 (292) 382-1255

heritagecommunity.com



HERITAGE
COMMUNITY

OF KALAMAZOO

February 2022



HERITAGE
TODAY

EXPERIENCE THE FUTURE OF RETIREMENT LIVING

MONTHLY news

FROM THE HERITAGE TEAM



Greetings!

Happy Valentine's Month and welcome to *Heritage Today*, a newsletter created exclusively for those interested in independent living at Heritage Community of Kalamazoo. Whether you are just beginning to explore your options for a future home, are in conversations with our team, or have already become a member of Our Inner Circle by making your fully refundable deposit, we welcome you. Check out *A Word about Our Inner Circle* for details about joining and receiving exclusive financial and lifestyle benefits.

The Heritage team would like to give a shout out this February to American Heart Health Month! If you should choose to move to Heritage Community, you'll have plenty of opportunities to show yourself some love by living a heart-healthy life in an active environment rich with onsite wellness resources, plus an abundant menu of nutritious dining options across multiple restaurants.

On that note, read February's *Heritage Community Team Profile* to get to know Megan Hill, Heritage Community's Senior Well-being Manager. Megan shares insights into the award-winning wellness programming at Heritage Community of Kalamazoo and gives us a glimpse of what will be on offer both at The Artisan's newly refurbished Wellness Center and at Revel Creek's up-and-coming Wellness Center.

In the *All the Latest* section, find out why Heritage Community has received the prestigious recognition of being one in 25 "Best in Wellness" senior living communities in North America.

And while we're digging deep into the community's wellness offerings, see the *Common Questions* section for an insight into our wellness programming, a sneak peek at some of the heart-healthy menu options that will be available at the multiple restaurants on campus, and the benefits of living in a Life Plan Community.

To get to know the dedicated Heritage Community staff who keep our campus alive, join us in person on February 23 or online on February 24 for February's "Heritage Insider Session: Meet the Staff Speed Dating." See *Prospect Events* for the details.

Also in this issue, see *Community Updates* for the latest on The Artisan Wellness Center renovations and for a glimpse into life on campus. Learn about our Staycation program. And finally, find out how you can earn \$1,000 when you help us grow our Heritage family in the *Friends to Neighbors* section.



Warmly,
The Heritage Team

LOVE YOURSELF! LOVE YOUR HEART!
FEBRUARY IS AMERICAN HEART MONTH.



"One cannot think well, love well, sleep well, if one has not dined well."

~ Virginia Woolf, A Room of One's Own

a WORD ABOUT OUR Inner CIRCLE



YOU'RE THE FUTURE OF OUR HERITAGE

Welcome to Our Inner Circle, created for those who have chosen to live at Heritage Community while they await a specific residence to become available.

By placing a nominal, 100-percent refundable deposit, you may become a member, gaining access to a wealth of financial and lifestyle benefits. You'll receive exclusive invitations to Heritage Community's events and activities. You'll be welcomed by our dedicated staff and get to know our residents. And, best of all, without any obligation, you may reserve the residence of your choice at any time.

If you are still doing your research and considering your next move, now is the time to join Our Inner Circle. Take advantage of the many benefits listed below. The financial benefits are only available if you join within 30 days of your first appointment with a Heritage Community sales counselor.* So, call today to place your fully fundable deposit!

Members of Our Inner Circle receive exclusive benefits, including

- First monthly fee waived upon move-in*
- \$2,500 credit toward residence upgrades*
- Lifetime discount of \$100 off second-person monthly fee (Certain stipulations apply. Please ask a sales counselor for details.)*
- Exclusive invitations to member events and dining opportunities
- Access to the fitness center including one complimentary training session
- Entrance to monthly community events and scheduled entertainment
- Priority access to healthcare, including skilled care and rehab, should you need it before becoming a resident
- And more!

To learn more about joining Our Inner Circle, please contact us any time at 269.382.1255 or visit our website:
<https://bit.ly/3lymSpl>.



HERITAGE COMMUNITY TEAM PROFILE

MEET MEGAN HILL, SENIOR WELL-BEING MANAGER



Congratulations to one of our favorite local faces, Megan Hill! This past January, Megan celebrated her six-year anniversary with Heritage Community of Kalamazoo.

