

 (269) 343-4375

heritagecommunity.com



HERITAGE
COMMUNITY

OF KALAMAZOO

August 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. It just so happens that August 7 was National Friendship Day, and here at Heritage Community, we have a lot to celebrate on this occasion. As you consider Heritage Community as your future home, imagine a future where you are surrounded by a dynamic and caring community of friends. We cannot wait for you to join us here for the camaraderie, companionship, and connection!

And it's never too early to start making those connections. That's why we encourage you to join Our Inner Circle. By making a fully refundable deposit, you not only secure limited-time financial benefits, but you put yourself on the guestlist to Heritage Community's exclusive events, where you'll get to know your future neighbors before you move in. As Harry said to Sally, "When you realize you want to spend the rest of your life with somebody, you want the rest of your life to start as soon as possible." See *A Word About Our Inner Circle* to learn more.

On that note, jumpstart your Heritage friendships by joining us on August 23 for our ever-popular Antique Appraisal Event featuring the renowned Gary Piattoni who has appeared as an appraiser on PBS's *Antiques Roadshow*TM since 1997. See *Prospect Events* for the details.

In honor of National Friendship Day, view this month's *Community Updates* to explore the health benefits of building friendships and living in community, and enjoy highlights of residents enjoying their social lives here on campus. In the same section, see the photos of the brand-new Revel Creek residences as we celebrate their upcoming opening, along with photos of the recently renovated Vintage, The Artisan's restaurant.

Peruse *Common Questions* to learn about limited availability at Revel Creek, the best way to reserve your residence of choice at Heritage Community, and the differences between a Life Plan Community like Heritage and rental communities.

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

AUGUST BRINGS NATIONAL FRIENDSHIP DAY!



"A deep sense of love and belonging is an irresistible need of all people. We are biologically, cognitively, physically, and spiritually wired to love, to be loved, and to belong."

~ Brene Brown, Author and Professor

a WORD ABOUT OUR Inner CIRCLE



YOU'RE THE FUTURE OF OUR HERITAGE

Welcome to Our Inner Circle, a special Circle created for those who are planning for a future move to Heritage Community, and 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. This means you'll have an opportunity get to know the current residents and fellow future residents, allowing you to become a part of our community and to start building friendships before you move in.

With the upcoming opening of our all-new independent living residential building, Revel Creek, and with continued interest in The Artisan, 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/3iymSpi>.



PROSPECT EVENTS

ARTIFACT OR FICTION: AN APPRAISAL EVENT
FEATURING PBS'S ANTIQUE ROADSHOW™
APPRAISER GARY PIATTONI

Tuesday, August 23



Relic or Rubbish?

Major League Find or Minor League Error?

For most who've done it, moving to a smaller residence in a place like Heritage Community brings some unexpected pleasures. One is the freedom of leaving home maintenance behind. Another could be discovering that your attic is actually a treasure trove of priceless collectibles. Please join us for our second annual presentation of ARTIFACT or FICTION, an appraisal event featuring expert Gary Piattoni.

Event Details:

- Each guest is invited to bring one item to be appraised.
- Gary Piattoni will present, discuss, and answer questions about identifying the age, origin, and value of art, furnishings, curios, and collectibles.
(No jewelry, coins, stamps, or firearms, please.)

About Gary Piattoni:

With over 30 years' experience in the fine art and antiques business, Mr. Piattoni holds a certificate in appraisal studies from New York University and is former Senior Vice-President with Christie's fine art auction house in New York. He has also appeared as an appraiser on PBS's *Antiques Roadshow*TM since 1997.



Who's Invited: The Artisan and Revel Creek Prospective Residents

When: Tuesday, August 23 | 10:00 a.m. or 1:00 p.m. EST

Where: Portage Senior Center | 320 Library Ln. | Portage, MI 49002

RSVP: RSVP to 269.775.4774 or heritagecommunity.com/events.

Reservations are by appointment only. Attendance will be limited and will follow all current CDC safety guidelines.

COMMUNITY UPDATES

ROOTED IN HISTORY. FOCUSED ON YOUR FUTURE.

**EXPLORE THE HEALTH BENEFITS
OF COMMUNITY AND CONNECTION**



When it comes to longevity and wellness, study after study arrives at the same conclusion: social connections are vital to creating good health—perhaps even more so during later life. And these studies don't just point to mental health. Research shows that socialization and friendship are also important contributors to physical health.

According to psychologist Susan Pinker, direct person-to-person contact, "like a vaccine," can help to inoculate us against the effects of stress. "Face-to-face contact releases a whole cascade of neurotransmitters and, like a vaccine, they protect you now, in the present, and well into the future, so simply [...] shaking hands, giving somebody a high-five is enough to release oxytocin, which increases your level of trust, and it lowers your cortisol levels, so it lowers your stress," Pinker states.

In honor of National Friendship Day, which we celebrate every year in August, Heritage Community has put together a few resources to help you explore the health benefits of being social and living in community.

Happy reading!

"What Are the Health Benefits of Being Social?" (<https://bit.ly/3BEwCsr>)
Medical News Today, Maria Cohut, Ph.D.

In this spotlight, the author explores why humans flourish in society and how social interaction impacts our mental and physical well-being.

"Social Connection Boosts Health, Even When You're Isolated." (<https://bit.ly/3bqSLQn>)
Psychology Today, Emma Seppala, Ph. D.

