



**Independent living might mean different things to different people.
Here's how your independence will thrive at Solstice.**

The Solstice Approach To Independent Living

- **Keep Your Independence, Even If You Need A Little Help.**
We partner with home-duty, personal care professional, Alegre Home Care, to provide therapy and wellness checks. We also work with Alegre Home Care to offer assistance with activities of daily living, like medication reminders and shower assist. You can stay in our communities even if your care needs change.
- **Keep Your Family In The Loop.**
Peace of mind is invaluable. That's why we offer you options for checking in. Whether you prefer a regular – even daily – personal visit from one of our associates or using technology to share your schedule with family members and caregivers, at Solstice you decide how to share your vibrant life with those who care about you!
- **Pay Only For The Care You Need, When You Need It.**
Assisted living community pricing is structured with the assumption that residents will use most of the services, so if you really need only a few basic services like medication reminders and shower assist, then you are still going to be paying for all of the other services you don't need. At Solstice, you pay only for the services you need ... and not until you need them.
- **Live A Vibrant Life On Your Terms.**
Unlike assisted living communities, at Solstice you retain your independence, even when you need some help. We do not take any legal, scheduling or decision-making power away from you or your family.
- **Enjoy Programming Designed To Keep You Healthy.**
Wellness activities and exercise stimulate the brain and help to increase memory function and motor skills. Our trademark Vibrant Life® series offers four signature programs: Path To Wellness, Livin' The Dream, This Is Your Life and Vibrant Life Inspires. These programs and more combine to ensure that you get the best social, physical and mental stimulation possible.
- **Dine For Independence.**
Our Elevate culinary experience uses resident feedback for restaurant-style dining to bring you delicious, chef-prepared meals daily so that you can think more clearly, feel better and help maintain a long, healthy lifestyle.

Visit us online for more information about how you can live a vibrant, independent life with Solstice.

SolsticeSeniorLiving.com

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