Prior to joining Heritage in 2016, Megan was living in Lansing, Michigan, putting her exercise science and psychology degree to use working with people with traumatic brain injuries. When her and her (now) husband began to get serious about a future together, she began her search for a Kalamazoo-based job in the field of health and wellness since he resided in the Kalamazoo area—a search that ultimately ended with Heritage. "I've been involved in athletics my entire life," says Megan, who even played college basketball. "I always had a vision of being a coach, and here I am,

and I love it. I am able to transition my fitness experience to wellness programming here at Heritage. I've really grown in this world of working with older adults."

When she first came aboard at Heritage six years ago, she had big ambitions for the Life Plan Community's health and wellness programs. "Heritage Community had five fitness-specific programs when I arrived here. We've since expanded that to 15 different programs."

As Heritage Community of Kalamazoo's Senior Well-being Manager, Megan wears many hats. Her primary responsibility is to oversee resident wellness for independent living, which includes The Artisan and the up-and-coming Revel Creek. As a certified personal trainer and a Senior Fitness Specialist from the National Academy of Sports Medicine, she is uniquely qualified to work with older adults. Megan offers residents one-on-one exercise sessions uniquely tailored to meet their specific needs. She also teaches a broad range of group fitness classes. "Our most widely attended course is Enhance Fitness," Megan says, "which is evidence-based and focuses on cardio, flexibility, balance, and strength training. We also offer a fall prevention course called A Matter of Balance, as well as chair-yoga, mindfulness and meditation courses, a Parkinson's-specific exercise class and a variety of others." As if that weren't enough, Megan also plays an advisory role to the life enrichment coordinator, overseeing activities for independent living residents, as well as consults for the assisted living, memory care, and skilled nursing residences and provides tips for employee wellness.

During her career, Megan has watched wellness grow as a field in the senior living space as people continue to wake up to its importance. "At Heritage Community, we focus on all seven dimensions of wellness: physical, social, emotional, spiritual, intellectual, environmental, and vocational, encompassing the whole mind, body, and soul of a person," Megan points out. "Whole-person care is part of our mission here."

The Artisan Wellness Center is accessible to residents 24 hours a day, 7 days a week. When weather permits, a one-mile walking trail that loops around the campus is available, as well as serene meditative areas, fountains, waterfalls, and other landscaping features that beautify the campus. During cooler weather, Megan notes that the hallways on campus are more than wide enough to accommodate fitness walking. However, for those who prefer a bit of pampering instead, The Artisan also features a hair and nail salon.

The renovations currently underway at The Artisan Wellness Center are expected to be complete in early to mid-February. The Center will include two adjoining rooms—one will be the Fitness Center housing the fitness equipment; the other will be the Wellness Zone used for fitness classes, meditation, and individual wellness offerings. The Revel Creek expansion will include the brand-new Revel Creek Wellness Center, complete with its own state-of-the-art equipment, wellness programming, and amenities. Both Wellness Centers will be accessible to all independent living residents.

During her six-year tenure, Megan's expansive vision has become a reality. In 2021, Heritage Community was recognized by ICAA (International Council on Active Aging®) NuStep Beacon Awards as one of 25 "Best in Wellness" senior living communities in North America. While the hard work of Megan and the wellness team has paid off, she would tell you there's more to it than that. "With our effortless, friendly nature and homelike atmosphere, our culture fosters well-being for residents and staff alike," she says. "We have a hospitality approach for our residents and staff. That's our nature here at Heritage."

Megan sees her role at Heritage Community as an honor and a privilege. "I'm excited to be able to approach wellness as a culture, share with a community, provide wellness opportunities, and motivate these folks. Aging in place is becoming more common, and being able to provide wellness programs will help residents maintain their physical and mental health," she says. "For residents—being in a community such as Heritage, living with other people, and being able to walk out your front door to attend activities with friends and neighbors as opposed to getting in your car and having to drive places—it's huge!"

all THE LATEST

INSIGHTS FROM HERITAGE COMMUNITY



Heritage Community Recognized as 1 of 25 "Best in Wellness" Senior Living Communities in North America in 2021

For the third consecutive year, International Council on Active Aging® (ICAA) and NuStep, LLC, honored 25 senior living communities as the "Best in Wellness" with the 2021 ICAA NuStep Beacon Award. Designed to showcase organizations that embrace wellness as a way of life for all residents and staff, these awards recognize outstanding commitment, creativity, and culture.

