796-3606  
[info@resthaven.org](mailto:info@resthaven.org)