

 (269) 343-4375

heritagecommunity.com



HERITAGE
COMMUNITY

OF KALAMAZOO

June 2022



HERITAGE TODAY

EXPERIENCE THE FUTURE OF RETIREMENT LIVING

MONTHLY news

FROM THE HERITAGE TEAM



Greetings!

Welcome to *Heritage Today*, a newsletter created exclusively for those interested in independent living at Heritage Community of Kalamazoo. June officially ushers in the summer months, and the future is looking bright! We're thrilled that you are considering Heritage Community as your future home. As you soak in the warmth of the season, let's get to work planning your future.

If you are not already a member of Our Inner Circle, we invite you to join today, locking in your ability to choose the Heritage Community independent living residence of your choice as it becomes available. With the July 5 opening of Revel Creek and renovations to The Artisan, only a limited number of residences remain. See *A Word About Our Inner Circle* to learn how to join by making a fully refundable deposit. As a member, you'll secure limited-time financial benefits and exclusive invitations.

Read this month's *Heritage Community Team Profile* to meet Ashley McDowell, PhD, Heritage Community's Life Enrichment Coordinator. In a thoughtfully written introduction of herself, Ashley shares interesting highlights from her life, personal insights about her family, and her deep gratification for the work she does at Heritage.

View *Community Updates* for photos of some of Heritage Community's new and renovated spaces, including The Artisan Wellness Center, which is once again open to residents and members of Our Inner Circle, and the all-new Memory Care residences, which opened in May. In the same section, get a glimpse into resident life on campus as The Artisan residents enjoy everything from fieldtrips to happy hours and on-campus presentations by guest speakers.

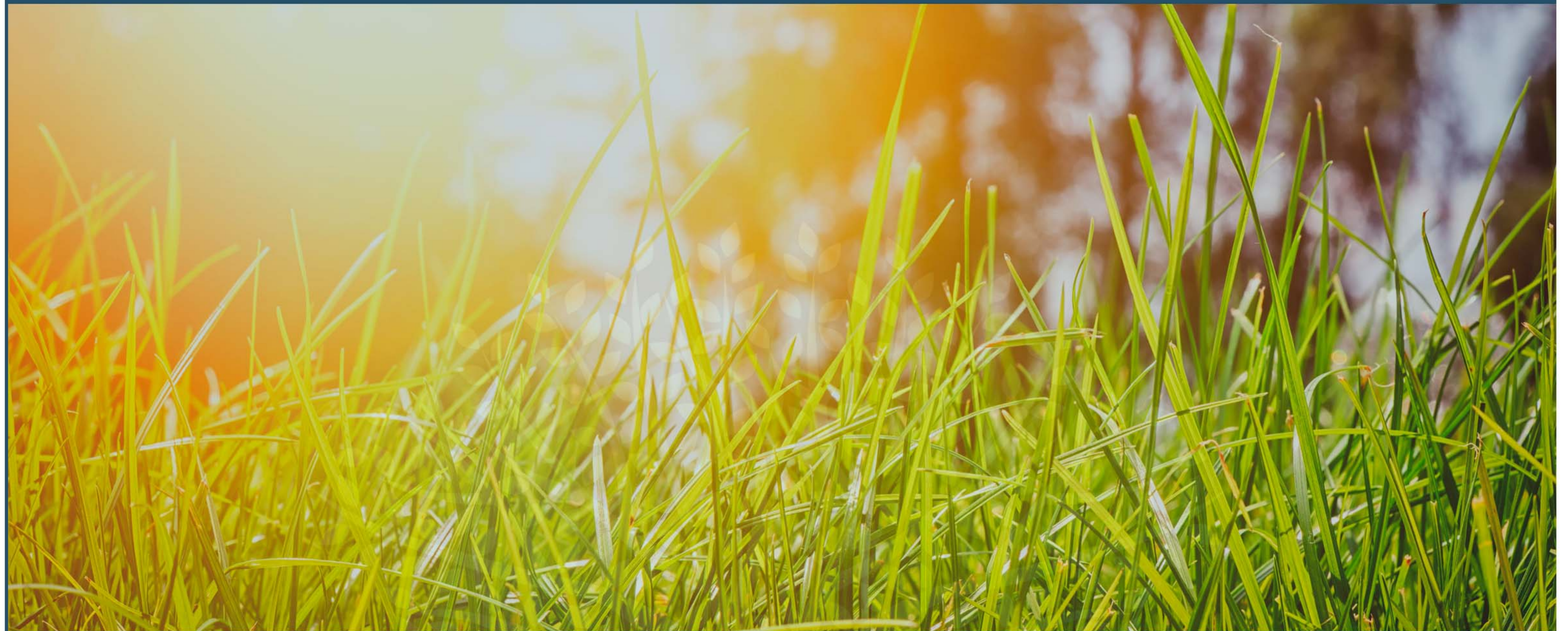
See *Common Questions* for an overview of wellness offerings at Heritage Community and dining renovations to The Vintage, The Artisan's restaurant.

