



# Maintain Your Independence in Retirement

The Many Dimensions of Five Star's  
Independent Living



If you have any questions regarding the information you find enclosed or would like to discuss your senior living options, please feel free to reach out to Five Star Senior Living today.

Email us at [info@5ssl.com](mailto:info@5ssl.com) or call us at 617-796-8387.

# Inside This Guide

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Thank you for downloading **Maintain Your Independence in Retirement**. If you're considering an Independent Living community for your retirement years, we want to be a resource for you.

We invite our residents to not only live with us, but to also thrive with us. Our Lifestyle360 program was developed to provide a holistic approach to enriching our residents' lives. Throughout this guide, you'll discover the five dimensions of our program: **Emotional, Intellectual, Social, Physical and Spiritual**. Look for the Lifestyle360 boxes for more information.

At Five Star Senior Living, we understand that life is about choices and that choosing your retirement lifestyle is one of life's major decisions. Our goal is to provide education that will make your quest less confusing and more enlightening.

In this guide, we will address the most common misconceptions and questions. You will also find the points for consideration that we believe to be important to the residents who chose Five Star as their forever home. Lastly, we'll demonstrate how Five Star endeavors to make our communities the perfect choice for a lifestyle rich in friendship, hospitality and growth in retirement.

We trust that the insights in this guide will be a starting point to your relationship with Five Star, and we invite you to connect with us soon.

If at any time you have questions or comments, we want to hear from you. Please reach out to us at [info@5ssl.com](mailto:info@5ssl.com). Or give us a call at 617-796-8387.

Sincerely,



Roxy Mast and the Five Star Senior Living Team

[www.fivestarseniorliving.com](http://www.fivestarseniorliving.com)



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# Introduction



As we get older, most of us start to consider a variety of options for our living situation. What makes sense for one individual does not always work for another. If you're considering Independent Living, we hope this guide will give you a good understanding of what Independent Living *should* be.

We'd also like to expose you to the Five Star Senior Living standards of excellence for Independent Living. We trust that you will find our programs, services and amenities a standard that will guide your search for your perfect retirement lifestyle!

# Common Misconceptions About Independent Living

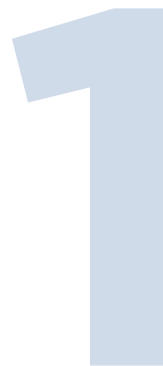
**Independent Living** is for seniors who are able to live in an apartment or house, but who want the convenience of living within a community that provides services and amenities such as housekeeping, social activities, dining and transportation.

In some instances, Independent Living communities have the option of assistance with daily tasks and support provisions should these be needed.

However, some people still carry misconceptions about what Independent Living is. We want to put those misconceptions to rest.

## **“I’m not like those old people!”**

We hear this on a frequent basis. In the past, retirement choices were limited to the nursing home. Today, however, you have many options for senior living. A senior living community is like a neighborhood where residents develop social circles and friendships with others who share common interests and life experiences.



# 2

## **“I don’t want to give up my independence!”**

Often, people are worried that by making the move they will lose independence. Ask yourself how comfortable you feel driving, especially at night. Likewise, ask yourself how often you have to ask others to do tasks for you that you used to do on your own. Without a doubt, moving to a community enhances independence with the services, amenities and support systems in place.

## **“I want to live in my own home!”**

Home has a special meaning for us all. Think a bit about the different places where you have lived. It’s the people and the special times that make those places feel like home. Now consider how many rooms in your house that you don’t use or the last time that you went upstairs or entertained friends. In our experience, these questions reveal that your house is not really a home anymore—it’s just a house.

# 3

## **“But I’m not ready yet!”**

Ponder what ready looks like. This feeling of “not ready” can be apprehension about the unknown or the fear of giving up control. Your best course of action is to visit communities, have a meal, and enjoy some of the social and recreational programs. Most importantly, ask questions of the residents to see how they feel about their choices. This way—when you are ready—you’ll know what you want and you’ll make the best choice for your life.



## **“Those places cost too much!”**

We encourage you to calculate the true cost of remaining in your house—upkeep, taxes, food, entertainment and such. Often, costs are escalated by deferred maintenance and service providers who do housekeeping, yardwork, errands, transportation and home health. The cost for maintaining a car and for transportation should be included.



# What Retirement Should Be

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Now that we've given you some food for thought regarding common misconceptions, let's talk about what we think retirement should be. The features, services and amenities provided in an Independent Living community should meet your needs, simplify your life and make you comfortable.

