



WHITNEY CENTER

Life CARE

You deserve
peace of mind
for your future.

Enjoying today, planning for tomorrow.

Keeping your independence and managing today's health care costs may be high priorities for you now. But what about the future? Do you have a plan to maintain your lifestyle and afford future health costs?

You could take your chances and hope for the best. Or, would you rather be proactive and take steps now to preserve – and even enhance – your current way of life?

Even though health care costs escalate each year, with Life Care at Whitney Center Senior Living Community, you can rest assured that you have a solid plan for your future.



Skilled Nursing Cost Increase Over Time



*Life Care ensures predictable long-term care cost.

Things To Consider...



ABOVE AVERAGE? You may find you need additional levels or length of care. What risk are you willing to take?



YOUR SPOUSE. How would your costs increase if your spouse suddenly needed additional care?



YOUR HOUSE. Don't forget to factor in all of the costs of keeping your house in order.



YOUR SENIOR LIVING COST:

\$ _____ Monthly

\$ _____ Yearly

The Life Care Difference

You may be just beginning your search, or perhaps you've heard about some of the other senior living options in the area. But do you know exactly what each type of community offers – and how they differ? It's important to familiarize yourself with these categories so you can decide what's best for you.

Life Care at Whitney Center

A Life Care community like Whitney Center offers independent living and all levels of quality, on-site health care. This includes assisted living, recuperative care, memory care, and skilled nursing. Life Care provides a lifetime of health care services in a familiar setting at virtually no increase to your monthly fees.

Continuing Care Fee-for-Service Communities

In a fee-for-service community, costs for health care services are charged on an as-needed basis. Costs are unpredictable, and not all services – such as memory care – are always offered.

Rental Communities

In a rental community, typically no health care services are provided at all. If they are offered, you have to go off-site and pay for these services as needed.





What's your wish list for the future?

Before you start to compare your senior living options, it's important to first zero-in on what is important to you. The following checklist is a great place to start.

Wish list for the future

(check all that apply)

	Must Have	Would Enjoy	At Whitney Center
Availability of on-site health services – assisted living, rehabilitation services and skilled nursing care	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Someone else to take care of housekeeping and maintenance	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
More opportunities to participate in activities that interest me or try new ones	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Healthy and delicious meals available every day, without having to cook	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Motivating amenities including a swimming pool and fitness center	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Opportunities to socialize, either with current friends or new people	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Available programs to learn more about art, culture, history and current events	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Transportation to grocery store and medical appointments	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
24-hour access to emergency assistance	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
On-site banking and spa with full salon and massage services	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Beautiful walking trails and gardens	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Other	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



Common questions, helpful answers.

Q I'm healthy and active, so why should I move to a senior living community now?

A Most communities, including Whitney Center, require you to be in reasonably good health and living independently in order to qualify for an independent living residence. If you put off the move you limit your options – especially if you have a health setback. However, if you move forward now, you can continue your active lifestyle with confidence. Knowing you have access to quality, on-site health services if ever needed gives important peace of mind to you and your family.

Q Is Whitney Center affordable?

A Your total monthly living expenses at Whitney Center will likely be similar – if not less than – what you are spending on your current home. You also have the assurance of quality, on-site health care at an established cost – with no surprises.

A one-time entrance payment and a set monthly fee cover your residence and all the amenities, as well as ensuring health care at the community, if ever needed. In addition, because Whitney Center is a Life Care community, a portion of both the entrance payment and the monthly fee may be deducted for tax purposes.

Q What assurances do I have that Whitney Center is experienced, stable and here-to-stay?

A For more than three decades, Whitney Center has been the favored choice of active seniors. Owned and managed by a not-for-profit corporation under the guidance of a local, volunteer Board of Directors, our experience assures that you can enjoy each day on your own terms. Whitney Center is also a Continuing Care Retirement Community and holds the coveted accreditation of the Continuing Care Accreditation Commission. This is awarded only to communities that demonstrate financial stability, quality of care and the value of a resident's investment.



Whitney Center: Opportunity, Hospitality, Value.

Whitney Center is located in Hamden, Connecticut, an area steeped in history and a tradition of innovation. We're nestled in a quiet, park-like setting conveniently located near the urban center of New Haven.

You'll continue to be inspired and engaged through a multitude of cultural, educational, and wellness opportunities available at our community. Our focus on hospitality and service means you are free to enjoy life on your own terms.

We are a Life Care community, so with assured care at predictable costs, you don't have to worry about life's "what-ifs" – and that means you get the peace of mind you deserve.

Whitney Center's Life Care advantage is all encompassing – with everything you need all in one place. So, what are you waiting for?



Call **(203) 529-1496** to schedule a personal appointment and see why Whitney Center is the right choice for you!



WHITNEY CENTER

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