And as always, learn about our *Staycation* program—where Heritage Community becomes your vacation destination for three free days. And 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

WELCOME SUMMER 2022!



"I love how summer just wraps its arms around you like a warm blanket."

~ Kellie Elmore

a WORD ABOUT OUR Inner CIRCLE



YOU'RE THE FUTURE OF OUR HERITAGE

Come Along for the Ride!

Welcome to Our Inner Circle, a special Circle created for those who are planning for a future move to Heritage Community, but who are awaiting the availability of a specific residence of choice.

By placing a nominal, 100-percent refundable deposit and becoming a member of Our Inner Circle, you will have first dibs on reserving your preferred residence as it becomes available. And while you wait, you will gain access to a wealth of financial and lifestyle benefits, including exclusive invitations to Heritage Community's events and activities. In other words, Our Inner Circle is where all the fun happens!

With the July 5 opening of Revel Creek and steady interest in The Artisan, independent living residences at Heritage Community are in high demand. As you await the residence of your choice, Our Inner Circle is where you want to be.

Join Our Inner Circle today— and reserve the residence of your choice.

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 refundable 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.)*
- The right to reserve the residence of your choice at any time
- 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 in time to receive limited-time financial benefits, please contact us any time at 269.343.4375 or visit our website: <https://bit.ly/ziymSpi>.



HERITAGE COMMUNITY TEAM PROFILE

MEET HERITAGE COMMUNITY'S LIFE ENRICHMENT COORDINATOR, ASHLEY MCDOWELL, PHD



I was raised by my geologist father in a tiny village in the Blue Ridge Mountains of northern Virginia, a stone's throw from the Appalachian Trail. I also spent time with my mother in Washington, D.C., where I spent many hours enjoying the city and its museums and sights. I was very bookish, reading a book a day, but also always enjoyed being outdoors.

I went to college at Virginia Commonwealth University in Richmond, Virginia, where I majored in philosophy and double minored in history and religious studies. While in school, I held down a variety of jobs including working at the Science Museum of Virginia and at the University Honors Program. I graduated summa cum laude, with University Honors, and took a gap year before going to graduate school, to travel all around Europe on a Eurail pass. I met my future husband just before my trip—he was a Richmond native.

I attended the University of Arizona in the PhD program in philosophy. It was among the top ten departments in the country, and it was a wonderful experience working with brilliant and passionate colleagues. Living in the Southwest was fascinating, and my husband and I did a lot of traveling, hiking, and backpacking while there, including after our daughter Chloe was born in 2001. I then took a tenure-track job at Kalamazoo College. I very much enjoyed teaching and interacting with students and colleagues, but my research was a casualty of the difficulty of balancing all the areas of an academic life and raising a young child, and I did not receive tenure there.

Shortly thereafter, my daughter became seriously ill with a mysterious sickness, which resulted in her missing years of school. She was finally diagnosed with a chronic illness and gradually learned to manage it, and I started looking for a new career. When I happened to see a job posting for a position in Life Enrichment at Heritage Community, I was intrigued. Five and a half years later, I am so grateful that I found this work. I am dedicated to enriching the lives of others and constantly challenged by the many roles I embody in my work—event planner, discussion facilitator, confidante, game host, art instructor, you name it. I look forward to bringing those skills and experiences to bear at Revel Creek, where I am planning a lively and fulfilling calendar of events.

The pandemic has been especially difficult for me. Just as it began, my husband died suddenly and unexpectedly. Working in assisted living during the long lockdown was rewarding, but stressful. I, along with the rest of the world, will be joyously grateful when we emerge from the pandemic, but in the meantime, I'm grateful every day for the ways things have at least gotten better.