Examining the human need for social connection, this article also explores how that connection impacts mental health, physical health, and longevity—even amidst isolation and loneliness.

"Having Close Friends May Stave off Mental Decline." (<https://bit.ly/3d6q8Zq>)
Medical News Today, Ana Sandoiu

This article summarizes research analyzing the social network and cognitive abilities of a group of SuperAgers – people in their 80s who have the mental agility of those in their 50s or 60s.

Ikigai: The Japanese Secret to a Long and Happy Life. (<https://amzn.to/3SqDbol>)
Hector Garcia and Francesc Miralles

In this book, interviews and research on the residents of Ogimi, the Okinawan village with the highest percentage of 100-year-olds, reveal that being socially connected is one of the secrets to their longevity and happiness.

"Strategies to Promote Social Connections Among Older Adults During "Social Distancing" Restrictions." (<https://bit.ly/3cXlqvH>)
National Library of Medicine, Kimberly A. Van Orden, Ph.D.

Exploring the costs of social distancing, this new study describes a framework for building and maintaining social connectedness, which is essential for health and well-being in later life.

"The Connection Prescription: Using the Power of Social Interactions and the Deep Desire for Connectedness to Empower Health and Wellness." (<https://bit.ly/3PZ4bdi>)
National Library of Medicine, Jessica Martino, Jennifer Pegg, and Elizabeth Pegg Frates, MD

Examining social connection as a pillar of lifestyle medicine, this study establishes that increasing social connections adds years to people's lives and improves health and well-being.

CAMPUS LIFE FLOURISHES!

Fresh Summer Air and Sweet Harmonies



Residents enjoy outdoor activities and beautiful summer weather.



Brand-new Revel Creek Homes Await New Residents



The opening of Revel Creek, Heritage Community's newest independent living residences, is imminent. In preparation for the first wave of new-resident move-ins, we're celebrating the growth of our Heritage family. In addition to these sparkling, contemporary kitchens, Revel Creek's smart residences offer leading-edge home automation, climate control, and lighting systems.

If you are interested in viewing one of the few remaining Revel Creek residences, reach out to Sales Counselor Joe Pennington at 269.276.4055 or Sales Counselor Tiffany Andrus at 269.343.1161. Available floor plans won't last long!



Vintage Is Fully Renovated and Ready to Serve You



At last, the much-anticipated renovations to Vintage are complete, signaling the reopening of the restaurant located inside The Artisan, Heritage Community's well-established independent living residences. A longtime resident favorite, the reimaged and refurbished restaurant harks back to the classic Midwest supper club. Known for its exceptional fare, Vintage presents a fresh, made-from-scratch menu daily, offering residents traditional fine dining and incorporating family heirloom recipes into the thoughtfully sourced menus.



COMMON QUESTIONS

AND THE ANSWERS YOU'VE BEEN LOOKING FOR

Q: Now that Revel Creek is preparing to open and new residents will be moving in soon, are there any residences still available?

A: Yes, at the moment, Revel Creek still has a limited number of independent living residences available. However, with the excitement generated by the upcoming opening, those residences won't last long. If you are interested in life at Revel Creek, simply reach out to one of our Sales Counselors and schedule a time to tour Heritage Community and to view the few remaining floor plans.

- Joe Pennington, Sales Counselor: 269.276.4055
- Tiffany Andrus, Sales Counselor: 269.343.1161

Q: What is the best way to reserve the residence of your choice at Heritage Community?

A: The best way to ensure that you are able to reserve the residence of your choice at Heritage Community is to join Our Inner Circle, a special Circle created for those who are planning a future move to Heritage, and who are awaiting the availability of a specific residence. By placing a nominal, 100-percent refundable deposit and becoming a member, you will be first in line to reserve the residence of your choice as it becomes available. And while you wait, your membership will give you access to a wealth of financial and lifestyle benefits, including invitations to Heritage Community's exclusive events and activities. Join Our Inner Circle today to secure your benefits and lock in your preferred residence. See *A Word About Our Inner Circle* for a list of benefits.

Q: How does a Life Plan Community differ from a rental community?

A: The primary difference between rental communities and Life Plan Communities (also known as Continuing Care Retirement Communities, or CCRCs) is that independent living rental communities typically do not include any financial coverage of future health care needs. In addition, rental communities may not have a continuum of care conveniently available on the same campus.

Life Plan Communities, on the other hand, offer the various levels of living accommodations, including independent living, assisted living, and skilled nursing care, and the cost of assisted living and skilled nursing care is either partially or fully covered by the entrance fee and the monthly fee. At Heritage Community of Kalamazoo, access to every level of the highest quality of care is promised at a predictable monthly cost, and with refundable entry fee options.

Here are a couple of resources to learn about the different types of communities:

- My LifeSite, "CCRC vs. Rental Retirement Community: What are the Differences?"
<https://mylifesite.net/blog/post/ccrc-vs-rental-retirement-community-what-are-the-differences/>
- Understanding Your Senior Living Options: Renting vs. Buying
<https://www.wherelivematters.org/rental-senior-living-communities/>
- Renting vs. Buying in Senior Living Communities
<https://www.agingcare.com/articles/renting-vs-buying-senior-living-communities-203025.htm>

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: _____

PHONE: _____

EMAIL: _____

NAME: _____

ADDRESS: _____

CITY/ST/ZIP: _____

PHONE: _____

EMAIL: _____





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2300 Portage St. Kalamazoo, MI 49001

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