



NAVIGATING RETIREMENT

Living Options



Make every day new.



A Guide for Strategically Planning Your Inspired Lifestyle

This is an exciting time

to make the most of the retirement you've worked so diligently to achieve. A time to examine the possibilities: what are you most looking forward to doing? How will you find security and peace of mind, while at the same time fulfilling your dreams? How will you shape your years after retirement?

First, you'll create a strategic plan for the future. You'll want to know what your lifestyle options are before determining which one is right for you. These options also must take into account future needs and unforeseen changes.

Navigating Retirement Living Options is a guide to help you make the informed decisions necessary to develop a strategic plan for your future. We hope you find it a beneficial resource for planning your future lifestyle.



Retirement Living 101

To make the best decision, it's important to understand the options available to you. There are many different kinds of retirement living communities. The choices range from a neighborhood environment with basic home and lawn care provided, to a community offering a wide variety of services and amenities.

Types of communities to consider

CONDOMINIUMS

Condominiums enable you to retain homeownership with a large upfront purchase price as well as monthly service fees but typically provide only minimal services such as lawn maintenance and snow removal. If more services or amenities are required, you would likely need to arrange for them on your own outside of the community.

LIFE PLAN COMMUNITIES

Formerly known as continuing care retirement communities

Life Plan communities offer a full range of residential and health services within the same community. As residents' health needs change, they can access additional levels of care. Life Plan communities can be more expensive upfront with a large entrance fee when compared to other retirement living options.

RETIREMENT LIVING COMMUNITIES

Retirement living communities offer independent living in apartment homes without the burden of a large upfront investment. They typically provide a full range of services and amenities to promote an active lifestyle and independence, for a monthly rental fee. Wellness programs, security and a variety of amenities are available on-site. There are more options giving you flexibility and control over your budget and lifestyle.

ASSISTED LIVING COMMUNITIES

Assisted living communities offer some of the services and amenities of independent living with the additional benefit of support provided by licensed nurses and caregivers, based on how much assistance with daily living is needed. Care may include providing assistance with medications, housekeeping, dressing and hygiene.

MEMORY CARE COMMUNITIES

Many communities also offer a secure and safe neighborhood designed specifically for those with Alzheimer's and other forms of dementia. These communities provide a secure environment and assist residents in being as social and active as possible with specialized programs and therapies.

What is important to you?

Now that you're familiar with the options, choose the individual features of your future lifestyle that will best meet your needs and goals. You'll get a better understanding of what those features are by answering the following questions:

I consider the following important for my future:

Freedom to create my own schedule	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Low-maintenance living	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Programs that inspire — at my pace, on my schedule	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Variety of flexible dining options	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Opportunities for wellness in body, mind and spirit	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Abundant amenities (pool, outdoor space, fitness center, etc.)	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Housekeeping services	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Comfortable, vibrant surroundings	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Scheduled transportation if I don't want to drive	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Educational, cultural and entertainment opportunities	<input type="checkbox"/> Yes	<input type="checkbox"/> No
All-inclusive pricing	<input type="checkbox"/> Yes	<input type="checkbox"/> No

<i>Consideration</i>	<i>Notes</i>
If you moved today, in which kind of community do you think you would feel the most comfortable and fulfilled (type/size of residence, location, features, proximity to family, amenities, etc.)?	

Location

Location is important. You will want your community to be close and connected to the things you love.

<i>Consideration</i>	<i>Notes</i>
Does the community have easy access to local shops, entertainment and services? (i.e. shopping, nationally recognized restaurants, wineries, museums, etc.)	
Is the location and surrounding environment appealing?	
Is the community attractively landscaped?	
Are its roads well cared for?	
Is a main thoroughfare or highway easily accessible?	
Is parking available for my car?	

Amenities

Each community offers residents different benefits and amenities. Some will appeal to you more than others. Which benefits stand out? Did they give you a feeling of excitement about the community?

<i>Consideration</i>	<i>Notes</i>
Does the community provide housekeeping, and if so how often?	
Are there flexible dining options and venues?	
Are the amenities also available to family members when they visit (i.e. dining, pool, fitness center)?	
Is scheduled transportation provided to nearby events and entertainment?	
Does the community offer an on-site salon and spa, grab-n-go food area, bar, library, fitness center, pool and outdoor spaces?	
What sort of maintenance does the community provide both inside and outside of the apartments?	