In my free time, I enjoy spending time with my daughter Chloe, now a sophomore at Kalamazoo College. I love dabbling in crafts, from jewelry making to—in the recent past—sewing many masks. I like to spend time in nature and have fun poking through yard sales. I love to read, to learn new things, and to give enjoyable experiences to others.

COMMUNITY UPDATES

ROOTED IN HISTORY. FOCUSED ON YOUR FUTURE.

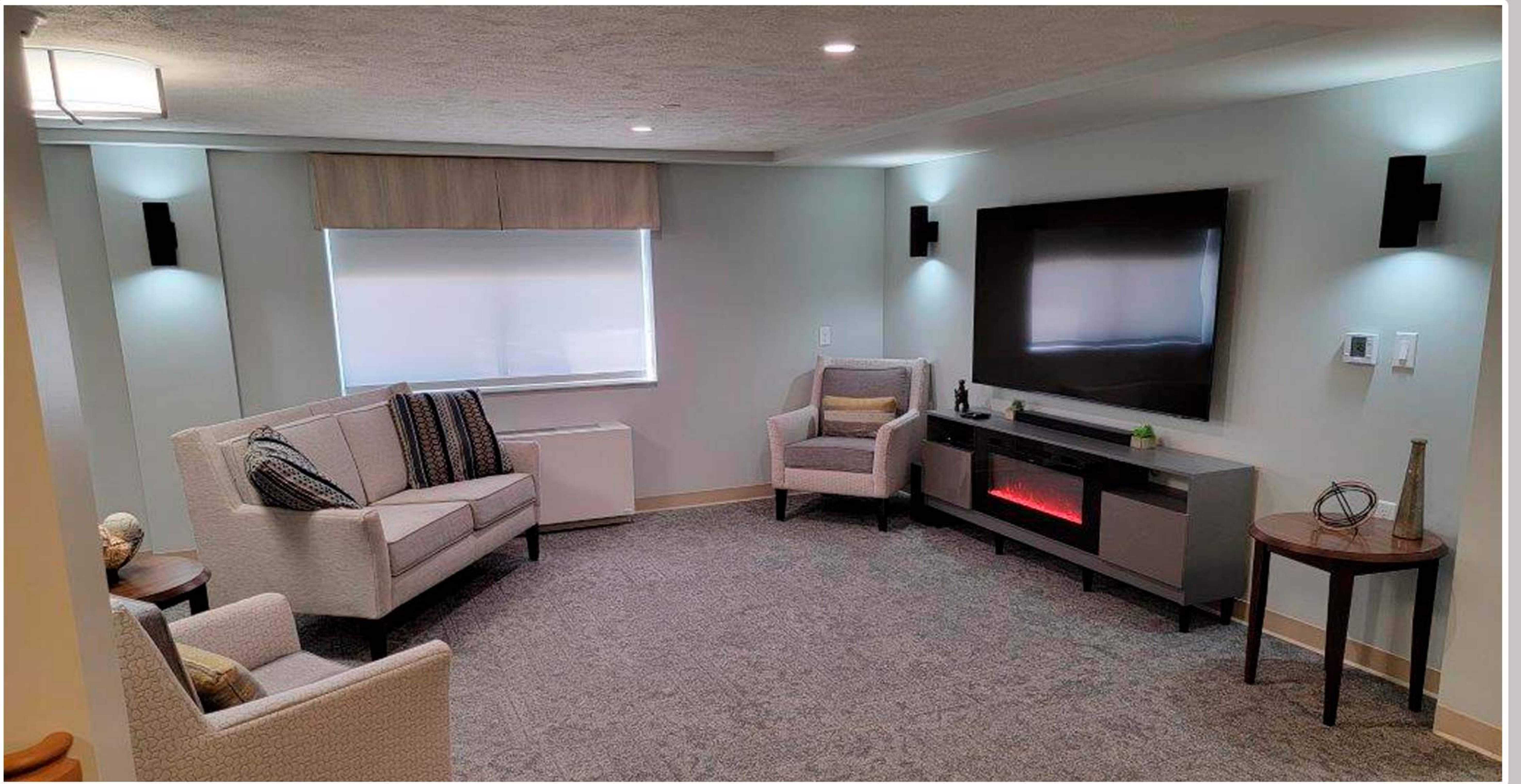
**NEW & RENOVATED SPACES CREATE
COMMUNITY OPPORTUNITIES**



The Artisan Wellness Center Renovations Are Complete.