"By growing and sustaining a culture of wellness that not only serves, but also engages, their entire community, the 2021 award winners truly exemplify what it means to be a beacon, lighting the way for other communities," says Jane Benskey, marketing communications specialist at NuStep.

To read the full article and see the list of winners, visit:

https://www.prweb.com/releases/icaa_nustep_beacon_awards_recognize_25_best_in_wellness_senior_living_communities/prweb18415489.htm

common QUESTIONS

AND THE ANSWERS YOU'VE BEEN LOOKING FOR

Q: In what ways is The Artisan Wellness Center being renovated?

A: The Artisan Wellness Center renovations are on track to be complete by early to mid-February. The newly refurbished Center will include two rooms: one will serve as the Fitness Center, and the other will be known as the Wellness Zone, a place for group fitness classes, meditation, and individual wellness offerings.

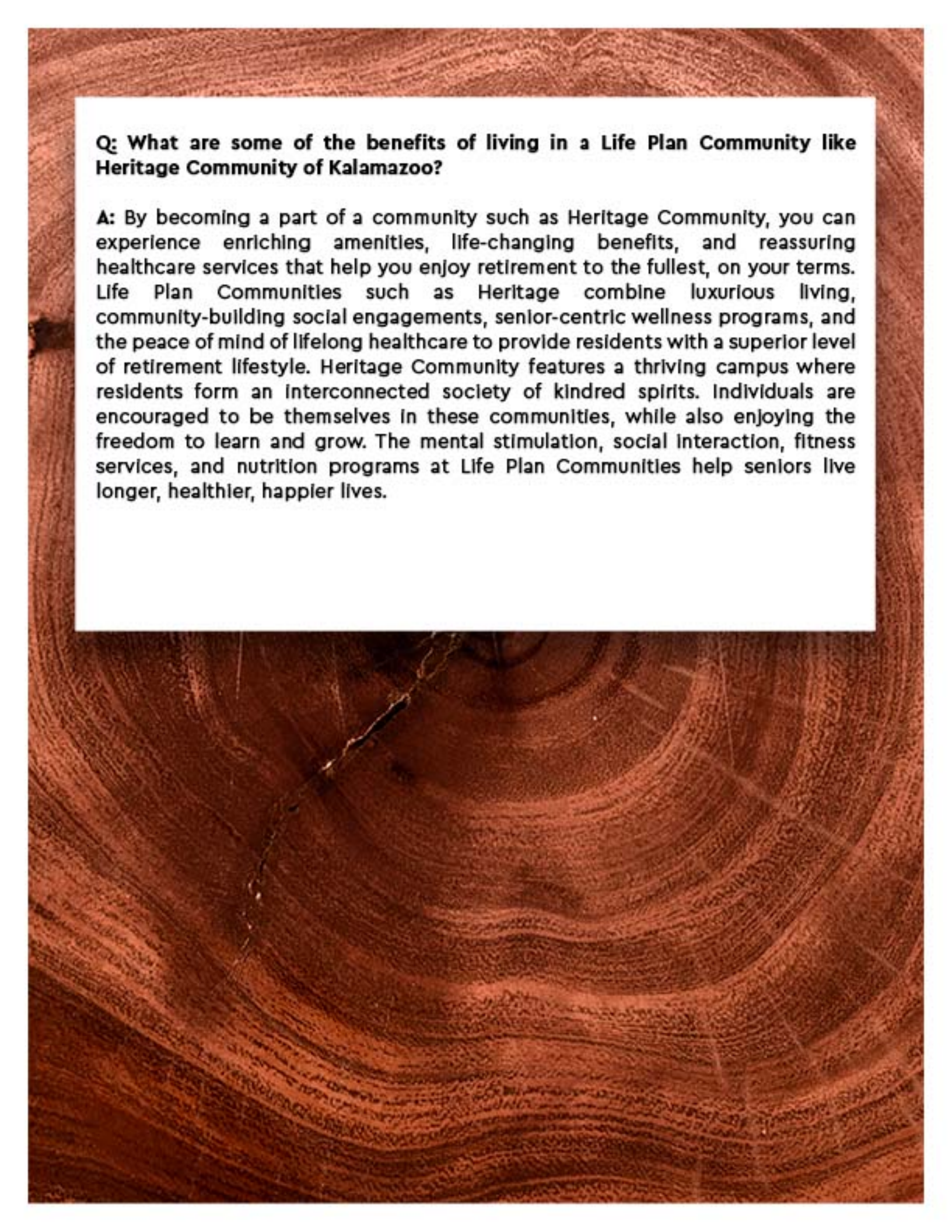
Q: What types of wellness programming will be offered to Heritage Community's independent living residents?