Living Space

As you plan to move into a community, a thorough evaluation will assist you in making your decision. You want your new home to be just right for you!

<i>Consideration</i>	<i>Notes</i>
Are there a variety of floor plans?	
What is the size range of the apartments?	
Does each apartment come with appliances? Which ones are included? Are they full-sized?	
Will you access laundry facilities in your apartment or in a common area?	
Do the apartments have balconies or patios?	
Are there extensive amenities on every floor?	
Are pets allowed?	

Programs

No two social calendars are filled with the same programs. Social preferences vary from person to person. Most likely, the community offers a wide array of programs to choose from — some you're already familiar with, some you may never have experienced.

<i>Consideration</i>	<i>Notes</i>
Is there a wide selection of social, cultural, educational and recreational programs to choose from?	
Is there a fitness center with state-of-the-art equipment?	
Is there a fitness trainer to assist you? Are there scheduled exercise classes that offer a variety of fitness options?	
Is there an indoor and outdoor heated pool with exercise programs?	
Are there individual programs in addition to group programs?	
Is there an art studio, movie theater, event center, library or bar?	
Are there places for picnics and barbecues, gardening areas, walking trails and other outdoor programs?	

Security & Safety

Getting to know your surroundings before moving into any new community is important. It is critical that you get to know its safety features as well. Make sure you keep these things in mind as you tour the community.

<i>Consideration</i>	<i>Notes</i>
Is there concierge and security personnel on-site 24 hours a day?	
What emergency response system is available inside the apartments?	
Is there a visitor management system with background checks to keep residents safe?	

Financial Strategy

Moving to a new community is an important decision — personally and financially. Your next move will be a crucial investment in your future!

<i>Consideration</i>	<i>Notes</i>
What is the monthly fee? Is it all-inclusive?	
Is a flexible dining plan and housekeeping services included in the monthly fee?	
Are utilities included in the monthly fee, such as WiFi and cable?	
Will the lifestyle you envision be attainable given the services and amenities the community provides?	
Will the monthly fee provide you with convenient access to all the on-site amenities?	



Make Every Day New.

Located on a serene street in Durham, North Carolina, surrounded by numerous dining options, shops, and outdoor havens, Bartlett Reserve offers more than just a place to live independently. We foster a sense of belonging, where residents and team members look out for one another like a close-knit family. Our mission is threefold: to anticipate any needs you may have, to be cognizant of your wishes, and to provide a thoroughly hassle-free living experience, while never losing sight of the fact that your privacy and independence is paramount. We offer top-notch services in a cozy, homey atmosphere, providing a responsive and adaptable environment that promotes resident comfort.

Bartlett Reserve Independent Living offers two floorplans to meet the diverse needs and preferences of your lifestyle. We offer one-bedroom apartments and two-bedroom apartments, each thoughtfully designed to maximize comfort, convenience, and independence. With Bartlett Reserve, older adults can choose a lifestyle that fits them and their unique situation. Whether they prefer a more intimate living space or a larger apartment to accommodate family or guests, there is a floor plan that can meet their needs. Additionally, the community offers a wealth of amenities and services to help residents enjoy a vibrant, active lifestyle, including fitness centers, any-time dining, and social events.

There's nothing like Southern living, and Bartlett Reserve delivers. Imagine warm summer nights and the enchanting serenades of katydids and crickets from the privacy of your elegantly designed independent living apartment. Enjoy personalized service with outstanding dining, programs, and events. The Bartlett Reserve is a nature-lovers paradise that's close to some of Durham's best local bistros and Southpoint Mall. It's the best of all worlds — breathtaking natural beauty and modern, independent living in a welcoming community that offers endless opportunities to meet new friends and live your best life.

The Bartlett Reserve experience offers residents Southern independent apartment living with a full slate of engagement opportunities from programs and outings, to fine dining and events that will keep you not only socially active but physically active as well, and thriving. Living a lifestyle that is active and engaging is easy here as there are numerous activities, events, and programs that provide residents with opportunities to find their inspiration through creative arts, games, and physical exercise that's fun and friendly. Create the life you want and share experiences with new friends.

To schedule a time to explore all Bartlett Reserve has to offer, please call (919) 361-1234 today and discover how you can make every day new.

Sincerely,

Jeff Garrett

Executive Director



Bartlett *Reserve*
EXPERIENCE THE DIFFERENCE

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