We're excited to announce that renovations to The Artisan Wellness Center are complete, and it's once again open to independent living residents 24 hours a day, seven days a week. The refurbished Wellness Center includes two adjoining rooms—the Fitness Center which houses the high-tech fitness equipment, and the Wellness Zone which is used for fitness classes, mindfulness and meditation, and individual wellness offerings. Megan Hill, Heritage Community's Senior Well-being Manager, is also available to work with residents to create customized well-being experiences.





All-new Memory Care Residences Opened in May.

We are delighted to announce that Heritage Community opened 11 brand-new Memory Care residences in May.

Heritage Community has long been renowned for its exceptional implementation of the Best Friends™ approach to Memory Care. Our 24/7 Memory Care staff is trained in the "Best Friends" program, a progressive and patient-centered approach based on the principles of empathy and personal investment in the life story of each resident. This system increases trust, security, and wellbeing among not just residents, but also family and team members.

With only 11 new residences built for those most in need of consistent compassionate care, availability will not last long. Contact us to schedule a personalized tour of the newest Memory Care offering in Southwest Michigan, to ask any questions you have about our licensed care services, or to secure a spot for someone you love today. Fully refundable reservations are being accepted now.



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CAMPUS LIFE FLOURISHES!

Spring is Buzzing with Activity at The Artisan.

These past couple of months have been busy ones for residents of The Artisan.