A: Independent living residents at Heritage Community have access to individualized wellness programming tailored to fit their needs, one-on-one exercise with a certified personal trainer, group exercise classes and evidence-based wellness programs, and offerings designed to nurture the whole person, including mind, body, and soul.

Q: What heart-healthy menu options will be on offer across the various restaurants at Heritage Community?

A: Heritage Community's restaurants offer heart-healthy menu options year-round. While menus are always being refreshed, here are a few samples of what may be on offer:

- Rainbow Trout with Julienned Vegetables, Baby Yukon Potatoes, and Herb Olive Oil, wrapped with parchment paper and baked
- Pan-seared King Salmon on a bed of Herb and Goat Cheese Polenta with Tomatoes and Artichokes in a light Tomato Sauce
- Roasted Cauliflower Steak topped with Baby Greens, toasted Almonds, Mandarin Orange segments, Capers, and White Wine
- Fresh Spinach Fettucine tossed with Tomatoes, Eggplant, Zucchini, Onions, Bell Peppers, Capers, Feta Cheese, and Extra Virgin Olive Oil



Q: What are some of the benefits of living in a Life Plan Community like Heritage Community of Kalamazoo?

A: By becoming a part of a community such as Heritage Community, you can experience enriching amenities, life-changing benefits, and reassuring healthcare services that help you enjoy retirement to the fullest, on your terms. Life Plan Communities such as Heritage combine luxurious living, community-building social engagements, senior-centric wellness programs, and the peace of mind of lifelong healthcare to provide residents with a superior level of retirement lifestyle. Heritage Community features a thriving campus where residents form an interconnected society of kindred spirits. Individuals are encouraged to be themselves in these communities, while also enjoying the freedom to learn and grow. The mental stimulation, social interaction, fitness services, and nutrition programs at Life Plan Communities help seniors live longer, healthier, happier lives.

PROSPECT events

**THE HERITAGE INSIDER SESSIONS
FEBRUARY: MEET THE STAFF SPEED DATING**

Wednesday, February 23 or Thursday, February 24



Get to Know More about Retirement in Kalamazoo from Those Who Know It Best.

Instead of searching for answers on retirement, why not go straight to the sources? The Heritage Insider Sessions is a special series of events where you can have your questions answered by experts. Talk to depositors about why they're excited for life at Revel Creek. Discover the Life Plan Community difference by meeting multiple members of our dedicated staff. Find out the inside scoop on selling your home in a revitalized Kalamazoo market from an experienced realtor and a downtown city planner.

Only Heritage Community of Kalamazoo offers this type of Insider access. See the progress we're making and get acquainted with some of the fine folks who look forward to being your friends and neighbors. Start your New Year by seeing how our Life Plan Community will set the high watermark for residential retirement living in Kalamazoo.

February: Meet the Staff Speed Dating

Just like our beautiful community itself, it won't take long for our staff to make a lasting impression. This fun, fast-paced roundtable event will feature staff members from our dedicated teams, including dining, activities, healthcare and more. Get to know how they all work together to shape the incredible lifestyle enjoyed by all at Heritage Community.

Who's Invited: The Artisan and Revel Creek Prospects

When: Wednesday, February 23 | 2 p.m.

Where: In person at Kalamazoo Country Club
1609 Whites Road, Kalamazoo, MI 49008

OR

When: Thursday, February 24 | 2 p.m.

Where: Online (A link will be provided prior to the event.)

RSVP by February 18 by visiting
<https://www.heritagecommunity.com/events> or by calling 269.266.8171.

Attendance will be limited and will follow all current state and local CDC guidelines.

COMMUNITY UPDATES

ROOTED IN HISTORY. FOCUSED ON YOUR FUTURE.