The aspect of Independent Living that meets your wants, and keeps you engaged and interested in life are the programs and social connections. When we evaluate resident satisfaction, our residents are very passionate about activities and dining. Residents also have strong sentiments about the team members who deliver care, support and services. Likewise, they are delighted with the new friendships made with fellow residents.

At Five Star, we like to say that buildings are made of bricks and mortar, and communities are made of people and values. Our number one value is putting people first. We think that everyone should enjoy a retirement lifestyle where life is full of choices and opportunities to grow and have new experiences.



# Introducing Five Star Senior Living's Lifestyle360 Program

Five Star's approach to a retirement of social expansion, intellectual growth and healthy living is Lifestyle360. It's our life engagement program with a holistic approach to active community living.

We believe that there are Five Dimensions of Wellness that bring life into perfect harmony: Intellectual, Social, Physical, Emotional and Spiritual.

Each aspect of the program is evidence-based and has been shown to have physical, mental, and/or spiritual benefits which, in concert, improve overall wellness and feelings of well-being.

We invite you to explore these dimensions with us!



# Growth in Retirement



We all enjoy having relationships, pursuing hobbies and passions, growing intellectually, finding our niche, creating a home, exploring our talents, staying active and giving back to the world.

We encourage you to choose a senior living community that inspires you to keep that spirit of growth alive and well. Explore for yourself how Five Star approaches Growth in Retirement.



# Grow Your Intellect

Take a poetry class to find your inner Wordsworth and Plath, expand your knowledge through our Lifelong Learners Lecture Series or keep up with technology in our Intro to Computer classes.

Here are some samples of programs available at many of our communities:

- Art Classes
- Lifelong Learners Lecture Series
- Book Clubs
- Beginning Language Courses
- Philosophical Café
- Local History Classes
- Creative Writing
- Bird Watching
- Intro to Computers

## LIFESTYLE360

### The Intellectual Dimension

Research indicates that honing intellectual skills can strengthen the mind in the same way that physical exercise protects and strengthens the body. The intellectual dimension of wellness encourages creative, stimulating mental activities to bring richness to your life and those around you.





# Live a Positive Life

Some of the changes in our lifestyles as we age can take an emotional toll. If you're not driving as much as you used to, you may feel limited to where you can go. On the other hand, you may worry more about maintaining your home. Or you're just tired of spending so much time alone.

At Five Star, we have support systems in place such as maintenance, transportation and security to enhance your independence and emotional health. Most importantly, our communities are rich in hospitality and friendship.

The Emotional Dimension is represented on our community calendars with programs like:

- Art of Storytelling
- Support Groups
- Intergenerational Programs
- Aroma Therapy
- Memoir Writing
- Pet Therapy
- Family Night
- Spa Day

## LIFESTYLE360

### The Emotional Dimension

Individuals with good emotional health can enjoy a fuller, happier life and are more likely to pursue friendships and interests. Uplifting experiences enhance one's overall well-being and positive outlook.



# Reflections From Our Residents



Watch:  
“Courage”

Five Star Senior Living residents talk about courage. Listen to their stories about how important it is to stand up for what you believe in, perseverance, and focusing on the positive. Sonia reminds us, “Don’t give up. Find a way, and just keep going.”

[Watch “Courage”](#)

# Expanding Your Social Life



Powerful friendships can begin at any age, and as we move forward in life, our social network is vital to our mental and emotional well-being. It's not always easy to maintain strong friendships—and creating new ones can be a challenge! For this reason, the social opportunities at our Independent Living communities are vital to the Five Star promise.



# Join Activities and Social Groups

Enjoy a calendar full of exciting events and new opportunities that will mix fun and friendship. From shopping trips to happy hours, you'll find something you enjoy— and that you can enjoy more, in the company of like-minded friends. Here are some sample selections:

- Museum and Theater Outings
- Digital Photography Classes
- Martini Mixers
- Wine Tasting
- Board and Card Games
- Art of Crochet
- Scrapbooking
- Movie Matinee
- Poker and Bridge
- Fishing Outing
- High Tea

## **LIFESTYLE360** The Social Dimension

Humans are social beings. As we age, we lose many of our social connections due to the passing of loved ones and friends as well as our diminished ability to get out and about. The social dimension of wellness encourages positive interactions with others and creates many opportunities for friendships.





# Host Your Own Events

If hosting is your thing, we provide the space and the tools you need to create your own events. Our common areas can be yours to share your interests and passions with others.