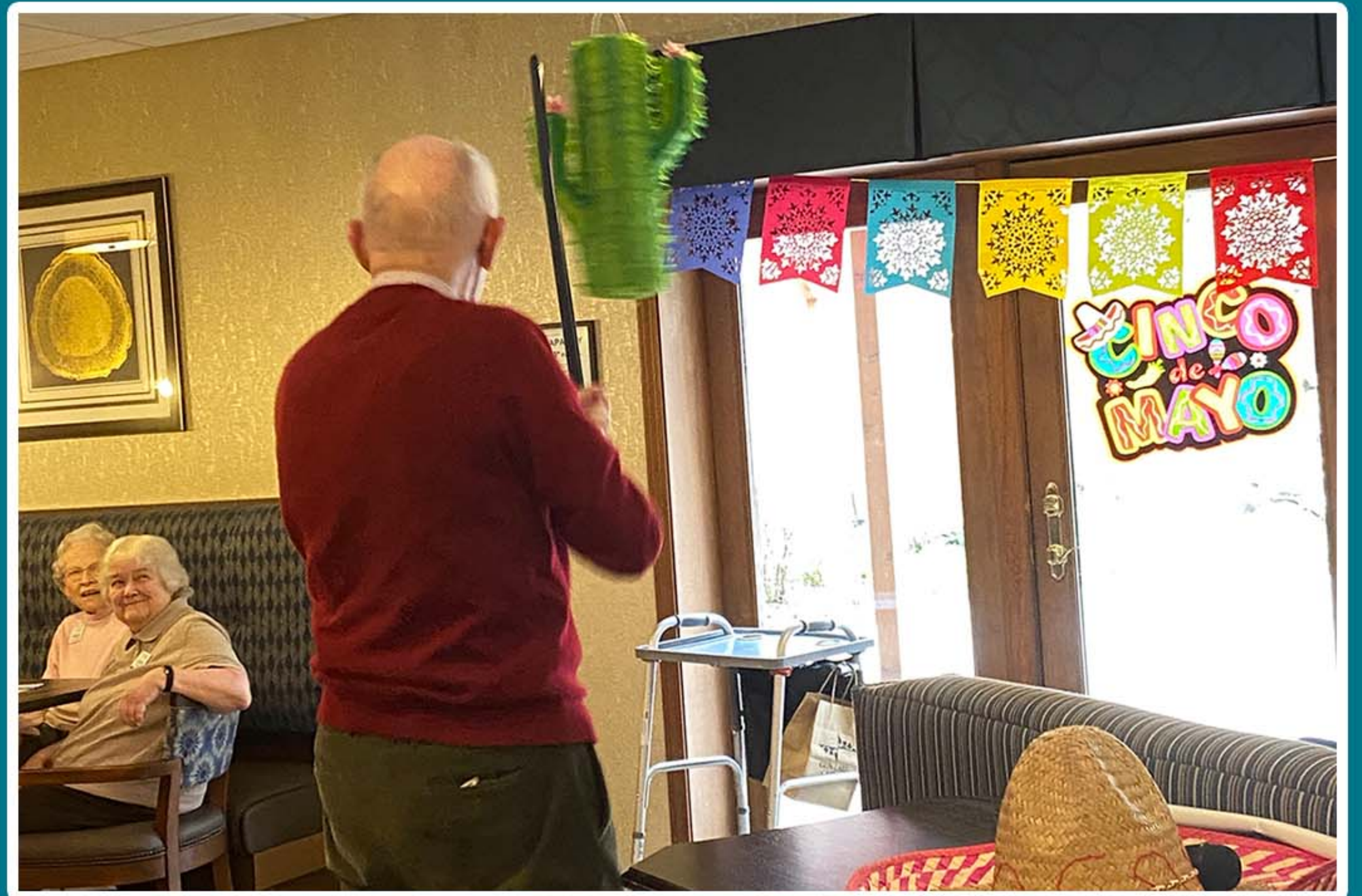
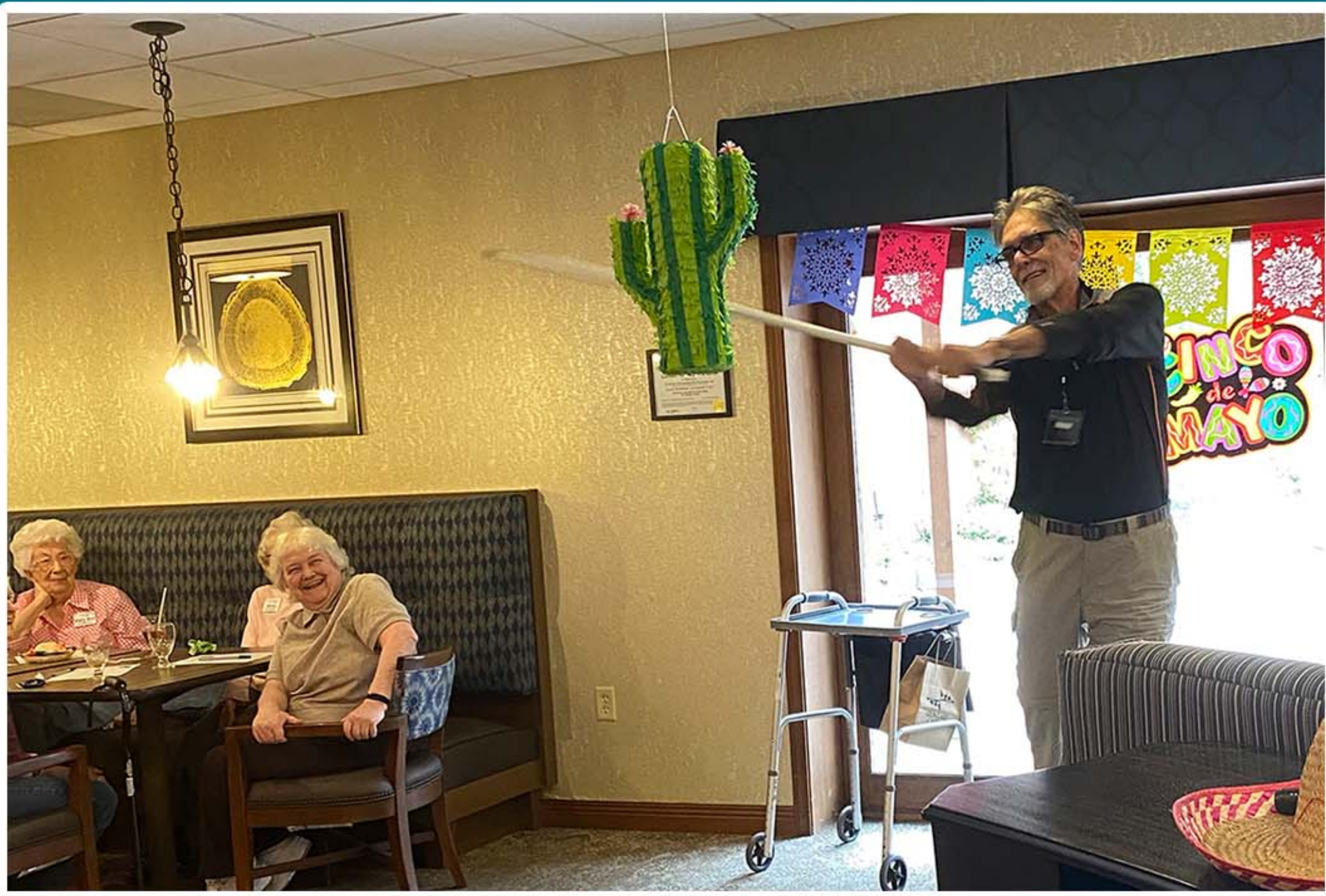
Football fans were impressed with Western Michigan University's head coach, Tim Lester. With his charismatic personality and thorough overview of the Broncos football program, Coach Lester's presentation was definitely one of the favorites to come through Heritage!