THE ARTISAN WELLNESS CENTER RENOVATIONS TO BE COMPLETE EARLY TO MID-FEBRUARY

We're delighted to announce that The Artisan Wellness Center renovations are on track to be complete by early to mid-February. With Chicago-based designer Perkins Eastman at the helm, Heritage Community embarked on the renovations in September. The refurbished Wellness Center boasts the latest in high-tech exercise equipment, as well as spaces where residents can exercise, participate in small-group classes, attend mindfulness and meditation courses, and work with Megan Hill, Heritage Community's Senior Well-being Manager, to create customized well-being experiences.

CAMPUS LIFE FLOURISHES!



In January, Heritage Community of Kalamazoo started off the new year with stimulating educational and wellness events.

Early in the month, we hosted a National Parks Lunch-n-Learn, where residents from The Artisan learned about national parks in Michigan and beyond while enjoying a fresh boxed lunch.

And for Wellness Wednesday, residents rejuvenated with a relaxing foot reflexology session!



STAYCATION:

YOUR VACATION DESTINATION FOR 3 FREE DAYS!



GREETINGS FROM SUNNY KALAMAZOO

Please be our guest at Heritage Community for two free nights and three days of STAYCATION. It's your chance to experience the freedom and security our residents enjoy year 'round. To taste the talents of our culinary team. To meet and converse with potential future neighbors. And to picture a carefree future here in the heart of Kalamazoo.

SAMPLE STAYCATION ITINERARY:

We will customize the details of your stay based on your interests and preferences.

DAY 1:

- Arrival and Welcome—3 p.m.
- Orientation and Team Greeting
- Dinner with a Resident Ambassador

DAY 2:

- Breakfast with a Resident Ambassador
- Personal Fitness Training Session with our Wellness Director
- Lunch with a Sales Counselor & Community Director
- Personal Time or Group/Club Programming
- Dinner with a Resident Ambassador

DAY 3:

- Breakfast
- Departure and Dialogue with Sales Counselor

CALL NOW TO RESERVE YOUR STAYCATION: 269.775.4276

FRIENDS

TO

NEIGHBORS

SOMEONE YOU KNOW WOULD LOVE TO LIVE HERE.



Earn \$1,000 by Growing Our Heritage Family!

As you know, we've been a part of Kalamazoo since 1945, so it's not exactly a secret that life at Heritage Community is something special. But of course, what makes it so special are our residents, friends, and family members. And since people like you know other people like you, we offer the Friends To Neighbors program.

It's simple. Just provide the name and contact information for someone you believe might make a good neighbor—someone who would enjoy and benefit from being a part of our community. If they choose to move here, we'll credit you \$1,000 toward your monthly fee after you move in.

When you're ready to share the Future of Our Heritage with someone who will appreciate it fully, please fill out the form on the following page, and return it to the sales and marketing team.



**FILL OUT THE FORM AND
RETURN IT TO THE SALES & MARKETING TEAM**



SOMEONE YOU KNOW WOULD LOVE TO LIVE HERE.



INTRODUCING THE FRIENDS TO NEIGHBORS PROGRAM.

We've been a part of Kalamazoo since 1945, so it's not exactly a secret that life at Heritage Community is something special. But of course what makes it so special are our residents, friends and family members. And since people like you know other people like you, we've started the Friends To Neighbors program.

It's simple. Just provide the name and contact information for someone you believe might make a good neighbor; someone who would enjoy and benefit from being a part of our community. If they choose to move here, we'll credit you \$1,000 toward your monthly fee. If you're not a current resident of Heritage Community, we'll put the same \$1,000 credit toward their monthly fee once they've made the move.

When you're ready to share the Future of Our Heritage with someone who will appreciate it fully, please fill out the form below and return it to the sales and marketing team.

PLEASE MAKE MY FRIEND A NEIGHBOR.

YOUR NAME: _____ DATE: _____

YES. You may use my name when contacting these individuals.

NO. I prefer my name to remain confidential.

REFERRAL NAME(S):

NAME: _____

ADDRESS: _____

CITY/ST/ZIP: _____

PHONE: _____

EMAIL: _____

NAME: _____

ADDRESS: _____

CITY/ST/ZIP: _____

PHONE: _____

EMAIL: _____

NAME: _____

ADDRESS: _____

CITY/ST/ZIP: _____

PHONE: _____

EMAIL: _____

NAME: _____

ADDRESS: _____

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OF KALAMAZOO

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