Our residents often invite their family and friends into the Five Star community for lunch and dinner. You can also have your children, grandchildren and other family stay the night for special occasions.

## Reflections From Our Residents



**Watch:**  
**“Friendship”**

Five Star Senior Living residents talk about the importance of friendship. They touch upon the impact of not only having friends, but more importantly being a friend.

[Watch “Friendship”](#)

# Improving Your Health and Well-Being



At any age, maintaining an active lifestyle is crucial to staying healthy and living longer. While exercise may be a physical activity, it requires mental motivation to keep at it.

Our residents enjoy having family and friends join them for meals, parties and special occasions. They often invite children, grandchildren and other family for overnight visits. We are delighted to take care of the details so our residents can have the pleasure of entertaining those who are near and dear.



# Stay Fit with Our Wellness Programs

Think of Five Star as your personal trainer. We're here to provide excellent support for your healthy lifestyle. No matter what activities you enjoy—or maybe you want to try something new—we host a range of wellness programs to keep you fit, such as:

- Body Balance and Strength
- Weight Training
- Resistance Training
- Fitness Walking
- Chair Pilates
- Tai Chi
- Yoga
- Dancing
- Aquatic Therapy
- Putting Around
- Lawn Bowling
- Chair Aerobics
- Zumba Gold
- Bocce Ball

## LIFESTYLE360

### The Physical Dimension

The physical dimension of wellness encourages regular physical activity to maintain a healthy body and to improve mood and self-esteem. Five Star Senior Living's focus on physical wellness helps to enhance and maintain independence.

# Life is an Adventure at Any Age



**Watch:  
“Adventure”**

Five Star residents are still leading adventurous lives- you will enjoy their reflections on adventure.

[Watch “Adventure”](#)



# Live a Purposeful Life

It's human nature to look for meaning in life. This desire grows stronger as we age. Studies have related happiness, morale and health to spirituality.

Explore your spirituality with a variety of programs such as:

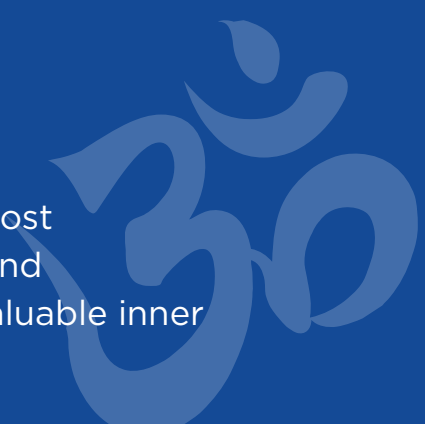
- Journaling
- Art Therapy
- Horticulture Therapy
- Church Services
- Inspirational Readings and Poetry
- Reminiscence
- Gardens
- Volunteerism
- Communion
- Religious Studies
- Welcome Committee
- Hymns
- Music Cafe

Our communities also offer worship services as well as religious studies classes. Retirement can be the perfect opportunity to renew and reinvigorate your spiritual well-being.

## LIFESTYLE360

### The Spiritual Dimension

Cultivating your spirituality helps uncover what is most meaningful in your life. Having a sense of purpose and connectivity with something bigger can lead to a valuable inner peace and happiness.



# Reflections From Our Residents



Watch: “Rita’s Story”

Five Star Senior Living resident Rita Hilton shares her astounding story with a grace and humor matched by few and admired by all.

[Watch “Rita’s Story”](#)

# Enjoying Incredible Food



Fine food does more than satiate an appetite—it brings an unparalleled comfort and joy to all our lives. Savory scents can stir cherished memories, and simple sweets can lift any mood.

At Five Star, food is a big priority. We are innovators with Five Star's Culinary Institute, our Elite Chef program, farm to table selections and a variety of dining venues in our communities.

Five Star's Celebrity Chef, Brad Miller, brings creativity and excitement to the dining experience.



# Meet Executive Chef Brad Miller

After graduating from the Scottsdale Culinary Institute, Chef Miller worked at many highly-rated restaurants including the Michelin-starred Patina in Los Angeles. Chef Miller also participated as a contestant on Hell's Kitchen with Gordon Ramsay on FOX and has appeared on The Food Network, The Cooking Channel and VH1. Chef Brad Miller is currently Executive Chef/Partner at Inn of the Seventh Ray Restaurant, located in Topanga Canyon in Los Angeles. He is also the chef/owner of Brown Butter Productions.