Our lifelong learners enjoyed an outing to the grand opening of a new library before heading over to Plainwell Ice Cream Co. for a treat.



Festive fiesta-goers sipped margaritas and took turns swinging at the pinata at our Cinco de Mayo Happy Hour.



American Entrepreneur Madam C.J. Walker

American Inventor Garrett Morgan

American Engineer Mae Jemison

Aviator Bessie Coleman

American Civil Rights Activist Ruby Bridges

Beyond the Art
Christina Smith, The Artisan's Beyond the Art Guest speaker, was highlighted in USA TODAY.

Alyssa Keown USA Today Network writes, "Christina Smith photographs Ayden Smith, 9, for her Black History Month portrait project in Battle Creek, MI, Friday, Feb. 11, 2022. A judge, an inventor and a cheerleader strolled into Smith's photography studio. The contended trio was in fact Smith as Thurgood Marshall, 8-year-old Sha-Ron Hawkins as Lewis Latimer and 4-year-old Callee Bess as Mary Smith. They were participating in a photoshoot for Christina Smith's "Who Am I?" project for Black History Month. She intends to publish the collection in a book. Smith, owner of Memories by Christina Ne'Cole, said she started the project as a tangible way "to teach young kids history about our Black inventors and leaders."

Our resident historians enjoyed a hosted lecture by Christina Smith, a renowned photographer highlighted in USA Today, who shared insights from her Black History project.

