

# LIGHTHOUSE *Senior Living*



A CARING COMMUNITY

*Lighthouse Senior Living:*

# WHAT MAKES THIS THE RIGHT CHOICE?

*Community.* Lighthouse is the “right sized” community where old friends come together and new friendships are built. Residents enjoy a rich calendar of social activities in the comfort of our property, while still staying connected to all that Howard County has to offer.

*Comfort.* Warm and inviting common areas and apartment homes located on a single-level are designed with comfort in mind. With a comprehensive set of personal services and amenities all in one place, Lighthouse makes carefree living easy and enjoyable.

*Care.* The Lighthouse staff are devoted to our residents’ wellbeing. Lighthouse gives you peace of mind knowing that all of your needs – both physical and emotional – are met.

*Compassion.* We understand that needs and desires change. We adapt, creating a supportive environment and individualized care program to suit each resident. And for residents with Alzheimer’s and dementia-related illnesses, our memory care neighborhood, The Village, offers dedicated support in a reassuring environment.

*Lighthouse provides personalized and dignified care across the full spectrum of senior living. We invite you to join our caring community and live well with Lighthouse.*





## COMMUNITY

*We believe that an active and engaged life is a brighter life.*

A study conducted by Harvard School of Public Health found that elderly people in the U.S. with an active social life had a slower rate of memory decline than their more isolated peers.

But you don't need a Harvard study to tell you what you already know. Life is better when it's shared with friends. Living the Lighthouse way means:

- Engaging with friends and family in a comfortable community setting
- Choosing from a program schedule packed full of activities – from fitness classes, craft sessions, daily “Socials in the Galley,” to performances and presentations by invited guests
- Exploring Howard County with planned outings to cultural, historic and scenic destinations

You'll make friends quickly by enjoying shared experiences. Experience the joy of Lighthouse community living!



## A WEEK IN THE LIFE OF A LIGHTHOUSE RESIDENT

There's always something to do  
at Lighthouse!

**Sunday:** Catch a matinee at  
Toby's Dinner Theatre.

**Monday:** Exercise at "Sit and Be Fit"  
and then trade stories at our  
"Up to Date" sessions.

**Tuesday:** Enjoy lunch at a local area  
restaurant. Later, participate  
in a game of Yahtzee or just  
sit and read in the cozy lobby.

**Wednesday:** Get pampered at our  
on-site beauty parlor  
and barber shop.

**Thursday:** Take in a lecture on local  
Lighthouses and enjoy a  
cookout in the courtyard.

**Friday:** Try Zumba! Then join our  
daily 3:30 PM Social in the  
Galley, with seasonal treats!

**Saturday:** Enjoy musical entertainment  
and games all day, with  
friends and family, too!



## COMFORT

*Live comfortably while embracing a vibrant lifestyle.*

### *Your New Home Sweet Home*

Our apartments offer abundant natural light and several cozy floorplans to suit your preference. Each is designed to accommodate your favorite furnishings, so you can bring a familiar touch of home with you. You'll find your residence easy to move throughout, including easily accessible bathrooms, step-in showers and a 24-hour emergency response system to ensure your safety.

### *Gracious Gathering Places*

Our community is comfortable and inviting. A warm living area with a fireplace and plush seating welcomes visitors. This favorite resident area is a community hub where you, your neighbors and family can visit and chat, read a book from our community library or just enjoy the fire!

The family room features a flat screen television and computer, a game table, and an area for everyone to spread out and relax, including a special corner for grandchildren.

Lighthouse boasts lush outdoor spaces for you to enjoy, too. You can take a stroll through the garden courtyard or just sit and take in the view from the veranda.

# EXPERIENCE LIGHTHOUSE

## *Dining.*

Savor three delicious meals a day, without setting foot in a kitchen! Our dining room is bright and cheery – perfect for fine dining and socializing. Enjoy the community bistro that offers pastries, fruit and beverages to residents and their visitors. Or host a special celebration with family in our private dining room.

## *Activities.*

Make friends and join in the fun by participating in regularly planned activities, including restaurant and shopping trips, games, crafts, movie nights, group exercise, musical performances and sing-alongs. Plus, our shuttle transportation makes it easy for you to get out and about in the community.

## *Wellness Resources.*

Your health is our priority. Our Wellness Center boasts a Fitness Room with comprehensive Speech, Occupational and Physical Therapy services. Through monthly wellness checks, healthcare coordination and medicine management, 24-hour on-site staff and an emergency call response system, we safeguard your health and keep you living well.

## *Personal Care.*

Take advantage of our in-house beauty parlor, barbershop and nail care services. At Lighthouse, it's easy to look and feel your best!

## *Housekeeping.*

No more laundry, cleaning or chores. Experience true carefree living – and more time to take advantage of all the programs and activities Lighthouse offers!

# CARE

*Living well is living the Lighthouse way.*

The Lighthouse Wellness Center is the heart of our community. Our dedicated team includes onsite wellness nurses and physicians who are committed to enhancing your quality of life.

- We provide regular wellness checks and preventive care, so we can address any issues before they become emergencies.
- We provide comprehensive medication management, so you no longer have to worry about what to take and when.
- We offer a team of specialists who meet with you at Lighthouse, so you no longer have to spend time traveling to doctors' appointments or sitting in waiting rooms.
- We coordinate any offsite appointments, handling scheduling and transportation.
- We provide 24-hour assistance, ensuring proactive and responsive medical care. Wellness team members, including nurses, resident assistants and med techs, are here 24/7.

The wellness staff maintains records on your care and communicates regularly with your healthcare providers, presenting a complete picture of your overall well-being – a 360-degree view that is nearly impossible to achieve without the assistance of a wellness team devoted to your care.

From the moment we crossed the threshold [into Lighthouse], we had only good experiences with everyone and everything. It was clear that Lighthouse was willing and ready to help us with whatever we needed whenever we needed it. We all agree that we would unreservedly recommend Lighthouse to anyone who needed care for a loved one.

- Victoria H.



## COMPASSION

We understand. Choosing a new home can seem overwhelming at first. But we believe every move should be a great move. Living life on your own terms shouldn't stop when you need supportive care. We're here to listen and to help. Let Lighthouse help you create a comfortable, personalized living situation for your needs.

Contact us today to set an appointment with one of our admissions specialists and let your Lighthouse journey begin!



## THE VILLAGE

Our memory care neighborhood, The Village, is located in the center of our community. This secure “neighborhood” provides specialized, dedicated support and a reassuring environment for residents living with Alzheimer’s disease or other dementia-related illnesses.

This specialized environment:

- Ensures residents’ physical, emotional and psychological well-being by focusing on what remains, rather than what is lost to dementia
- Provides customized individual and group programs led by specially-trained staff members
- Adapts to each resident's changing abilities, adjusting expectations and ensuring the most appropriate care

Our goal is to provide a greater sense of purpose, belonging and joy!

I feel truly blessed that we found Lighthouse Senior Living. I am grateful to see Mom happy, interactive, helpful to other residents and doing things with people every day. Family and friends have expressed to me relief from their worries about Mom and are pleased to see her doing so well despite her declining memory.

- Beth F.



LIGHTHOUSE  
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