Today, Chef Miller works with Five Star Senior Living, leading the way in redefining senior living dining.

Chef Brad has partnered with Five Star's culinary team to inspire new menu choices for our communities across the country, all while staying true to the local and regional nuances that make our residents feel right at home.

## Cooking with Chef Brad



**Watch:**  
**“Baked Apples  
Recipe With  
Chef Brad”**

[Watch “Baked Apples Recipe With Chef Brad”](#)



# Hear From One of Our Residents



**Watch: Annie  
Carter,  
“The Queen of  
Etiquette”**

## **Annie Cater, “The Queen of Etiquette”**

Annie Cater, considered “The Queen of Etiquette,” lives at the Forum at Memorial Woods, one of Five Star’s Full Service Independent Living/Continuing Care communities in Houston, Texas. She regularly hosts tea time at her community with her friends.

Moving to Five Star Senior Living was “the best decision of my life,” says Annie. The excellent services, the wonderful associates and the superb amenities allow Annie to enjoy her life without having to concern herself with the day-to-day, rigorous maintenance and work that comes with owning her own home.

As the Queen of Etiquette, she treasures the attention to detail and taste in every meal at Five Star. Annie continues to enjoy the Five-Star dining experiences she’s come to expect in her life.

“Our lives revolve around the dining room,” Annie remarks, explaining that memories are made with friends and family over a delicious meal.

Annie Cater showed off her beautiful home in a video with entertainer Mike Thompkins. Preparing for a Thanksgiving dinner, Mike reaches out to Annie for a lesson in dinner etiquette.

[Watch “A Lesson in Etiquette with Annie Cater”](#)

# Maximize Your Independence

## Visit a Five Star Senior Living Community

With almost 300 communities across the country, we invite you to find a Five Star Senior Living community near you and visit us today. We can't wait to show what senior living can be and to introduce you to some of our residents and team members. Come hungry and we'll set a place at the table for you!

### Call Us

Call us today at 617-796-8387, and we'll schedule a personalized visit for so you can experience Five Star Senior Living for yourself and see why we say, "At Five Star, life is full of choices!"

### Visit Online

Explore our communities online by visiting our website [www.fivestarseniorliving.com/communities](http://www.fivestarseniorliving.com/communities).



# About the Author

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## Meet Roxy

Roxy Mast, Director of Hospitality at Five Star Senior Living, spent the first four years of her life in a hotel in New Orleans with her grandparents. Her grandparents owned the hotel, located on St. Charles Avenue in the Garden District. She believes this time in her life played a role in shaping her love for the older generations.

Roxy has an undergraduate degree in political science from the University of Texas at Austin and a Master's of Arts degree in Education with a concentration in Counseling-Psychology from the University of Texas at San Antonio.

Roxy was a stay-at-home mom for many years. After returning to school to obtain a Master's degree, she found her calling in senior living. She believes that her career in senior living is a way to help make a difference in the world. After spending some time in Geriatric Care Management, Roxy transitioned to senior living and has been proud to be a Five Star Senior Living team member for many years.

A resident of San Antonio, Texas, Roxy has a son and daughter-in-law and two grandchildren in Austin. A life-long animal lover, she showed Arabian horses for many years and has a dog named Buddy.

This ebook comes from her enjoyment of teaching others. Helping seniors and their families find answers is the intention of this ebook. Roxy and her colleagues at Five Star Senior Living hope that you find meaningful solutions in this ebook.

# About Five Star Senior Living

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Five Star Senior Living, Inc., one of the nation's leading senior living and healthcare providers headquartered in Newton, Massachusetts, proudly offers the highest quality service and care. We operate almost 300 Full Service/CCRC, Independent Living, Assisted Living, Alzheimer's/Memory Care communities and Healthcare Centers with Skilled Nursing & Rehabilitation across the country. Five Star has two major operating divisions: Five Star Senior Living and Ageility-Five Star Rehabilitation Services.

Five Star Senior Living communities distinguish themselves through three key areas: Health & Wellness, Warmth & Hospitality and Dining & Nutrition. Our commitment to these "pillars" represents our promise that your senior years at Five Star will be engaging, fulfilling and comfortable.



**WARMTH & HOSPITALITY**



**HEALTH & WELLNESS**



**DINING & WELLNESS**

Learn more about Five Star Senior Living by visiting [fivestarseniorliving.com](http://fivestarseniorliving.com).

**Follow Five Star on Social Media:**





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SENIOR LIVING