COMMON QUESTIONS

AND THE ANSWERS YOU'VE BEEN LOOKING FOR

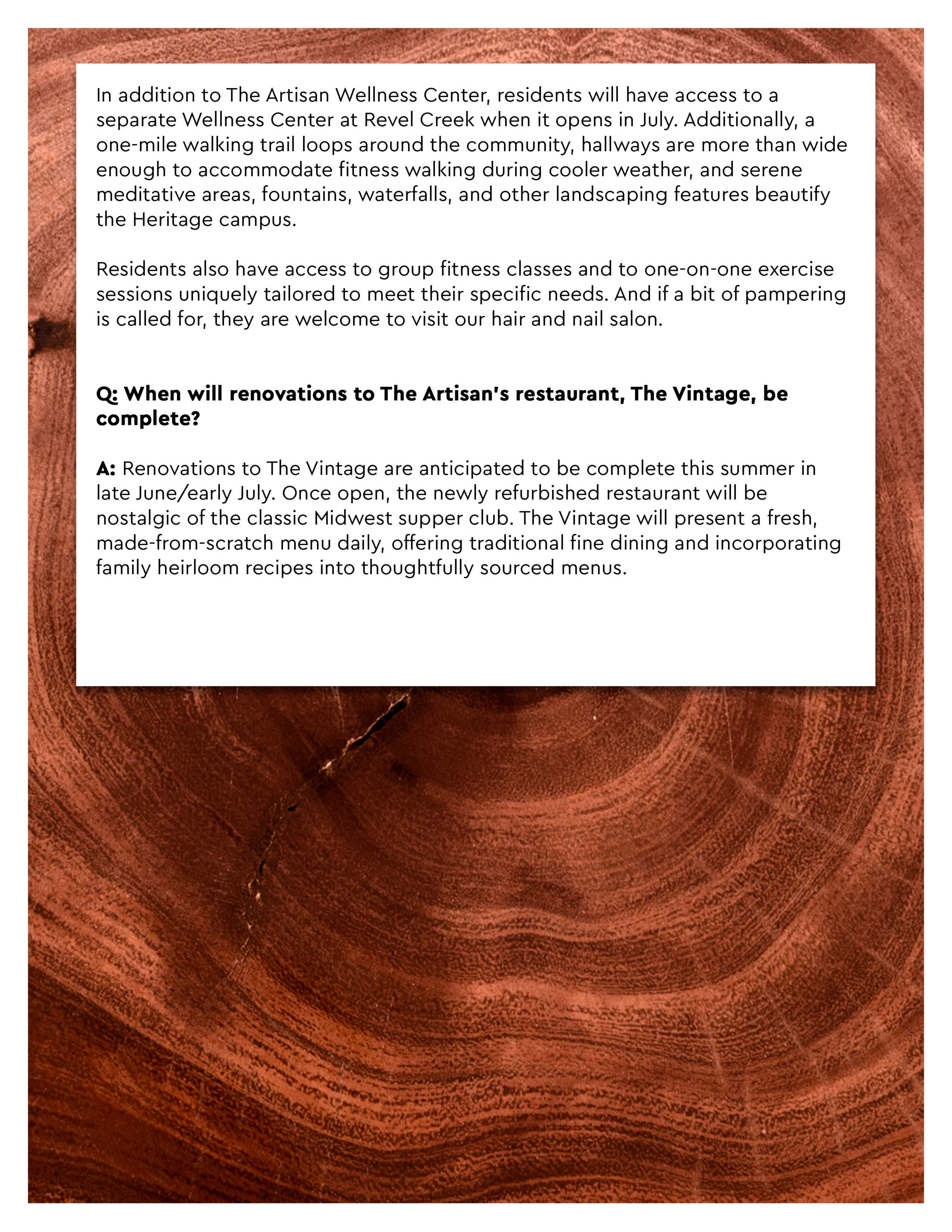
Q: Are there currently any independent living residences available at Heritage Community? If so, how can I refer my friends, and what's in it for me?

A: Yes, at the moment, Heritage Community has several independent living residences available. However, with the excitement generated by the upcoming opening of Revel Creek on July 5, those residences won't last long. If you have a friend who you believe may be interested in life at Heritage Community, simply reach out to Director of Sales & Marketing Matt Shankle and provide their name and contact information. Or simply go to the *Friends to Neighbors* section of this newsletter, download the referral form, fill it out, and return it to the sales and marketing team. If your friend chooses to move here, we'll give you a \$1,000 credit toward your monthly fee after you move in.

Q: What are some of the wellness offerings available to Heritage Community residents?

A: Heritage Community focuses on all seven dimensions of wellness: physical, social, emotional, spiritual, intellectual, environmental, and vocational. This approach encompasses the whole mind, body, and spirit of a person, which is part of Heritage Community's mission.

When it comes to physical wellness, the offerings are plentiful. The recently refurbished Artisan Wellness Center includes two adjoining rooms—the Fitness Center, which houses the fitness equipment, and the Wellness Zone, which is used for fitness classes, meditation, and individual wellness offerings. With renovations now complete, the Center is accessible to all independent living residents 24 hours a day, 7 days a week.

The background of the entire page is a close-up photograph of a wood grain, showing concentric growth rings in shades of brown and tan. The texture is natural and organic, with some darker spots and a slight crack visible on the left side.

In addition to The Artisan Wellness Center, residents will have access to a separate Wellness Center at Revel Creek when it opens in July. Additionally, a one-mile walking trail loops around the community, hallways are more than wide enough to accommodate fitness walking during cooler weather, and serene meditative areas, fountains, waterfalls, and other landscaping features beautify the Heritage campus.

Residents also have access to group fitness classes and to one-on-one exercise sessions uniquely tailored to meet their specific needs. And if a bit of pampering is called for, they are welcome to visit our hair and nail salon.

Q: When will renovations to The Artisan's restaurant, The Vintage, be complete?

A: Renovations to The Vintage are anticipated to be complete this summer in late June/early July. Once open, the newly refurbished restaurant will be nostalgic of the classic Midwest supper club. The Vintage will present a fresh, made-from-scratch menu daily, offering traditional fine dining and incorporating family heirloom recipes into thoughtfully sourced menus.

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: 269.343.4375

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: _____

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